

Third Sunday in Lent

March 8, 2026

8:30 a.m. Holy Eucharist (said)

11:00 a.m. Holy Eucharist (choral)

Celebrant and Preacher: *The Rev'd Canon Alyson Barnett-Cowan,*
Honorary Assistant

Assisting: *The Rt Rev'd Victoria Matthews, Honorary Assistant*

Welcome! We are glad to have you join us in worship today.

Our Church School (for youth up to age 12) will gather downstairs for their lesson and return to the service during the Offertory Hymn. New children are always welcome.



Lent Prose

The congregation is encouraged to join in singing the refrain.



**Refrain: Hear us, O Lord, have mercy upon us:
for we have sinned against thee.**

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

*O thou chief Cornerstone, Right hand of the Father:
way of Salvation, Gate of Life Celestial: cleanse
thou our sinful souls from all defilement. **Refrain***

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

*Sins oft committed now we lay before thee: with
true contrition, now no more we veil them. Grant
us, Redeemer, loving absolution. **Refrain.***

*Innocent, captive, taken unresisting: falsely
accus'd, and for us sinners sentenced: save us, we
pray thee, Jesu our Redeemer. Refrain.*

Gathering of the Community

The Confession and Absolution is given prominence during the Lenten Season and is based on the Baptismal Covenant (see pp. 158-159 in the BAS) to help us reflect on our vocation as Christian disciples.

Celebrant: Dear Friends in Christ,
as we prepare for the Paschal Feast,
continuing in the apostles' teaching and fellowship,
in the breaking of bread, and in the prayers,
let us make ready our hearts
to renew the covenant of our baptism.
Let us kneel before our Creator and Redeemer.

Please Kneel (or sit) as you are able.

Let us ask God to bring to light
the things now hidden in darkness,
and to disclose to us the secret purposes of our hearts.
And most especially,
let us remember the covenant of our baptism
and test our hearts and conscience
to know how faithfully we have proclaimed
by word and example
the good news of God in Christ.

Silence is kept.

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. **Amen.**

Kyrie/Trisagion

The Collect

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.**

Old Testament Reading

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 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 for 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

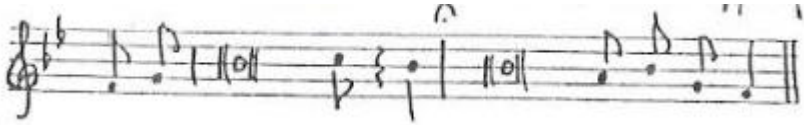
which you struck the Nile and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, "Is the LORD among us or not?"

Reader The Word of the Lord.

People **Thanks be to God**

Psalm 95

T 8.1



- 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."

The Epistle

Romans 5:1-11

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 afflictions, knowing that affliction produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, 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, therefore, since we have now 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.**

Gospel Acclamation

Praise to you, Lord Jesus Christ, King of eternal glory. *Lord, you are indeed the Saviour of the world. Give us living water, that we may not thirst.* **Praise to you, Lord Jesus Christ, King of eternal glory.**

The Holy Gospel

Deacon The Lord be with you.

People **And also with you.**

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

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 labor. Others have

The Doxology and Blessing

p. 214

Announcements

Closing Hymn #533 (*Blue Book*)

Aberystwyth

The Dismissal

Deacon Go in peace to love and serve the Lord.

All **Thanks be to God.**

Parish News and Announcements

Father Hatt returns to the parish tomorrow, Monday, March 9th from his annual Winter break. Thank you to Canon Alyson and Bishop Victoria for taking services today.

Daily Prayer Devotions for Lent

Copies of a simple, shortened form of daily prayer for use during Lent are available at the back of the church. You can use this along with the daily Scripture readings available online at <https://prayer.forwardmovement.org/fdd>. These readings are from the Forward Day-by-Day booklets which are usually available at the back of the church, but we have run out! More are on order.

