

# St. Luke's ~ San Lucas Episcopal Church

## **The Holy Eucharist** *Third Sunday in Lent*

*March 8, 2026*  
*10:00 am*



### **Sunday School**

Godly Play: 10 am and 12:30 pm, ages 5 to grade 5

Youth Sunday School: 12:30 pm, grades 6-12 in the Children's Chapel

Nursery care is available for ages birth to 5 years old

Located in the educational wing



## PRELUDE

## ENTRANCE HYMN

*Guide me, O Thou great Jehovah*

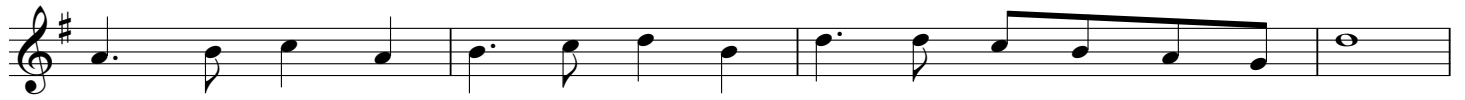
*All Stand*



1. Guide me, O thou great Je - ho - vah, pil - grim through this bar - ren land;  
2. O - pen now the crys - tal foun - tain whence the heal - ing stream doth flow;  
3. When I tread the verge of Jor - dan, bid my anx - ious fears sub - side;



I am weak, but thou art might - y; hold me in thy power - ful hand;  
let the fire and cloud - y pil - lar lead me all my jour - ney through;  
death of death, and hell's des - truc - tion, land me safe on Ca - naan's side;



bread of hea - ven, bread of hea - ven, feed me till I want no more,  
strong de - liv - erer, strong de - liv - erer, be thou still my strength and shield,  
songs of prais - es, songs of prais - es, I will ev - er give to thee,



feed me till I want no more.  
be thou still my strength and shield.  
I will ev - er give to thee.

690; words: William Williams, tr. Peter Williams; music: Cwm Rhondda, John Hughes

## THE WORD OF GOD

### SALUTATION

Bless the Lord who forgives all our sins.

**His mercy endures forever.**

### THE DECALOGUE

Hear the commandments of God to his people: I am the Lord your God who brought you out of bondage. You shall have no other gods but me.

**Amen. Lord have mercy.**

You shall not make for yourself any idol.

**Amen. Lord have mercy.**

You shall not invoke with malice the Name of the Lord your God.

**Amen. Lord have mercy.**

Remember the Sabbath day and keep it holy.

**Amen. Lord have mercy.**

Honor your father and your mother.

**Amen. Lord have mercy.**

You shall not commit murder.

**Amen. Lord have mercy.**

You shall not commit adultery.

**Amen. Lord have mercy.**

You shall not steal.

**Amen. Lord have mercy.**

You shall not be a false witness.

**Amen. Lord have mercy.**

You shall not covet anything that belongs to your neighbor.

**Amen. Lord have mercy.**

Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these." *Mark 12:29-31*

## **CONFESSION OF SIN**

*Please kneel or stand as able*

Let us confess our sins against God and against our neighbor.

**Most merciful God, 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 neighbors 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.**

## **ABSOLUTION**

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

## KYRIE ELEISON

*All sing as able*

**Kyrie Eleison**  
**Christe Eleison**  
**Kyrie Eleison**

## COLLECT OF THE DAY

The Lord be with you.

**And also with you.**

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.**

*Please be seated for the readings*

## FIRST LESSON

Exodus 17:1-7

*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. 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 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?'

Hear what the Spirit is saying to God's people.

**Thanks be to God.**

## Psalm 95

*Please join in singing the Psalm. The cantor will sing the first two verses as a guide; listen and join in after..*

- 1 Come, let us sing to the LORD; \*  
let us shout for joy to the Rock of our salvation.
- 2 Let us come before his presence with thanksgiving \*  
and raise a loud shout to him with psalms.
- 3 **For the LORD is a great God, \***  
**and a great King above all gods.**
- 4 **In his hand are the caverns of the earth, \***  
**and the heights of the hills are his also.**
- 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 Maker.**
- 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 hearken to his voice!**
- 8 **Harden not your hearts, as your forebears did in the wilderness, \***  
**at Meribah, and on that day at Massah, when they tempted me.**
- 9 **They put me to the test, \***  
**though they had seen my works.**
- 10 **Forty years long I detested that generation 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 into my rest.”**

## SECOND LESSON

Romans 5:1-11

*A Reading from Paul's Letter to the Romans*

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.

