

St. Dunstan's Episcopal Church



Third Sunday in Lent
March 8, 2025 - 10 am

Prelude

Adagio in C Minor

Miriam Reveley
(b. 2003)

WELCOME TO WORSHIP

Hymn 686

Come, thou fount of every blessing

Nettleton

Opening Sentences

Presider Bless the Lord who forgives all our sins.

People His mercy endures for ever.

Kyrie

Sung three times

S-102

The musical score is written in C minor (one flat) and 4/4 time. It consists of two systems of music. The first system has a vocal line and a piano accompaniment. The vocal line begins with a half note 'Ho' on G4, followed by a quarter note '- ly' on A4, a quarter note 'God,' on Bb4, a quarter rest, a quarter note 'Ho' on G4, a quarter note '- ly' on A4, a quarter note 'and' on Bb4, a quarter note 'Might' on C5, a quarter note '- y,' on Bb4. The piano accompaniment consists of chords: G4-Bb4, G4-Bb4, G4-Bb4, G4-Bb4, G4-Bb4, G4-Bb4, G4-Bb4, G4-Bb4. The second system also has a vocal line and a piano accompaniment. The vocal line begins with a half note 'Ho' on G4, a quarter note '- ly' on A4, a quarter note 'Im - mor - tal' on Bb4, a quarter note 'One,' on C5, a quarter note 'Have' on Bb4, a quarter note 'mer - cy' on A4, a quarter note 'up - on' on G4, a quarter note 'us.' on F4. The piano accompaniment consists of chords: G4-Bb4, G4-Bb4.

Setting: Ver. *Hymnal* 1982, after Alexander Archangelsky (1846-1924)

The Collect of the Day

Presider God be with you.

People **And also with you.**

Presider 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.**

The First Reading

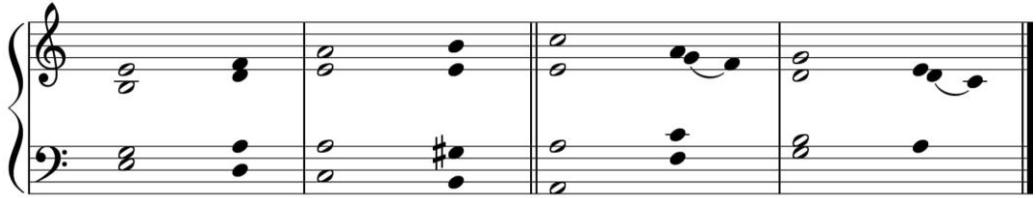
Exodus 17:1-7

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. 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?"

Lector The Word of the Lord.

People **Thanks be to God.**



Come, let us sing to the / Lord; *
 let us shout for joy to the Rock of our sal-/ vation.
 Let us come before his presence with thanks-/ giving *
 and raise a loud shout to him with / psalms.

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.
 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!
 Harden not your hearts, as your forebears did in the / wilderness, *
 at Meribah, and on that day at Massah, when they / tempted me.

They put me to the / test, *
 though they had seen my / works.
 Forty years long I detested that generation and / said, *
 “This people are wayward in their hearts; they do not know my / ways.”
 So I swore in my / wrath, *
 “They shall not enter into my / rest.”

Lector A reading from Paul's letter to the Romans

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.

Lector The Word of the Lord.

People **Thanks be to God.**

Hymn 679

Surely it is God who Saves Me

Thomas Merton

Gospel

John 4:5-42

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

People **Glory to you, Lord 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 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."

Deacon The Gospel of the Lord

People **Praise to you, Lord Christ.**

The Sermon

Don Fornoff

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.

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.

Prayers of the People

Deacon: In faith and hope, let us pray for the church, the world, and our
community, saying, "Lord, have mercy."

Leader: That we may keep a holy Lent in the hope of the resurrection, we pray to
you, O Lord.

People: **Lord, have mercy.**

Leader: For your holy catholic Church, especially Sean our Presiding Bishop, Phil our Bishop, and the clergy and people of St. Dunstan's, that we may be a witness for your kingdom, we pray to you, O Lord.

People: **Lord, have mercy.**

Leader: For our nation, that we may live in peace with one another, and that there may be justice for all, we pray to you, O Lord.

People: **Lord, have mercy.**

Leader: For the nations of the world, that those who walk in darkness may live in your light, we pray to you, O Lord.

People: **Lord, have mercy.**

Leader: For our community, that we and our neighbors may drink of the water of life, we pray to you, O Lord.

People: **Lord, have mercy.**

Leader: For those who suffer or are in any trouble, that they may receive healing, help and hope, especially, and those we name now, either silently or aloud . . . we pray to you, O Lord.

People: **Lord, have mercy.**

Leader: For those who are traveling, that they may be kept safe in their journeys, especially, and those we name now, either silently or aloud . . . we pray to you, O Lord.

People: **Lord, have mercy.**

Leader: We give thanks for the many blessings in our lives, especially, and those we name now, either silently or aloud . . . we pray to you, O Lord.

People: **Lord, have mercy.**

Leader: For those who have died, that they may be received into your kingdom, and that those who loved them may be comforted in their grief, especially, and those we name now, either silently or aloud . . . we pray to you, O Lord.

People: **Lord, have mercy.**

Presider: Loving God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, O Blessed Trinity, one God, now and forever. **Amen.**

Confession

Deacon: Let us confess our sins to God.

Silence may be kept.

All: 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

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

The Peace

Presider The peace of Christ be always with you.

