



# Holy Innocents'

## EPISCOPAL CHURCH

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THE THIRD SUNDAY IN LENT · MARCH 8, 2026 · 10:15 AM

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## WELCOME

Holy Innocents is a place to gather as a faith community, where we sing and pray, think and talk, laugh and cry. We believe we are all beloved children of God. With open minds and full hearts, we grow closer to God and to one another. We know we do not have all the answers. We are comfortable with the mystery of the Holy Spirit, active in every person and in the world. Join us as we worship God and serve our neighbors.

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## NEWCOMERS

If this is your first time with us, we invite you to fill out a newcomer card in the pew rack or online and come by the welcome table near the front door and introduce yourself. No matter your age, gender, orientation, or political or sports team affiliation, you are welcome at communion. Our clergy are always available to answer any questions. We're so glad you're here.

## TODAY

8:00 AM · WORSHIP · Christ Chapel

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8:45 AM · DONUTS · Bishop Commons

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10:15 AM · WORSHIP · Nave

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1:00 PM · SPANISH-SPEAKING WORSHIP · Nave

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6:00 PM · CELTIC-STYLE WORSHIP · Christ Chapel

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## GIVING

Jesus understood the power of gratitude and sharing all that God has gifted to us. Your generosity enables us to continue our  programs to follow the way of Jesus and to love God by serving our  neighbors. Use this QR code to give.

## CHILDCARE

We love children of all ages in worship. You may prefer to let our attentive professional Nursery staff care for your young ones under four years old. The nursery is available from 8:00 AM through 10:15 AM worship.

*The people stand as they are able at the sound of the bell.*

*The liturgy is found in the red Book of Common Prayer.*

PRELUDE • *Priere' a Notre' Dame'* • L. BOELLMANN

HYMN 149 • *Eternal Lord of Love'* • OLD 124TH

## A PENITENTIAL ORDER: RITE ONE

Bless the Lord who forgiveth all our sins.

**His mercy endureth for ever.**

Hear what our Lord Jesus saith:

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

Let us humbly confess our sins unto Almighty God.

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

The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. **Amen.**

## The KYRIE • S 91 • WILLAN

Lord, have mer - cy up - on us. Lord, have mer - cy up -  
on us. Lord, have mer - cy up - on us. Christ, have mer - cy up -  
on us. Christ, have mer - cy up - on us. Christ, have mer - cy up -  
on us. Lord, have mer - cy up - on us.  
Lord, have mer - cy up - on us. Lord, have mer - cy up - on us.

## The COLLECT

The Lord be with you.

### **And with thy spirit.**

Let us pray. Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

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## The WORD of GOD

### The FIRST LESSON • EXODUS 17:1-7

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 quarreled 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

*The people  
are seated.*

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 quarreled and tested the LORD, saying, "Is the LORD among us or not?"

The Word of the Lord.

**Thanks be to God.**

**Antiphon**

1x choir,  
2x all;  
thereafter, all

**PSALM 95 • CARL P. DAW & KEVIN HACKETT**

To - day if you would hear God's voice, har - den not your hearts.

Come, let us sing to the LORD;  
let us shout for joy to the Rock of our salvation.  
Let us come before his presence with thanksgiving  
and raise a loud shout to him with psalms.

**Antiphon**

For the LORD is a great God,  
and a great King above all gods.  
In his hand are the caverns of the earth,  
and the heights of the hills are his also.  
The sea is his, for he made it,  
and his hands have molded the dry land.

**Antiphon**

Come, let us bow down, and bend the knee,  
and kneel before the LORD our Maker.  
For he is our God,  
and we are the people of his pasture and the sheep of his hand.  
Oh, that today you would hearken to his voice!

**Antiphon**

**The SECOND LESSON • ROMANS 5:1-11**

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.

The Word of the Lord.