Hear what the Spirit is saying to God's people.

**Thanks be to God.**

## GOSPEL ACCLAMATION

*Please stand*

There are an-gels hov-'ring 'round, there are an-gels hov-'ring 'round, there are  
an - - - - - gels hov - 'ring round.

2. To carry the tidings home
3. Of a new Jerusalem
4. Let all who hear them come

## THE GOSPEL

John 4:5-42

The Good News of Jesus as written in John.

**Glory is yours, O Christ.**

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 Savior.

**Praise to you, O Christ.**

**SERMON**

The Rev. Amy Cox

## THE NICENE CREED

*Please stand*

**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.  
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

With all our heart and with all our mind, let us pray to the Lord, saying “Lord, have mercy.”

For the peace of the world, for the welfare of the Holy Church of God, and for the unity of all peoples, let us pray to the Lord.

**Lord, have mercy.**

For our Bishop Phil, and for all the clergy and people, let us pray to the Lord.

**Lord, have mercy.**

For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.

**Lord, have mercy.**

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord.

**Lord, have mercy.**

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.

**Lord, have mercy.**

For all who have died in the hope of the resurrection, and for all the departed, let us pray to the Lord.

**Lord, have mercy.**

In the communion of St Luke's and of all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.

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

## **THE PEACE**

The peace of Christ be always with you.

**And also with you.**

## **ANNOUNCEMENTS**

## **BIRTHDAYS AND ANNIVERSARIES**

# **THE HOLY COMMUNION**

## **OFFERTORY SENTENCE**

*Thank you for your prayerful support. Every pledge and gift—no matter the amount—helps St. Luke's ~ San Lucas live out our mission of transformation, connection, and care, empowering us to share the Good News of God's infinite love and mercy through worship, formation, and service. To give online, scan the QR code or visit [stlukessanlucas.org/give](http://stlukessanlucas.org/give)*



## OFFERTORY ANTHEM

*Living Water*  
by jack barben

Living water, flow in me,  
living water, set me free,  
living water, taste and see  
that life eternal springs in thee.

Your life in us is living,  
deeper than our mind,  
your love in us is filling,  
teaching us to find  
the life alive in all things,  
the love from which we fall,

the wisdom rising in us  
as we hearken to your call.

A treasure buried in a field,  
a spring beneath the ground,  
you whisper softly to our hearts  
where truth is gently found.  
You wash away the weight we bear,  
you make our vision new,  
we learn to hear your hidden voice  
and live what's deeply true.

## OFFERTORY HYMN

*I Heard the Voice of Jesus Say*

*All stand as the offertory hymn begins and the elements are brought forward.*

1. I heard the voice of Je - sus say, "Come un - to me and rest;  
2. I heard the voice of Je - sus say, "Be - hold, I free - ly give  
3. I heard the voice of Je - sus say, "I am this dark world's light;

Lay down, O wea - ry one, lay down Your head up - on my breast."  
The liv - ing wa - ter; thirst - y one, Stoop down, and drink, and live."  
Look un - to me, your morn shall rise, And all your day be bright."

