



March 15, 2020
The Third Sunday in Lent
10:30 am - Welcome



Blue Hymn Books – Common Praise (CP)

Setting: New Plainsong; David Hurd (Congregational)

We are delighted that you are with us for worship today. If you are new to the Cathedral and would like to be contacted, please fill out the blue and white card in the pew. You may place it on the Offertory plate or give it to the clergy. Please stay for refreshments (Fair Trade coffee) after the service. Every person who is baptized is invited to the Lord's Table to receive Holy Communion with us. Gluten-free wafers are available; please ask at the altar rail. We also ask that you refrain from dipping your wafers into the wine. All people are welcome to come to the altar at the time of communion. Cross your arms to indicate a prayer of blessing if you do not wish to receive Communion.

**UNTIL FURTHER NOTICE PLEASE BE ADVISED WE ARE DISPENSING THE USE OF THE
COMMON CUP AT COMMUNION**

CHORAL EUCHARIST – p. 185, BAS

Celebrant: The Ven. John Robertson

Preacher: The Rev. Canon Barbara Stewart

Gospeller: The Rev. Don Goodwin, Honorary Associate

Prelude: Adagio Molto (Sonata 3; Alexandre Guilmant)

Celebrant: Welcome and Announcements

Opening Hymn: CP442 Great God, your love has called us here (St Petersburg)

The Gathering of the Community

All stand. The Celebrant greets the community.

Celebrant 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 also with you.

Celebrant Almighty God,

(All) 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. Amen.

Kyrie eleison (CP 687)

Kyrie eleison (x3), Christe eleison (x3), Kyrie eleison (x3)

The Collect of the Day

Celebrant Let us pray,

(All) Lord of the wellspring, source of life and truth: give us the courage of the Samaritan woman, so that we may receive living water, and worship you in spirit and in truth; through Jesus Christ who quenches our thirst with eternal life. Amen

The people are seated for the Children's Focus and Proclamation of the Word.

The Children's Focus

Dean Davidson

The Proclamation of the Word

A Reading from the Book of Exodus 17:1-7

Tanis Fairley

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

People: Thanks be to God

Psalm 95:1-7



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 moulded 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!

A Reading from the Letter of Paul to the Romans 5:1-11

Tanis Fairley

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

People: Thanks be to God

Please stand to sing and remain standing, and turn to face the Gospel reader.

Sequence Hymn: CP508 I heard the voice of Jesus say (Kingsfold)

Gospeller The Lord be with you
People And also with you

The Rev. Don Goodwin, Honorary Associate

The Holy Gospel of our Lord Jesus Christ According to John 4:5-42

People Glory to you, Lord Jesus Christ

So he 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 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 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

People Praise to you, Lord Jesus Christ.

Gospel Acclamation: CP360 Bless the Lord, my soul

Bless the Lord, my soul, and bless God's holy name.

Bless the Lord, my soul, who leads me into life.

The people are seated at the invitation of the preacher.

The Sermon

Rev. Canon Barbara Stewart

The Nicene Creed

The people are invited to stand as they are able.

Celebrant Let us confess our faith as we say,

(All) 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

The Prayers of the People

Aveleigh Kyle

The people may stand, sit, or kneel as they are able. Personal requests may be placed in the prayer basket on the altar for this Sunday. For continuing prayers, names may be left at the office for the Prayer Fellowship.

The World and Environment: For the world's needs this week, the environment, and the just and proper use of resources; for healing and right dealings with Aboriginal and First Nations people; for peace in our world and in our country.

Anglican Cycle of Prayer: Pray for the Church of England, The Most Rev. and Right Hon. Justin Welby, Archbishop of Canterbury.

Diocesan Cycle of Prayer: Pray for Michael our Bishop, Anne our Metropolitan, Linda our Primate, and Justin Archbishop of Canterbury; pray for the Parish of Kitley, St. Paul's Newbliss, The Ven. Nancy MacLeod and The Rev. Trish Miller, and their congregation.

Interfaith: For all who seek after God and a holy life of justice, peace, and love.

Community: Kingston Unitarian Fellowship, The Rev. Carol Stricker

Parish: Pray for St. George's Projects Group, Mary Ann Steen and Jean Wilson coordinators, and all members; and we pray for the following households: Barrie and Laurie Keefe, Agar Kemp, Sue Kilpatrick, and their families.

