



WELCOME GUESTS

Newcomers are encouraged to make themselves known to the clergy and to phone the parish office at 204.452.3609 should you wish to express any needs or concerns. Please complete a visitor leaflet or envelope with your email address if you would like to receive parish newsletters sent to you regularly.

We acknowledge that we meet and work in the Treaty One Land, the traditional land of the Anishinaabe, Cree, and Dakota people, and the homeland of the Métis Nation. We are grateful for their stewardship of this land and their hospitality which allows us to live, work, and serve God the Creator here.

08:15 – SAID EUCHARIST

Service BAS 230 • **Collect** 289 • **Psalm** 95 *Venite, exultemus*
Subdeacon Manasah Mkhabela • **Lectors** Khosi Mkhabela, Lomalanga Mkhabela
Sidesperson Lomalanga Mkhabela • **Chalice Bearer** Manasah Mkhabela

10:30 – SUNG EUCHARIST AND HEALING

Service Music Setting: JOHN MERBECKE (1510–1585)

GATHERING OF THE COMMUNITY

VOLUNTARY (*Mr. Kinnard*)

Voluntary in G Major - THOMAS ROSEINGRAVE (1690-1766)

HYMN 65 *Jesus, where'er thy people meet* **Stand**

WARRINGTON

GREETING

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

People **And with thy spirit.**

COLLECT FOR PURITY

Priest Almighty God,

People **unto whom all hearts be open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy name; through Christ our Lord. Amen.**

SUMMARY OF THE LAW

Priest Our Lord Jesus Christ said: hear, O Israel, the Lord our God is one Lord; and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength. This is the first and great commandment. And the second is like unto it: thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets.

People **Lord, have mercy upon us, and write both these thy laws in our hearts, we beseech thee.**

KYRIE ELEISON

MERBECKE



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

COLLECT OF THE DAY *Third Sunday in Lent*

Priest 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. **Amen.**

PROCLAMATION OF THE WORD

FIRST LESSON *Exodus 17.1-17* *§sit*

Lector A Reading from the Book of 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. ²The 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?" ³But 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?" ⁴So Moses cried out to the Lord, "What shall I do with this people? They

are almost ready to stone me."⁵The 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. ⁶I 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. ⁷He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, "Is the Lord among us or not?"

✠ Hear what the Spirit is saying to the Church. ✠ **Thanks be to God.**

PSALM 95 *Venite, exultemus*

Chant: WILLIAM CROTCH (1775-1847)

O come, let us sing unto the Lord * **let us heartily rejoice in the strength of our salvation.**
2 Let us come before his presence with thanksgiving * **and shew ourselves glad in him with psalms.**
3 For the Lord is a great God * **and a great King above all gods.**
4 In his hand are all the corners of the earth * **and the strength of the hills is his also.**
5 The sea is his, and he made it * **and his hands prepared the dry land.**
6 O come, let us worship and fall down * **and kneel before the Lord our Maker.**
7 For he is the Lord our God * **and we are the people of his pasture, and the sheep of his hand.**
8 Today if ye will hear his voice, harden not your hearts * **as in the provocation, and as in the day of temptation in the wilderness;**
9 When your fathers tempted me * **proved me, and saw my works.**
10 Forty years long was I grieved with this generation, and said * **It is a people that do err in their hearts, for they have not known my ways;**
11 Unto whom I swear in my wrath * **that they should not enter into my rest.**
✠ **Glory be to the Father, and to the Son, and to the Holy Ghost;**
As it was in the beginning, in now and ever shall be: world without end. Amen.

SECOND LESSON *Romans 5.1-11*

Lector A Reading from the Letter of Paul to the Romans.

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. ³And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and 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. ⁶For while we were still weak, at the right time Christ died for the ungodly. ⁷Indeed, rarely will anyone die for a

righteous person—though perhaps for a good person someone might actually dare to die. ⁸But God proves his love for us in that while we still were sinners Christ died for us. ⁹Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. ¹⁰For 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. ¹¹But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

✠ Hear what the Spirit is saying to the Church. ✠ **Thanks be to God.**

GRADUAL HYMN 116 *How sweet the name of Jesus sounds* *§stand*

ST. PETER

GOSPEL St. John 4.5-42 *§face the Gospeler*

Gospeler The Lord be with you.