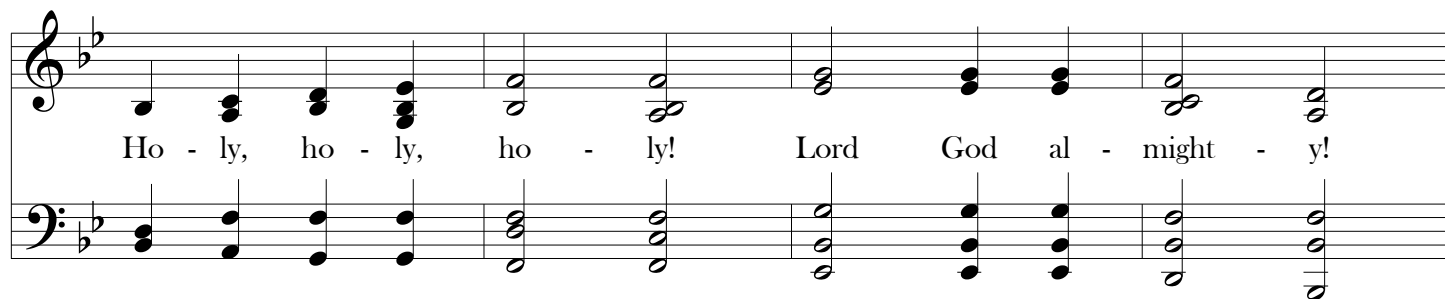
I came to Je - sus as I was, So wea - ry, worn, and sad; I  
I came to Je - sus, and I drank Of that life - giv - ing stream; My  
I looked to Je - sus, and I found In him my star, my sun; And

found in him a rest - ing - place, And he has made me glad.  
thirst was quenched, my soul re - vived, And now I live in him.  
in that light of life I'll walk Till trav - 'ling days are done.

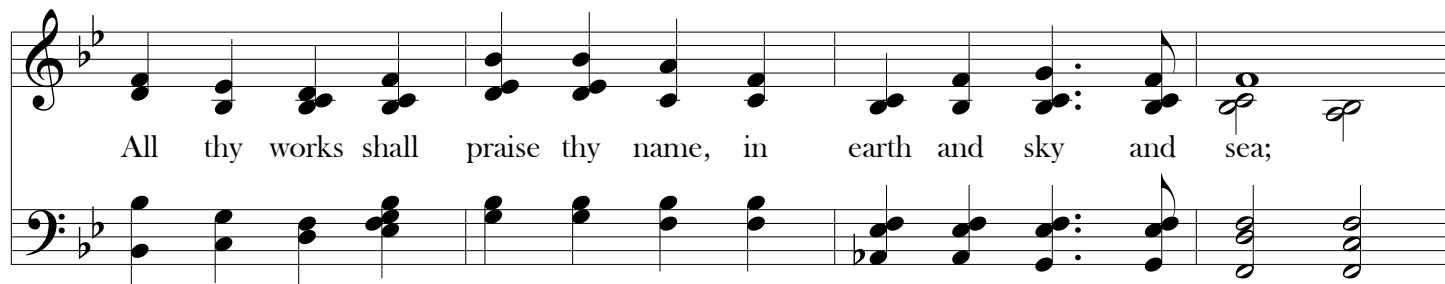
*Kingsfold, traditional*  
*Horatius Bonar*