**Thanks be to God.**

**HYMN 649 • *O Jesus, Joy of Loving Hearts* • DICKINSON COLLEGE  
VERSES 1-2 BEFORE, VERSES 3-4 AFTER**

*The people  
stand as able.*

*Children are invited to follow the small cross to attend Children's Chapel for a story and prayers during the procession and will return during the Peace. We stand to hear the Gospel, as sign of our call to carry the good news into the world. Some may trace the sign of the cross on their forehead, lips, and heart, praying that the Gospel may shape our thoughts, words, and lives.*

***The* GOSPEL • JOHN 4:5-42**

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

**Glory be to thee, O Lord.**

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 worshiped 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 worshipers 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 labor. Others have labored, and you have entered into their labor."

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 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 Savior of the world."

The Gospel of the Lord.

**Praise be to thee, O Christ.**

*The* SERMON • *The Reverend Dr. Bill Murray* • RECTOR

*The* NICENE CREED

**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 and the Son.**

**With the Father and the Son he is worshiped and glorified.  
He has spoken through the Prophets.**

*The people  
are seated.*

*The people  
stand as able.*

**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.**

*The PRAYERS of the PEOPLE • Form U*

In peace, let us pray to the Lord, saying, "Lord, have mercy".

For the holy Church of God, that it may be filled with truth and love, and be found without fault at the day of your coming, we pray to you, O Lord. **Lord, have mercy.**

For Sean our Presiding Bishop, for Rob our Bishop, for our clergy and chaplains, and for all the holy people of God, we pray to you, O Lord. **Lord, have mercy.**

For all who fear God and believe in you, Lord Christ, that our divisions may cease, and that all may be one as you and the Father are one, we pray to you, O Lord. **Lord, have mercy.**

For the peace of the world, that a spirit of respect and forbearance may grow among nations and peoples, we pray to you, O Lord. **Lord, have mercy.**

For those in positions of public trust especially Donald our President, Brian our Governor, and Rusty our Mayor that they may serve justice, and promote the dignity and freedom of every person, we pray to you, O Lord. **Lord, have mercy.**

For a blessing upon all human labor, and for the right use of the riches of creation, that the world may be freed from poverty, famine, and disaster, we pray to you, O Lord. **Lord, have mercy.**

For the poor, the persecuted, the sick, and all who suffer; for refugees, prisoners, and all who are in danger; that they may be relieved and protected, we pray to you, O Lord. **Lord, have mercy.**

For all who have commended themselves to our prayers; for our families, friends, and neighbors; that being freed from anxiety, they may live in joy, peace, and health, we pray to you, O Lord. **Lord, have mercy.**

For all who have died in the communion of your Church, and those whose faith is known to you alone, that, with all the saints, they may have rest in that place where there is no pain or grief, but life eternal, we pray to you, O Lord. **Lord, have mercy.**

Rejoicing in the fellowship of the Holy Innocents and all the saints, let us commend ourselves, and one another, and all our life to Christ our God.

**To you, O Lord our God.**

For yours is the majesty, O Father, Son, and Holy Spirit; yours is the kingdom and the power and the glory, now and for ever. **Amen.**

*The* PEACE • *Book of Common Prayer, 332*

The peace of the Lord be always with you.

**And with thy spirit.**

*The people greet one another in the name of the Lord.*

WELCOME & ANNOUNCEMENTS

*The people are seated.*

## *The* HOLY COMMUNION

*The* OFFERTORY

*At the offertory, we gratefully offer back to God some of what God has given us, symbolically in the bread and wine, and in the money we give. An offering is received to support Holy Innocents' ministry of sharing God's love. All are invited to make a gift as the plate is passed or online with QR code on page one.*

ANTHEM • *He* *Watching Over Israel* • F. MENDELSSOHN

*At the* PRESENTATION

*The people stand as able.*

All things come of thee, O Lord, and of thine own have we giv-en thee. A-men.

## The GREAT THANKSGIVING • EUCHARISTIC PRAYER II

The Lord be with you.

**And with thy spirit.**

Lift up your hearts.

**We lift them up unto the Lord.**

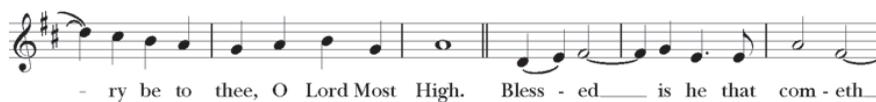
Let us give thanks unto our Lord God.

