

Church of Saint Stephen-in-the-Fields



Third Sunday of Lent
Saturday March 11, 2023

SUNG MASS ON ZOOM AT 7 PM

**Lord, you are indeed the Saviour of the world.
Give us living water, that we may not thirst.**

Celebrant: The Rev'd Canon Maggie Helwig

THE GATHERING OF THE COMMUNITY

Prelude

Greeting

Celebrant The grace of our Lord Jesus Christ, and the love of God,
and the fellowship of the Holy Spirit, be with you all.

Response **And also with you.**

Land Acknowledgement

Celebrant Though people may be joining us from many regions, we acknowledge that the Church of St. Stephen-in-the-Fields stands on occupied land, the traditional territory of the Mississaugas of the Credit (an Anishnaabe people), the Haudenosaunee Confederacy, and the Wendat and Petun nations, land covered by the Dish With One Spoon wampum belt covenant. Treaty 13 and the Williams Treaty are also relevant to this territory.
We acknowledge that we have broken the treaties. We acknowledge the damage done by colonialism, and the role that our church has played in this, and we pledge ourselves to work for a future of justice and reconciliation.

Hymn 462: *The hidden stream*

HIDDEN STREAM

- 1 The hidden stream that feeds our daily acts of care
springs forth in worship when Christ leads
the church in song and prayer.
Lord, through our lives may others hear
your living waters drawing near.
- 2 The stream runs clear and deep and tastes of heaven's skies,
and where its ceaseless currents sweep,
flows life that never dies.
Lord, through our lives may others hear
your living waters drawing near.
- 3 A heart of stone and dust, of withered hopes and dreams,
becomes a spring of faith and trust
by drinking from these streams.
Lord, through our lives may others hear
your living waters drawing near.
- 4 We leave this watered place to work on rocky ground,
yet even there the streams of grace
sustain our daily round.
Lord, through our lives may others hear
your living waters drawing near.

Collect for Purity

Celebrant Almighty God,
to you all hearts are open, all desires known,
and from you no secrets are hidden.
Cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord.

Response **Amen.**

Confession and Absolution

Celebrant: Dear friends in Christ,
God is steadfast in love and infinite in mercy,
welcoming sinners and inviting us to this table.
Let us confess our sins, confident in God's forgiveness.

Celebrant Most merciful God,
Response **we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbours as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us,
that we may delight in your will,
and walk in your ways,
to the glory of your name. Amen.**

Celebrant Almighty God have mercy upon you,
pardon and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in eternal life;
through Jesus Christ our Lord.

Response **Amen.**

Peace

Celebrant The peace of the Lord be always with you.

Response **And also with you.**

Trisagion

Mass in plainchant style

Cantor **Holy God, holy and mighty
Holy immortal one, have mercy on us.**

Collect of the Day

Celebrant Let us pray.
Almighty God,
whose Son Jesus Christ gives the water of eternal life,
may we always thirst for you,
the spring of life and source of goodness;
through him who lives and reigns with you
and the Holy Spirit,
one God, now and for ever.

Cantor **Amen.**

Collect of Lent

Celebrant Almighty and everlasting God,
you despise nothing you have made
and forgive the sins of all who are penitent.
Create and make in us new and contrite hearts,
that we, worthily lamenting our sins
and acknowledging our brokenness,
may obtain of you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever.

Cantor **Amen.**

LITURGY OF THE WORD

A period of silence is observed after each reading and the homily.

First Lesson: Exodus 17.1-7

Reader A reading from the book Exodus.

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, ‘Give us water to drink.’ Moses said to them, ‘Why do you quarrel with me? Why do you test the Lord?’ But the people thirsted there for water; and the people complained against Moses and said, ‘Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?’ So

Moses cried out to the Lord, ‘What shall I do with this people? They are almost ready to stone me.’ The Lord said to Moses, ‘Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.’ Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, ‘Is the Lord among us or not?’

Reader The word of the Lord.

Response **Thanks be to God.**

Psalm 95 *Venite, exultemus*



- 1 COME, LET us sing to the Lord; /
let us shout for joy to the Rock of our sal-va-tion.
- 2 **Let us come before his presence with thanks-giv-ing /**
and raise a loud shout to him with^psalms.
- 3 For the Lord is a great God, /
and a great king a-bove all^gods.
- 4 **In his hand are the ca-verns^of the earth, /**
and the heights of the hills are his al-so.
- 5 The sea is his, for he made it, /
and his hands have molded the dry land.
- 6 **Come, let us bow down, and^bend the knee, /**
and kneel before the Lord our Ma-ker.
- 7 For he is our God, and we are the people of his pasture
and the sheep of his hand. /
Oh, that today you would har-ken to his^voice.
- 8 **Harden not your hearts, as your forbears did in the^wild-er-ness, /**
at Meribah, and on that day at Massah, when they tempt-ed^me.
- 9 They put me^to the test, /
as though they had seen my^works.
- 10 **Forty years long I detested that gene-ra-tion and said, /**
“This people are wayward in their hearts; they do not know my^ways.”
- 11 So I swore in my wrath, /
“They shall not enter in-to my^rest,”

Epistle: Romans 5.1-11

Reader A reading from the letter to the Romans.