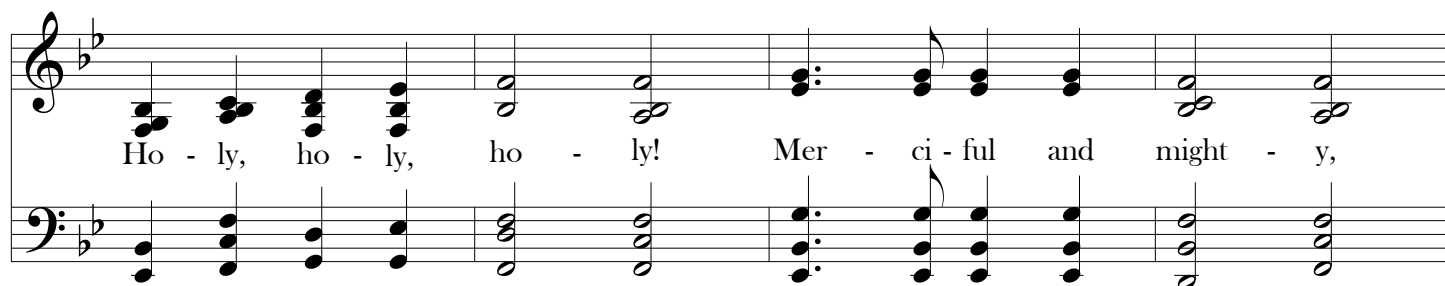
## SANCTUS



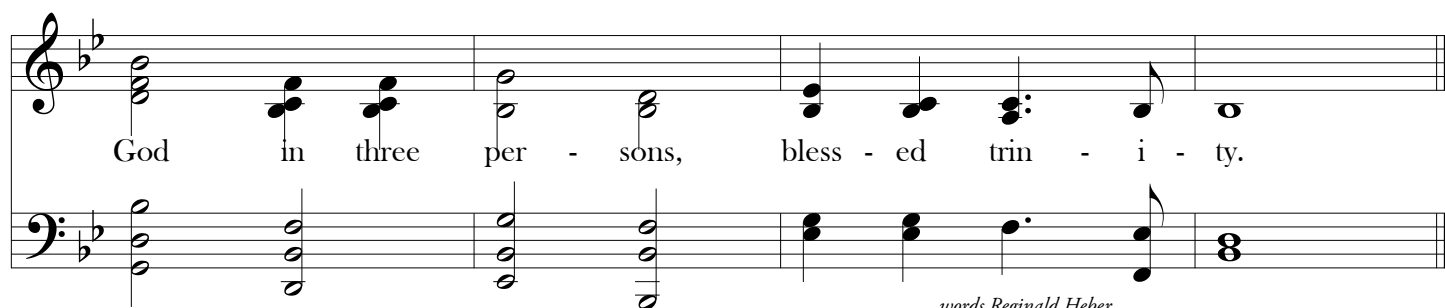
Ho - ly, ho - ly, ho - ly! Lord God al - might - y!



All thy works shall praise thy name, in earth and sky and sea;



Ho - ly, ho - ly, ho - ly! Mer - ci - ful and might - y,



God in three per - sons, bless - ed trin - i - ty.

*words Reginald Heber*

*John Bacchus Dykes, alt Charles Rus, harmonized by Jack Barben*

## CONSECRATION

*The Celebrant proceeds with the Eucharistic Prayer B found in the Book of Common Prayer (page 368).*

...Therefore, according to his command, O Father,

We remember his death,  
We proclaim his resurrection,  
We await his coming in glory.

*The Celebrant continues....*

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours,  
Almighty Father, now and for ever. **Amen.**

# THE LORD'S PRAYER

As our Savior Christ has taught us, we now sing:

Our Father in heaven, hal - low'd be your Name, your kingdom come,  
your will be done,

on earth as it is in heaven. Give us today our dai - ly bread.

Forgive us our sins as we forgive those who sin a - gainst us.

Save us from the time of trial, and deliver us from e - vil.

For the kingdom, the power, and the glo - ry are yours,

now and for e - ver. A - men.

## THE BREAKING OF THE BREAD

There's a wide - ness in God's mer - cy like the wide - ness  
For the love of God is broad - er than the mea - sure

of the sea; there's a kind - ness in his jus - tice,  
of the mind; and the heart of the E - ter - nal

which is more than lib - er - ty. There is wel - come  
is most won - der - ful - ly kind. If our love were

for the sin - ner, and more grac - es for the good; there is mer -  
but more faith - ful, we should take him at his word; and our life

cy with the Sav - ior; there is heal - ing in his blood.  
would be thanks - giv - ing for the good - ness of the Lord.

*Frederick William Faber  
Calvin Hampton*

## THE INVITATION

The gifts of God for the people of God.