People **And also with you.**

WELCOME AND COMMUNITY ANNOUNCEMENTS

Offertory Anthem

Lamb of God
St. Dunstan's Choir

Janet Anderson

The Offertory is a time to present and give thanks for bread and wine, financial offerings, and time and talent given to the church. We gather our offerings through passing the plate where all are invited (though none are required) to give. Contributions can also be made online through the QR code here. Time and Talent cards are available in pew backs to represent the many hours given. For all the gifts of time, treasure, and talent, we give thanks.



Offertory Hymn

Now the si - lence Now the peace Now the emp - ty
hands up - lift - ed Now the kneel - ing Now the plea
Now the Fa - ther's arms in wel - come Now the hear - ing
Now the power Now the ves - sel brimmed for pour - ing
Now the Bo - dy Now the Blood Now the joy - ful
cel - e - bra - tion Now the wed - ding Now the songs
Now the heart for - giv - en leap - ing Now the Spi - rit's
vis - i - ta - tion Now the Son's e - piph - an - y
Now the Fa - ther's bless - ing Now Now Now

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Offertory Blessing

Presider All things come from you, O Lord.

People **And of your own have we given you.**

The people stand or kneel.

THE HOLY COMMUNION

Prayer B

Presider May God be with you.

People **And also with you.**

Presider Lift up your hearts.

People **We lift our hearts to God.**

Presider Let us give thanks to the One who created us.

People **It is right to give God thanks and praise.**

The presider continues,

It is right, and a good and joyful thing, always and everywhere to give thanks to you, the Maker of heaven and earth.

Through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:



Ho - ly, ho - ly, ho - ly Lord. God of power and might, _____



Ho - ly ho - ly, ho - ly Lord, God of power and might, _____



hea - ven and earth are full, _____ full _____ of your glo - ry.



Ho - san - na in the high - est. Ho - san - na in the high - est.



Bless - ed is he who comes _____ in the name of the Lord. _____



Ho - san - na in the high - est. Ho - san - na in the high - est.

Setting: From Deutsche Messe, Franz Peter Schubert (1797-1828);
arr. Richard Proulx (b. 1937)

The presider continues,

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of 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 Savior and Redeemer of the world. Through Mary's Holy Child, you have delivered us from evil and made us worthy to stand before you. You have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, Jesus 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, Jesus 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 all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O God,

All **We remember his death,**
 We proclaim his resurrection,
 We await his coming in glory;

And we offer our sacrifice of praise and thanksgiving to you, Dear One; 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 may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, gather all things into the circle of Christ's love, and bring us to that heavenly country where with all your saints, we may enter the everlasting heritage of all your children; through Jesus Christ, 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 honor and glory is yours, Most Blessed One, now and forever.

All **AMEN.**

The Lord's Prayer



Presider: As our Savior Christ has taught us, we— now— pray.



All: Our Father in heaven, hal - low'd be your Name,



your kingdom come, on earth as it is in heaven.
your will be done



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.

Setting: Bobby McFerrin.

The Breaking of the Bread

Presider Christ our Passover is sacrificed for us;

People Therefore let us keep the feast.

Fraction Anthem

S-164



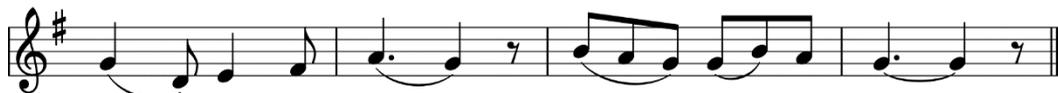
Je - sus, Lamb of God: have mer - cy on us.



Je - sus, bear - er of our sins: have mer - cy on us.



Je - sus, re - deem - er, re - deem - er of the world:



give us your peace, give us your peace.

Setting: From Duetsche Messe; Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937)

The Invitation

Presider The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

Communion Hymn 343

Shepherd of souls, refresh and bless

St. Agnes

Post Communion Prayer

Presider Let us pray

All Almighty and everliving God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.
And now, Father, send us out
to do the work you have given us to do,
to love and serve you as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. Amen.

Birthdays, Anniversaries, Special Events

All Watch over your child(ren), O Lord, as their days increase; bless and
guide them wherever they may be. Strengthen them when they stand;
comfort them when discouraged or sorrowful; raise them up if they fall;
and in their heart(s) may your peace which passes all understanding abide
all the days of their life; through Jesus Christ our Lord. Amen.

The Blessing

Deacon Bow down before the Lord.

The people stand or kneel, as able

Presider Grant, Almighty God, that your people may recognize their weakness and
put their whole trust in your strength, so that they may rejoice for ever in the protection
of your loving providence; through Christ our Lord. **Amen.**

Hymn 690

Guide me, O thou great Jehovah

Cwm Rhondda

Dismissal

The Deacon offers a dismissal

People **Thanks be to God.**

We welcome you to remain for prayer or meditation during the postlude.

If you need to leave right away, please be careful not to disturb those who are listening.

Postlude

Postlude on "Cwm Rhondda"

J. Bert Carlson
(b. 1937)

Altar flowers are given today to the glory of God.



Healing Prayer is offered at the altar after the postlude.

SERVING TODAY

President: The Rev. Elizabeth Riley
Preacher: Don Fornoff
Deacon: The Rev. Alan Christensen
Music Director: Susanna Valleau
Eucharistic Ministers: Allie Pacher, Brynne Sterling
Healing Minister: Madeline Segó
Lectors: Tom Paulson, Sarah Roskam
Prayers of the People: Phoebe Christensen
Vestry Host: Acacia Georgescu | **Ushers:** Bill Barnsdale, Madeline Segó
Altar Guild: Trish Carosiello
Hospitality: Trish Carosiello, Liz Hinkofer
Counters: Paula Ross, Marilyn Firman

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