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Reader The word of the Lord.

***Response* Thanks be to God.**

Gradual – A Lent Prose

Cantor 1 Hear us, O Lord, have mercy upon us,
for we have sinned against thee.

To thee, Redeemer, on thy throne of glory:
lift we our weeping eyes in holy pleadings:
listen, O Jesu, to our supplications.

***Cantor 2* Hear us, O Lord, have mercy upon us,
for we have sinned against thee.**

Cantor 1 O thou chief cornerstone, right hand of the Father:
way of salvation, gate of life celestial:
cleanse thou our sinful souls from all defilement.

***Cantor 2* Hear us, O Lord, have mercy upon us,
for we have sinned against thee.**

Cantor 1 God, we implore thee, in thy glory seated:
bow down and hearken to thy weeping children:
pity and pardon all our grievous trespasses.

***Cantor 2* Hear us, O Lord, have mercy upon us,
for we have sinned against thee.**

Cantor 1 Sins oft committed, now we lay before thee:
with true contrition, now no more we veil them:
grant us, Redeemer, loving absolution.

Cantor 2 **Hear us, O Lord, have mercy upon us,
for we have sinned against thee.**

Cantor 1 Innocent captive, taken unresisting:
falsely accused, and for us sinners sentenced,
save us, we pray thee, Jesu, our Redeemer.

Cantor 2 **Hear us, O Lord, have mercy upon us,
for we have sinned against thee.**

Gospeller The Lord be with you.

Response **And also with you.**

Gospeller The Holy Gospel of our Lord Jesus Christ, according to John.

Response **Glory to you, Lord Jesus Christ.**

Holy Gospel: John 4.5-42

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.'

Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you have now is not your husband. What you have said is true!' The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit

and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.' The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' Jesus said to her, 'I am he, the one who is speaking to you.'

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, 'What do you want?' or, 'Why are you speaking with her?' Then the woman left her water-jar and went back to the city. She said to the people, 'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?' They left the city and were on their way to him.

Meanwhile the disciples were urging him, 'Rabbi, eat something.' But he said to them, 'I have food to eat that you do not know about.' So the disciples said to one another, 'Surely no one has brought him something to eat?' Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. Do you not say, "Four months more, then comes the harvest"? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, "One sows and another reaps." I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.'

Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'

Gospeller The Gospel of Christ.

Response **Praise to you, Lord Jesus Christ.**

Homily Mtr Maggie Helwig

Nicene Creed

Celebrant Let us confess our faith, as we say,

Response **We believe in one God,
the Father, the Almighty,
maker of heaven and earth,-
of all that is, seen and unseen.
We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God, begotten, not made,
of one being with the Father.**

Through him all things were made.
 For us and for our salvation he came down from heaven:
 by the power of the Holy Spirit
 he became incarnate from the Virgin Mary,
 and was made man.
 For our sake he was crucified under Pontius Pilate;
 he suffered death and was buried.
 On the third day he rose again
 in accordance with the scriptures;
 he ascended into heaven
 and is seated at the right hand of the Father.
 He will come again in glory
 to judge the living and the dead,
 and his kingdom will have no end.
 We believe in the Holy Spirit,
 the Lord, the giver of life,
 who proceeds from the Father.
 With the Father and the Son
 he is worshipped and glorified.
 He has spoken through the prophets.
 We believe in one holy catholic and apostolic church.
 We acknowledge one baptism for the forgiveness of sins.
 We look for the resurrection of the dead,
 and the life of the world to come. Amen.

Intercessions

Bidding Let us sing to the Lord.

Response The Lord is the rock of our salvation.

CELEBRATION OF THE EUCHARIST

Offertory hymn 397: *Praise the one who breaks the darkness*

NETTLETON

- 1 Praise the one who breaks the darkness with a liberating light.
 Praise the one who frees the prisoners, turning blindness into sight.
 Praise the one who preached the gospel, healing every dread disease,
 calming storms and feeding thousands with the very bread of peace.
- 2 Praise the one who blessed the children with a strong yet gentle word.
 Praise the one who drove out demons with a piercing two-edged sword.
 Praise the one who brings cool water to the desert's burning sand.
 From this well comes living water, quenching thirst in every land.

- 3 Praise the one true love incarnate: Christ who suffered in our place.
Jesus died and rose for many that we may know God by grace.
Let us sing for joy and gladness, seeing what our God has done.
Praise the one redeeming glory, praise the One who makes us one.

Prayer over the Gifts

Celebrant Spring of life and Source of goodness,
receive all we offer you this day,
and bring us to the living water,
Jesus Christ, your Son our Lord.

Response **Amen.**

Eucharistic Prayer 3

Celebrant The Lord be with you.

Cantor **And also with you.**

Celebrant Lift up your hearts.

Cantor **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.