COMMUNION HYMN

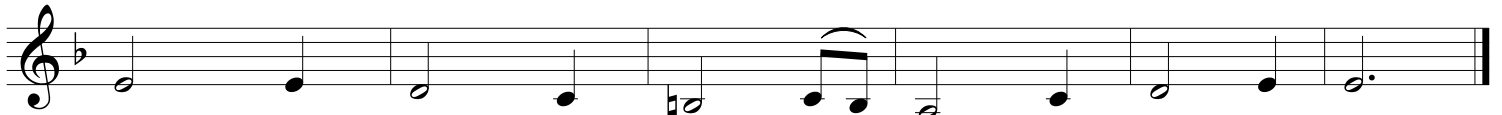
*O Love that Will Not Let Me Go*



O\_\_ love that will not\_\_ let me go, I rest my wear - y  
 O\_\_ light that fol - lowest all my way, I yield my flick - ering  
 O\_\_ joy that seek - est\_\_ me through pain, I can - not close my  
 O\_\_ cross that lift - est\_\_ up my head, I dare not ask to



soul in thee; I\_\_ give thee back the life I owe, that in thine  
 torch to thee; my heart re - stores its bor - rowed ray, that in thy  
 heart to thee; I\_\_ trace the rain - bow through the rain, and feel the  
 fly from thee; I\_\_ lay in dust life's glo - ry dead, and from the



o - cean depths its flow may rich - er, ful - ler be.  
 sun - shine's blaze its day may bright - er, fair - er be.  
 prom - ise is not vain that morn shall tear - less be.  
 ground there blos - soms red, life that shall end - less be.

*lyrics: George Matheson  
 music: Jack Barben*

COMMUNION HYMN

*Take My Life and Let it Be*

1. Take my life, and let it be con - se - crat - ed Lord, to thee;  
 6. Take my love; my Lord, I pour at thy feet its treas - ure store;

take my mo - ments and my days let them flow in cease - less praise  
 Take my - self and I will be, ev - er, on - ly all for thee.

let them flow, let them flow, let them flow in cease - less praise.  
 ev - er only ev - er only, ev - er, on - ly all for thee.

2. Take my hands and let them move at the im - pulse of thy love; Take my feet and  
 3. Take my voice and let me sing al - ways on - ly for my king; Take my lips and  
 4. Take my sil - ver and my gold, not a mite would I with - hold; Take my in - tel -  
 5. Take my will and make it thine; it shall be no long - er mine. Take my heart it

let them be swift and beau - ti - ful for thee, swift and beau - ti - ful for thee.  
 let them be filled with mes - sa - ges from thee, filled with mes - sa - ges from thee.  
 lect and use ev - ery power as thou shalt choose, ev - ery power as thou shalt choose.  
 is thine own, it shall be thy roy - al throne, it shall be thy roy - al throne.

## POST COMMUNION PRAYER

Let us pray.

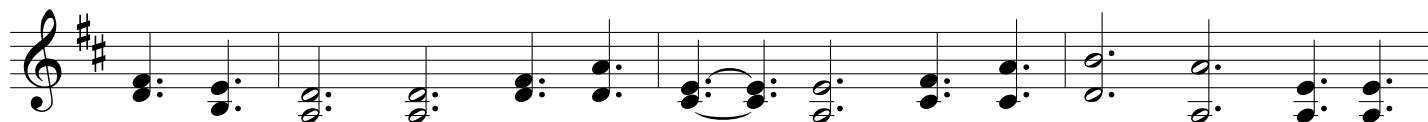
Eternal God, heavenly Father,  
you have graciously accepted us as living members  
of your Son our Savior Jesus Christ,  
and you have fed us with spiritual food  
in the Sacrament of his Body and Blood.  
Send us now into the world in peace,  
and grant us strength and courage  
to love and serve you  
with gladness and singleness of heart;  
through Christ our Lord. Amen.