Prayer List: for the Very Rev. Sharon Murdoch; the Ven. Michael Caswell; John Bate; Lynda Redmond; Kathy Worton; Alethea; Kathy Anderson; Ayda Papazyan; Harry Cleghorn; John Weatherall; Dee Padfield; Diana Davis Duerkop; Margaret Milner; Keara; Bob and Thayer Cluett; Connie Carr and family; for those on our prayer chain; for all those serving in the Canadian Forces at home and overseas; and for those facing medical procedures.

Pray for the soul of The Rev. Canon Chris Carr (RIP); and Conti Hewetson (RIP)

The flowers at the high Altar today are given to the glory of God and to celebrate our March girls: Great grandmother Helen, Grandma Judi, granddaughters Haylie and Mia, from Jane Kirkpatrick

Confession and Absolution

Celebrant Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness.

Silence is kept. The people may stand, sit, or kneel as they are able.

Celebrant Most merciful God,

(All) 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.

People Amen.

The Peace

All stand, and the Celebrant addresses the people, saying

The peace of the Lord be always with you.

People And also with you.

Members of the community, ministers and people, greet one another in the name of the Lord.

Offertory Anthem: I lift my eyes; John Carter

I lift my eyes to the quiet hills in the press of a busy day; as green hills stand in a dusty land so God is my strength and stay. I lift my eyes to the quiet hills to a calm that is mine to share; secure and still in the Father's will and kept by the Father's care. I lift my eyes to the quiet hills with a prayer as I turn to sleep; by day, by night, through the dark and light my Shepherd will guard his sheep. I lift my eyes to the quiet hills and my heart to the Father's throne; in all my ways to the end of days the Lord will preserve his own.

The Celebration of the Eucharist

The 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. **(All) Amen**

The Great Thanksgiving – Eucharistic Prayer 3

All stand, as able, and the Celebrant addresses the people.

Celebrant The Lord be with you.

People And also with you.

Celebrant Lift up your hearts.

People We lift them to the Lord.

Celebrant Let us give thanks to the Lord our God.

People It is right to give our thanks and praise.

Celebrant Preface for Lent

Blessed are you, gracious God, creator of heaven and earth, because you bid your faithful people to cleanse their 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 the works of love. Therefore we raise our voices to you in praise to proclaim the glory of your name.

Cp 689 (All) 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.

The people may stand, sit, or kneel as they are able

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,

**(All) 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 sons and daughters; 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.

(All) Amen

Celebrant And now, as our Saviour Christ has 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

The Breaking of the Bread

Celebrant We break this bread, **(All) Communion in Christ's body once broke.**

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

(All) If we have died with him, we shall live with him; if we hold firm, we shall reign with him.

UNTIL FURTHER NOTICE PLEASE BE ADVISED WE ARE DISPENSING THE USE OF THE COMMON CUP AT COMMUNION

The Communion

All who are baptized are welcome at the Lord's Table. Please cross your arms if you do not wish to drink from the common cup. All are very welcome to come for a blessing. Gluten-free wafers available – please ask at the Communion rail.

The Celebrant invites the people to share in communion and says,
The gifts of God for the People of God.

People Thanks be to God.

Agnus Dei (All) CP 690

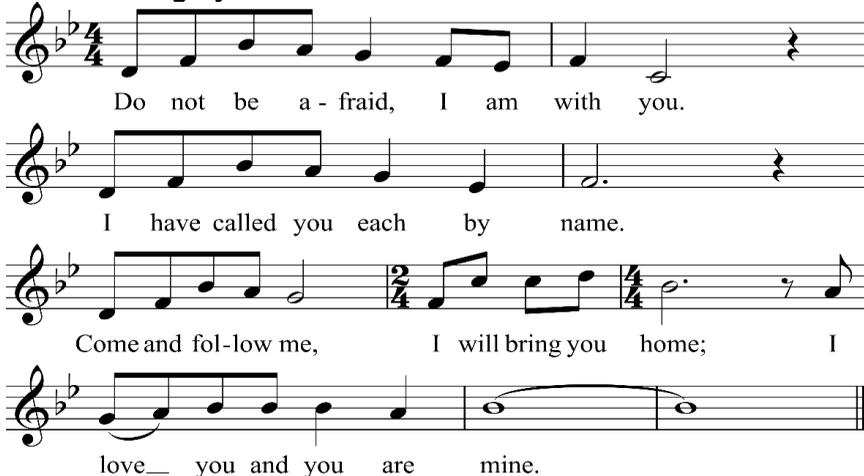
Lamb of God, you take away the sins of the world: have mercy on us. Lamb of God, you take away the sins of the world: have mercy on us. Lamb of God, you take away the sins of the world: grant us peace.