People And with thy spirit.

† † † The Holy Gospel of our Lord Jesus Christ according to St. 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. ⁶Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. ⁷A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." ⁸(His disciples had gone to the city to buy food.) ⁹The 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.) ¹⁰Jesus 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." ¹¹The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water?" ¹²Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" ¹³Jesus said to her, "Everyone who drinks of this water will be thirsty again, ¹⁴but 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." ¹⁵The 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." ¹⁶Jesus said to her, "Go, call your husband, and come back." ¹⁷The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; ¹⁸for you have had five husbands, and the one you have now is not your husband. What you have said is true!" ¹⁹The woman said to him, "Sir, I see that you are a prophet." ²⁰Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem." ²¹Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²²You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³But 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. ²⁴God is spirit, and those who worship him must worship in spirit and truth." ²⁵The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." ²⁶Jesus said to her, "I am he, the one who is speaking to you." ²⁷Just 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?" ²⁸Then the woman left her water jar and went back to the city. She said to the people, ²⁹"Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" ³⁰They left the city and were on their way to him. ³¹Meanwhile the disciples were urging him, "Rabbi, eat something." ³²But he said to them, "I have food to eat that you do not know about." ³³So the disciples said to one another, "Surely no one has brought him something to eat?" ³⁴Jesus said to them, "My food is to do the will of him who sent me and to complete his work. ³⁵Do 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. ³⁶The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷For here the saying holds true, 'One sows and another reaps.' ³⁸I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour." ³⁹Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." ⁴⁰So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. ⁴¹And many more believed because of his word. ⁴²They 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."

✠ The Gospel of Christ. ✠ **Praise be to thee, O Christ.**

TALK ON UGANDA *§sit*

Pat Stewart

NICENE CREED *§stand*

All I believe in one God, the Father almighty, maker of heaven and earth, and of all things visible and invisible; And in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all worlds, God, of God; Light, of Light; very God, of very God; begotten, not made; being of one substance with the Father; through whom all things were made: who for us and for our salvation came down from heaven, and was incarnate by

the Holy Ghost of the Virgin Mary, and was made man, and was crucified also for us under Pontius Pilate. He suffered and was buried, and the third day he rose again according to the scriptures, and ascended into heaven, and sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: whose kingdom shall have no end. And I believe in the Holy Ghost, the Lord, the giver of life, who proceedeth from the Father and the Son, who with the Father and the Son together is worshipped and glorified, who spake by the prophets. And I believe one, holy, catholic, and apostolic Church. I acknowledge one baptism for the remission of sins. † And I look for the resurrection of the dead, and the life of the world to come. Amen.

PRAYERS OF THE PEOPLE *Stand, sit, or kneel*

CONFESSION AND ABSOLUTION

Priest Let us humbly confess our sins to almighty God.

People Almighty God, Father of our Lord Jesus Christ, Maker of all things and judge of all people: We acknowledge and confess our manifold sins and wickedness, Which we from time to time most grievously have committed, By thought, word and deed, Against thy divine majesty. We do earnestly repent, and are heartily sorry for these our misdoings. Have mercy upon us, most merciful Father; For thy Son our Lord Jesus Christ's sake, Forgive us all that is past; And grant that we may ever hereafter Serve and please thee In newness of life, To the honour and glory of thy name; Through Jesus Christ our Lord. Amen.

Priest Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him: † have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord.

All Amen.

THE PEACE *Stand*

Priest The peace of the Lord be always with you.

All And with thy spirit.

CELEBRATION OF THE EUCHARIST

OFFERTORY HYMN 343 *Jesus, thou joy of loving hearts*

MARYTON (1st tune)

OFFERTORY SENTENCE *Remain standing*

Priest All things come of thee, O Lord.

People And of thine own have we given thee.