## BLESSING

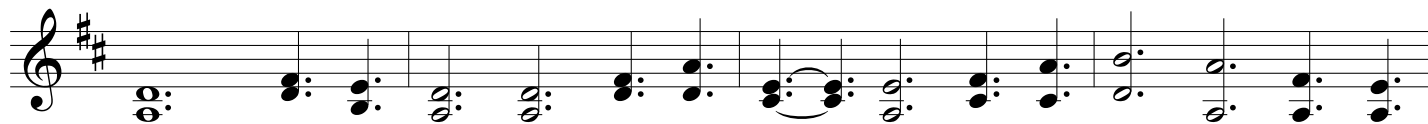


## RECESSIONAL HYMN

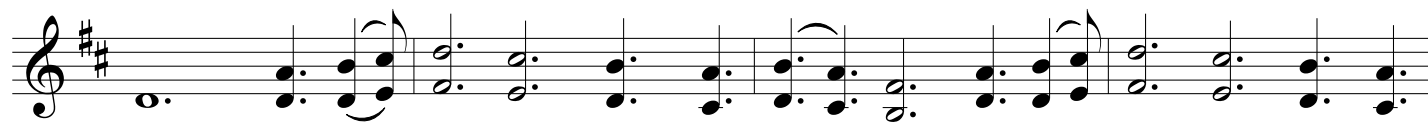
*Praise the one who breaks the darkness*



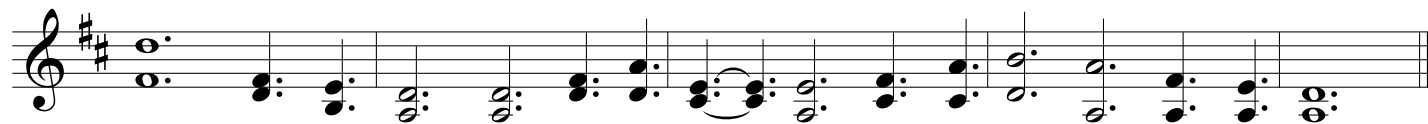
Praise the one who breaks the dark - ness with a lib - er - a - ting  
Praise the one who blessed the chil - dren with a strong yet gen - tle  
Praise the one true love in - car - nate: Christ who suf - fered in our



light. Praise the one who frees the pris - oners, tur - ning blind - ness in - to  
word. Praise the one who drove out de - mons with a pier - cing two - edged  
place. Je - sus died and rose for ma - ny that we may know God by



sight. Praise the one who preached the gos - pel, heal - ing ev - ery dread dis -  
sword. Praise the one who brings cool wa - ter to the des - ert's bur - ning  
grace. Let us \_ sing for joy and glad - ness, see - ing what our God has



ease, calm - ing storms and feed - ing thous - ands with the ver - y bread of peace.  
sand. From this well comes liv - ing wa - ter, quench - ing thirst in ev - ery land.  
done. Praise the one re - deem - ing glo - ry, praise the one who makes us one.

*Nettleton, traditional  
Rusty Edwards*

## DISMISSAL

Deacon Let us go forth in the name of Christ.

People Thanks be to God.

## POSTLUDE



## LITURGICAL MINISTERS

Officiant:	The Rev. Alfredo Feregrino
Associate Priest and Preacher:	The Rev. Amy Cox
Deacon:	The Rev. Lynette Poulton Kamakura
Music Director:	Jack Barben
Lector:	Judith Bean
Lay Eucharistic Minister:	Judy Morrison and Melanie Kenoyer
Altar Guild:	Annie Reeves
Ushers:	Georgie Wildfang and Jamie Mathieu
Coffee Hour:	
Video and Sound:	Len Bauhs, Bob Lawson, Mike Morrison, and Charlie Tapp

## COMMUNION BREAD AND ALTAR FLOWERS

The communion bread is donated by Sally McClaskey  
The Altar plant is given in thanksgiving and to the Glory of God.

## LAND ACKNOWLEDGEMENT

We remember and honor the Indigenous people of North and South America, in particular the nations whose land we now occupy in this region that was once their home. We at St. Luke's ~ San Lucas Episcopal Church acknowledge that we are on the unceded ancestral lands of the Chinook and Cowlitz people. A people that are still here, continuing to honor and bring to light their ageless heritage.



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[sl2.mainoffice@gmail.com](mailto:sl2.mainoffice@gmail.com)

[www.StLukesSanLucas.org](http://www.StLukesSanLucas.org)

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## LAND ACKNOWLEDGEMENT

We remember and honor the Indigenous people of North and South America, in particular the nations whose land we now occupy in this region that was once their home. We at St. Luke's ~ San Lucas Episcopal Church acknowledge that we are on the unceded ancestral lands of the Chinook and Cowlitz people. A people that are still here, continuing to honor and bring to light their ageless heritage.



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