Christian Education during Lent

Our Christian Education series this Lent focuses on the Baptismal Covenant (see BAS, pp. 158-159) and how it can help you develop a Way of Life as a Christian. All sessions will be held in-person (in the Guild Room) and online (the link will be emailed to the parish e-list) at 8 p.m. Our remaining sessions include:

Wednesday, March 11th

Holy Scripture led by Dr Walter Deller, Trinity College

Wednesday, March 18th

Fasting, led by Father Hatt

Wednesday, March 25th

Almsgiving led by parishioner Shelagh MacPherson

TODAY - Soup Sunday for Heat-it-Forward Returns!

Soup Sunday returns today! mulligatawny soup and open-face Swiss cheese buns with gluten free options are available for take out after the 8:30 a.m. service and for eat in or take out after the 11:00 a.m. service. Suggested donation of \$15.00 per person. Bring

your appetite – and enjoy – as you help to restore the funds in our Memorial Fund, one sip at a time.

The offering is being sponsored by Kathie Wagg. Should you wish to sponsor a future Soup Sunday, please advise either Glen Storey or Kathie Wagg. Thank You.

Lychgate Newsletter

The next Lychgate parish newsletter will be published March 22nd. Articles are due today, March 8th. Please send them to editor Ian Greene.

This Week at St Martin's

Today, March 8th (*Third Sunday in Lent*)

8:30 a.m. Holy Eucharist (said)

11 a.m. Holy Eucharist (sung)

12:30 p.m. Soup Sunday (Hall)

Monday, March 9th (*Gregory of Nyssa, Bishop, Teacher of the Faith*)

7:30 p.m. Parish Council (Guild Room)

Tuesday, March 10th (*Robert Machray, First Primate of Canada*)

10 a.m. Holy Eucharist (Chapel)

6 p.m. - 8p.m. Beavers (Hall)

Wednesday, March 11th (*Lenten Feria*)

6 p.m. - 8 p.m. Cubs (Hall)

Thursday, March 12th (*Lenten Feria*)

1 p.m. - 3 p.m. Pickleball (Hall)

6 p.m. - 9 p.m. Pickleball (Hall)

8 p.m. Choir Rehearsal (Church)

Friday, March 13th (*Lenten Feria*)

7:45 p.m. - 10 p.m. Naturally High Park (Hall)

Saturday, March 14th (*Lenten Feria*)

10:15 a.m. - 12:30 p.m. Healey Willan Singers Rehearsal (Church)

Next Sunday, March 15th (*Fourth Sunday in Lent*)

8:30 a.m. Holy Eucharist (said)

11 a.m. Holy Eucharist (sung)

12:30 p.m. Soup Sunday (Hall)



Church of Saint Martin-in-the-Fields

151 Glenlake Avenue, Toronto, Ontario M6P 1E8

(416) 767-7491 | office@stmartininthefields.ca

 [stmartininthefieldsTO](https://www.facebook.com/stmartininthefieldsTO) |  [stmartingarden](https://www.instagram.com/stmartingarden)

www.stmartininthefields.ca

Clergy

The Rev'd Nicholas Hatt

Incumbent

priest@stmartininthefields.ca

The Rev'd Canon Alyson Barnett-Cowan

Honorary Assistant

The Rev'd Canon David Luxton

Honorary Assistant

The Rev'd James Decker

Honorary Assistant

The Rev'd Michelle Childs-Ward

Honorary Assistant

The Rt Rev'd Victoria Matthews

Honorary Assistant

Parish Officers and Staff

Phil Snider

Rector's Warden

David McKnight

People's Warden

Jenny Formanek

Deputy Warden

Jack Hattey

Music Director

jhattey@stmartininthefields.ca

Finn Keesmaat-Walsh

Children and Youth Pastoral Associate

childyouthministry@stmartininthefields.ca

Shukura Alleyne

Parish Office Administrator

office@stmartininthefields.ca

Bernard Sanders

Sexton

Weekly Worship Schedule

Sundays 8:30 a.m. Holy Eucharist (said)

11 a.m. Holy Eucharist (choral)

Tuesdays 10 a.m. Holy Eucharist (said)

Feast days and special services as announced.