**It is meet and right so to do.**

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Through Jesus Christ our Lord, who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

### SANCTUS • S 114 • WILLAN



All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end.

**AMEN.**

And now as our Savior Christ hath taught us, we are bold to say,

**Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.**

## *The* FRACTION & INVITATION

*The Celebrant breaks the consecrated Bread.*

*A period of silence is kept. Then is sung,*



## INVITATION to HOLY COMMUNION

*All who seek God and a deeper life in Christ are welcome to receive Communion. Receive the bread in open and outstretched hands and respond by saying "Amen." Gluten-free wafers are available; please notify a minister. Receiving the bread is full participation in the Eucharist. Wine is also available. If you prefer to receive a blessing, rather than the Eucharist, indicate this by placing your hands across your chest. Those who wish to have Communion brought to them at their seat should notify an usher.*

ANTHEM • *O Rest in the Lord* • F. MENDELSSOHN  
ALLISON NANCE, MEZZO SOPRANO

HYMN 699 • *Jesus, Lover of My Soul* • ABERYSTWYTH

## SENDING FORTH of HOLY COMMUNION

In the name of this congregation,  
I send you forth bearing these holy gifts to our friends,  
that they may share with us in the sacrament of our Savior Jesus Christ.

**We who are many are One Body,  
because we all share one Bread, and one Cup.**

## *The* POSTCOMMUNION PRAYER

Let us pray.

**Almighty and everliving God,  
we most heartily thank thee  
for that thou dost feed us,  
in these holy mysteries,  
with the spiritual food of the most precious Body and Blood  
of thy Son our Savior Jesus Christ;  
and dost assure us thereby of thy favor and goodness towards us;  
and that we are very members incorporate  
in the mystical body of thy Son,  
the blessed company of all faithful people;  
and are also heirs, through hope, of thy everlasting kingdom.  
And we humbly beseech thee, O heavenly Father,  
so to assist us with thy grace,  
that we may continue in that holy fellowship,  
and do all such good works as thou hast prepared for us to walk in;  
through Jesus Christ our Lord,  
to whom with thee and the Holy Ghost,  
be all honor and glory, world without end. Amen.**

*The people  
stand as able.*

*The* BLESSING

HYMN 522 · *Glorious Things of Thee Are Spoken* · AUSTRIA

*The* DISMISSAL

Let us go forth in the name of Christ.

**Thanks be to God.**

POSTLUDE · *Fantasia* · J. PACHELBEL

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## We are here for you.

If you have a pastoral emergency at any time, please call the church office and follow the prompts. You will immediately be connected to Bill, Stewart or Ruth, who take turns being on-call. The word “pastor” is the Latin word for shepherd. The Community of Hope at Holy Innocents is a community of lay persons in the parish who have been deeply and thoroughly trained in the care and practice of being a pastor. If you would like to talk or pray with a lay pastoral caregiver, please email [CoH@holyinnocents.org](mailto:CoH@holyinnocents.org)



# FOOD DRIVE

THROUGHOUT MARCH

Holy Innocents' Episcopal Church is stocking shelves for March! Support local families by donating food at the congregation or through our online portal. Be sure to enter your congregation's name at checkout.



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# CONNECT

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## CLERGY

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Greg Euston  
JUNIOR WARDEN

Cammie Ives  
SECRETARY

David Stockert  
TREASURER

Doug Peterson  
ASSISTANT TREASURER

Marc Howard  
CHANCELLOR

### MEMBERS:

Anna Marie Fulbright  
Mary Katherine Willis  
Rick Otness  
Michelle Ventulet  
Tricia Carlson

John Cox  
Graham Hurtt  
Sunni Newton  
Jan Stewart

### YOUTH MEMBERS:

Anna Blair Gates  
Mary Brooks McCrystal

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Holy Innocents'  
EPISCOPAL CHURCH

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