Cantor **It is right to give our thanks and praise.**

Preface of Lent

Celebrant Blessed are you, gracious God,
creator of heaven and earth;
we give you thanks and praise
through Jesus Christ our Lord,
who was tempted in every way, yet did not sin.
By his grace we are able to triumph over every evil,
and to live no longer for ourselves alone,
but for him who died for us and rose again.
Therefore with angels and archangels
and all who have served you in every age,
we raise our voices
to proclaim the glory of your name.

Sanctus and Benedictus

Mass in plainchant style

Cantor **Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

Celebrant We give thanks to you, Lord our God,
for the goodness and love
you have made known to us in creation;
in calling Israel to be your people;
in your Word spoken through the prophets;
and above all in the Word made flesh, Jesus your Son.
For in these last days you sent him
to be incarnate from the Virgin Mary,
to be the Saviour and Redeemer of the world.
In him, you have delivered us from evil,
and made us worthy to stand before you.
In him, you have brought us out of error into truth,
out of sin into righteousness, out of death into life.
On the night he was handed over to suffering and death,
a death he freely accepted,
our Lord Jesus Christ took bread;
and when he had given thanks to you,
he broke it, and gave it to his disciples,
and said, "Take, eat:
this is my body which is given for you.
Do this for the remembrance of me."
After supper he took the cup of wine;
and when he had given thanks, he gave it to them,
and said, "Drink this, all of you:
this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.
Whenever you drink it, do this for the remembrance of me."

Therefore, Father, according to his command,

Response **we remember his death,
we proclaim his resurrection,
we await his coming in glory;**

Celebrant and we offer our sacrifice of praise and thanksgiving
to you, Lord of all;
presenting to you, from your creation,
this bread and this wine.
We pray you, gracious God,
to send your Holy Spirit upon these gifts,
that they may be the sacrament of the body of Christ
and his blood of the new covenant.

Unite us to your Son in his sacrifice,
that we, made acceptable in him,
may be sanctified by the Holy Spirit.
In the fullness of time, reconcile all things in Christ,
and make them new,
and bring us to that city of light
where you dwell with all your children;
through Jesus Christ our Lord,
the firstborn of all creation, the head of the Church,
and the author of our salvation;
by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory are yours, almighty Father,
now and for ever.

***Response* Amen.**

The Lord's Prayer

Robinson

Celebrant As our Saviour taught us, let us pray,

***Cantor* Our Father in heaven,
hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power, and the glory are yours,
now and for ever. Amen.**

Breaking of the Bread

Celebrant We break this bread,

***Response* Communion in Christ's body once broken.**

Celebrant Let your Church be the wheat
which bears its fruit in dying.

***Response* If we have died with him,
we shall live with him;
if we hold firm,
we shall reign with him.**

Agnus Dei

Mass in plainchant style

Cantor **Lamb of God, you take away the sin of the world:
have mercy on us.
Lamb of God, you take away the sin of the world:
have mercy on us.
Lamb of God, you take away the sin of the world:
grant us peace.**

Prayer after Communion

Celebrant Let us pray.
God of our pilgrimage,
we have found the living water.
Refresh and sustain us
as we go forth on our journey,
in the name of Jesus Christ the Lord.

Response **Amen.**

Doxology

Celebrant Glory to God,
Response **whose power, working in us,
can do infinitely more than we can ask or imagine.
Glory to God from generation to generation,
in the Church and in Christ Jesus, for ever and ever.
Amen.**

Blessing

Celebrant May the God of mercy transform you by his grace,
and the blessing of God Almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

Response **Amen.**

Hymn 361: Surely it is God who saves me

ECCE, DEUS

1 Surely it is God who saves me;
I shall trust and have no fear.
For the Lord defends and shields me
and his saving help is near.
So rejoice as you draw water
from salvation's healing spring;
in the day of your deliverance
thank the Lord, his mercies sing.

2 Make God's deeds known to the peoples;
 tell out his exalted name.
 Praise the Lord, who has done great things;
 all his works God's might proclaim.
 Zion, lift your voice in singing;
 for with you has come to dwell,
 in your very midst, the great and
 Holy One of Israel.

Dismissal

Deacon Go forth in peace, to love and serve the Lord.

Response **Thanks be to God.**

Announcements

Postlude

Trisagion, Sanctus & Benedictus, Agnus Dei, music: Mass in plainchant style

Lent Prose, mode v

The Lord's Prayer, music: McNeil Robinson II (1943-2015).

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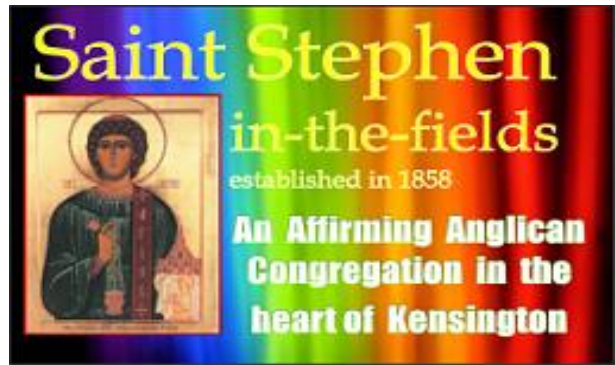
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including our other weekly activities,
our website is www.saintstephens.ca



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