PRAYER OVER THE GIFTS

Priest 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. *Amen.*

GREAT THANKSGIVING

Eucharistic Prayer B - Preface of Lent

Priest The Lord be with you.

People 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.**

Priest 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, creator and preserver of all things. Who hast bidden us thy faithful people to cleanse our hearts and to prepare with joy for the paschal feast; that reborn through the waters of baptism, and renewed in the eucharistic mystery, we may be more fervent in prayer and more generous in works of love. 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, BENEDICTUS

MERBECKE

All **Holy, holy, holy, Lord God of Hosts, heaven and earth are full of thy glory. Glory be to thee, O Lord most high.**

‡ **Blessed is he that cometh in the name of the Lord:**

Hosanna in the highest. *Remain standing, sit, or kneel*

Priest All glory be to thee, O Lord our God, who 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; who, in the same night that he was betrayed, 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.

All **We praise thee, we bless thee, we thank thee, and we pray to thee, Lord our God.**

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, ourselves, 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 Spirit all honour and glory be unto thee, O Father Almighty, world without end.

Amen.

LORD'S PRAYER

Priest And now, as our Saviour Christ hath taught us, we are bold to say:

All 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, the power, and the glory, for ever and ever. Amen.

BREAKING OF THE BREAD

All We do not presume to come to this thy table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy table. But thou art the same Lord, whose property is always to have mercy: grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

FRACTION ANTHEM *Agnus Dei* from *Mass of St. Peter*

CHRISTOPHER FIELD (1943-)

INVITATION

Priest The gifts of God for the People of God.

People Thanks be to God.

THE COMMUNION

During the administration of Communion and the Ablutions, the choir will sing:

HYMN 120 *Jesus, the very thought of thee*

ST. BOTOLPH

ANTHEM *A Gaelic Blessing*

JOHN RUTTER (1945-)

PRAYER AFTER COMMUNION *Sstand*

Priest 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. *Amen.*

DOXOLOGY

Priest Glory to God

All 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

Priest The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord: † And the blessing of God almighty, the Father, the Son, and the Holy Spirit be amongst you and remain with you always. *Amen.*

ANNOUNCEMENTS *Ssit*

HYMN 2 *Let all the world in every corner sing Sstand*

LUCKINGTON (1st tune)

DISMISSAL

Leader Go in peace to love and serve the Lord.

People Thanks be to God.

VOLUNTARY (*Mr. Kinnard*)

Voluntary in G Minor - THOMAS ROSEINGRAVE

Following the 10:30 service you are cordially invited to Church House for a soup luncheon and fellowship.

ASSISTING -

Subdeacon	Barbara Calder
Lectors	Scott Stephen, Jennifer Schmidt
Chalice Bearers	Vivien Isfeld, Kris Watson
Sidespersons	Stella and Bob Douglas
Crucifer	Don Seaton
Acolytes	Arnold Goetz, Michael Croft
Intercessor	David Ellis
Oblationers	David Owen Lucas, Jan Roberts
Counters	Jennifer Schmidt, Marlene McCulloch
Altar Guild	Barbara Calder
Luncheon	Uganda Committee (<i>proceeds: Ugandan Orphans</i>)

If you would like your birth date or anniversary published in the pew leaflet, please contact the parish office.

Happy Birthday

Celine Richardson 18 March

Please include the following people in your prayers:

PARISHIONERS:

Shirley and Neil Almdal, Bob Douglas,
Susan Stephen, Ted Rennie,
Lori Kroeger, Paul Hogue,
Paul and Beryl Magel,
Nancy Dunn, Jeff Brown, Bill Brant,
Georgie Snead, Orest Rosolowich,
Fr. Tom Graham, Ann Croft,
Dorothy and John Funnell, Ted R.,
Cecile Chiddenton, John Judge.

FRIENDS AND FAMILY:

Kenneth Kinnard, Tim Plett, Glen King,
Jim M., David Hagerman, Lar, Marcus,
Simon, Kayla, Jason, Jim Carr,
Alain Carlson, The Rev. Canon John Ezeobi,
Jenny Miller, George Peterson,
Daphne W., Walter Mildren,
Ed Miller, George Nelson,
Everett Lampman.