The Celebrant and people receive communion. The sacrament is given with the following words.
The body of Christ (given for you).
The blood of Christ (shed for you).

Communion Hymn: CP572 Let there be light (Concord)

Motet: You are mine; David Haas (Children)

Refrain: Sung By All



Do not be a - fraid, I am with you.

I have called you each by name.

Come and fol-low me, I will bring you home; I

love_ you and you are mine.

I will come to you in the silence, I will lift you from all your fear. You will hear my voice, I claim you as my choice, be still and know I am here. Refrain. 2. I am hope for all who are hopeless, I am eyes for all who long to see. In the shadows of the night I will be your light, come and rest in me. Refrain: 3. I'm the Word that leads all to freedom, I'm the peace the world cannot give. I will call your name, embracing all your pain, stand up, now walk, and live! Refrain.

Prayer after Communion

Celebrant 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. **(All) Amen**

Doxology and Blessing

Celebrant 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.

Closing Hymn: CP565 Guide me, O thou great Jehovah (Cwm Rhondda)

Dismissal

Celebrant Go in peace to love and serve the Lord.

People Thanks be to God.

Organ Postlude: Preludio (Sonata 3); Alexandre Guilmant

Readings for Sunday, March 22, Fourth Sunday in Lent

1 Samuel 16:1-13; Psalm 23; Ephesians 5:8-14; John 9:1-41

Thank you to those assisting in today's service:

Greeters/Sides people: Heather Buchan, Tom and Dorrie Westgarth, Geoff Hinch, Gillian McNicholas

Servers: Derek Falkner, Carl Redmond, Judith Challis, Connor DeMerchant

Lay Ministers:

Refreshments: Fellowship Committee members

ANNOUNCEMENTS



Assistive Listening Devices (ALDs) are available. Please ask the sides people if you would like to use one. Look for the red lanyards.

Lunch By George are in need of coffee, coffee whitener, canned vegetables, juice crystals (diet and regular). If you are able to provide any of these items please deliver them to the church office or Lunch By George any morning Monday to Friday.

The Monday Flower Group needs empty clean 500 ml (2 cup) size plastic containers. If you have any, please leave with the office or in the cottage kitchen. With our thanks.

Agnostic Exploration Series will be held at St. George's in the Library on **Wednesday March 18, March 25, and April 1, at 7:30pm**, titled *Why Did Jesus Have to Die?* What was it about the message of this itinerant rabbi that so threatened the Empire that they felt the need to execute him? In this three week look into the Passion narratives, we will begin to look critically at the message of Jesus, and how it so challenged the status quo of the empire that Rome saw the need to smash the nascent group. We will look as well at how the authentic message of the cross still stands as a challenge and a threat to the empires of our own day.

Upcoming at the Cathedral

Today, Sunday March 15, 4:00pm Contemplative Celtic Eucharist

Wednesday, March 18, 12:15 Eucharist, in the Lady Chapel

Thursday, March 19, 10:30 Healing Eucharist, in the Lady Chapel

Friday, Mar 20, 12:00 Coventry Litany of Reconciliation, Cathedral steps

Sunday, March 22, 8:00am Holy Eucharist, **10:30am** Choral Eucharist

4:00pm Solemn High Mass, at high Altar

Sunday March 29, 8:00am Holy Eucharist, **10:30am** Choral Eucharist

4:00pm The Reverend Georgiana Stewart to be ordained Priest

Dean and Rector: The Very Reverend Don Davidson

Dean's Warden: Harold Redekopp **People's Warden:** Laurie Dempsey

Deputy Warden: Megan Bruce

Music Director: Michael Capon **Assistant Organist:** Brad Barbeau

Pianist: Fran Harkness

Verger: Jane Kirkpatrick

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