NOTICES

Bible Study

Tuesdays, 10:00 in the boardroom.

We are studying the book *The Last Week, What the Gospels really teach about Jesus's final days in Jerusalem*. The book can be ordered from any book store, but you can still participate without it!

This will carry us up to Holy Week.

We invite you to join our lively studies and discussions.

Hospitality Drop-in

Volunteers are really needed for this parish outreach ministry. Give one to two hours of your time, either weekly, or a couple of times a month to help serve food and hand out toiletries on Tuesday mornings from 07:00 to 09:00.

It is a rewarding and heart-warming opportunity to work with and become friends with our guests.

Please contact Barbara Calder.

The Winged Ox

Sunday 22 March is the deadline

for submitting articles, photos, stories, notices, etc.

for the Lent/Easter edition

Please send items to the editor,

Sheila Welbergen:

stwelbergen@shaw.ca

Rummage Sale

Saturday 25 April - 09:00–13:00 in the parish hall.

Volunteers and donations are needed.

Items to be sold at the sale may be dropped off on the tables in the downstairs hallway

Monday–Friday from 09:00 to noon.

Volunteer meeting: **Sunday 22 March - 12:00.**

Contact Sara Sakowski or Barbara Calder for more information.

Do you wish to receive the *Anglican Journal* newspaper? If you are attending and contributing to an Anglican church in Canada, just complete the form on the webpage below, or send an email to <circulation@national.anglican.ca> and the *Journal* staff will set up a subscription in your name.
www.anglicanjournal.com/newssubscription

**FORTHCOMING SERVICE
OF NOTE -**

***The Sunday of the Passion:
Palm Sunday
5 April***

USING THE PARISH HALL KITCHEN

Book ahead – Many groups both of the parish and non-parish hold functions that require the use of the kitchen. Call the parish office at 204.452.3609 to check availability and to reserve your date and time.

Cooking – If you need to use the stove at all, you will need to arrange with Arnold Goetz or Tom Asker to switch on the gas. Their phone numbers can be obtained from the parish office, or speak to either one when you see them. The gas is turned on and off with a tap as a safety precaution. Allow both Arnold and Tom a courtesy by arranging a time convenient for them to switch on the gas. Neither Arnold or Tom live on the premises.

Cleaning – Simple courtesy rules. Wash and return all items back to where you found them – plates with plates, serving dishes with serving dishes – no mixing and not matching. If linens or dishcloths are used, wash and return in pristine condition.

Sharing – If you put items in the refrigerator, label them. Don't assume unlabelled items can be used without permission.

Delicious Dishes – As a courtesy, advise Bertha Brant of your event.

Thank you for your anticipated co-operation.
The Parish Council

22 March – Fourth Sunday in Lent
08:15 - SAID EUCHARIST • 10:30 - SUNG EUCHARIST
1 Samuel 16.1–13 • Psalm 23 *Dominus regit me*
Ephesians 5.8–14 • St. John 9.1–41

CLERGY

The Rev. Paul Lampman, *Rector* (Church: 204.452.3679, Cell: 204.898.8038) paul.lampman@icloud.com

The Rev. Dwight Rutherford, *Honorary Assistant* (204.837.1226) d.rutherford@mts.net

The Rev. (Abraham) Monybuny Kuol Chuol *Emmanuel Mission* monybuny@gmail.com

The Rev. Dr. Thomas Graham, *Emeritus* tgemeritus@shaw.ca

ORGANIST AND CHOIRMASTER

Blair Anderson (204.962.0248) ocm@stlukewinnipeg.com

ORGAN SCHOLAR

Vincent Kinnard (204.806.1943) organscholar@stlukewinnipeg.com

SUBDEACONS

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People's Warden - Arnold Goetz (204.453.9219) aagoetz@shaw.ca

Deputy Warden - Bill Brant bill.brant@wsp.com

Treasurer - Marlene McCulloch mmcculloch52@shaw.ca

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Office Hours: Monday–Friday, 09:00–noon