

**SAINT PAUL'S CHURCH
IN THE CITY AND DIOCESE OF ALBANY**

The Third Sunday in Lent
March 8, 2026, 10:30 a.m.

WELCOME TO SAINT PAUL'S! We are very glad you are here to respond in praise and prayer to Jesus' invitation, *Do this in memory of me*. This leaflet will guide you through our celebration of the Holy Eucharist. Please use the red *Book of Common Prayer* and *The Hymnal 1982*, both found in the pews. Immediately following the liturgy, refreshments will be available in the Blue Room. Do join us. Childcare is available today in McEwan Hall. An usher or greeter will be happy to assist you with directions. Let us now rejoice and give thanks.

SUNG EUCHARIST

The Liturgy of the Word

Organ Voluntary

Song of Peace
Jean Langlais (1907-1991)

Entrance Hymn 148

“Creator of the earth and skies”
Uffingham

A Penitential Order

BCP page 351

Celebrant
Bless-ed be God: Father, Son, and Ho-ly Spi-rit.

People
And blessed be his kingdom, now and for ev-er. A-men.

Kyrie (Missa Brevis)

Lennox Berkeley (1903-1989)

The Collect of the Day

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 Lesson

A Reading from the Book of 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 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?”
The Word of the Lord. **Thanks be to God.**

Psalm 95 *Venite, exultemus*

To - day if you would hear his voice,

har - den not your hearts.

- 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 Second Lesson

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

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.
The Word of the Lord. **Thanks be to God.**

Sequence Hymn 343

“Shepherd of souls”
St. Agnes

The Holy Gospel

John (4:5-42)

The Holy Gospel of Our Lord Jesus Christ according to John.

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

- The Sermon Dean Vang
- The Nicene Creed **BCP page 358**
- The Prayers of the People Form V **BCP page 389**
- The Peace **BCP page 360**
- Announcements

The Holy Communion

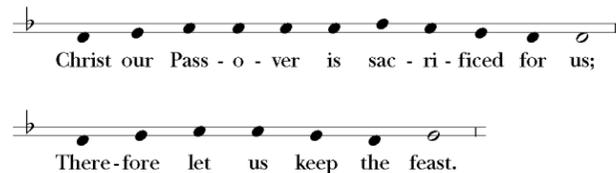
Offertory Hymn 455 “O Love of God”
Dunedin

The Great Thanksgiving (Eucharistic Prayer B) **BCP page 367**

Sanctus S130 Franz Schubert (1797-1828)

Our Father S119

The Breaking of the Bread



This setting may be sung full by all, or by the choir, or as a versicle and response.

Agnus Dei Matthew Vitti (b. 1983)

The Communion

All baptized persons are welcome to receive Holy Communion at this service. Gluten-free hosts are available upon request.

Communion Anthem *Jehova, quam multi sunt hostes*
Henry Purcell (1659-1695)

Jehova, quam multi sunt hostes mei,
quam multi insurgunt contra me.
Quam multi dicunt de anima mea,
non est ulla salus isti in Deo plane.
At tu, Jehova, clypeus est circa me:
Gloria mea, et extollens caput meum.
Voce mea ad Jehovam clamanti,
respondit mihi e monte sanctitatis suae maxime.
Ego cubui et dormivi, ego expergefeci me,
quia Jehova sustentat me.
Non timebo a myriadibus populi,
quas circumdisposuerint metatores contra me.
Surge, surge Jehova, fac salvum me, Deus mi;
qui percussisti omnes inimicos meos maxilliam,
dentes improborum confregisti.
Jehova est salus super populum tuum,
sit benedictio tua maxime.

Lord, how are they increased that trouble me!
Many are they that rise up against me.
Many there be which say of my soul,
There is no help for him in God.
But thou, O Lord, art a shield for me;
my glory, and the lifter up of mine head.
I cried unto the Lord with my voice,
and he heard me out of his holy hill.
I laid me down and slept; I awaked;
for the Lord sustained me.
I will not be afraid of ten thousands of people,
that have set themselves against me round about.
Arise, O Lord; save me, O my God:
for thou hast smitten all mine enemies upon the cheek bone;
thou hast broken the teeth of the ungodly.
Salvation belongeth unto the Lord:
thy blessing is upon thy people.

Post-Communion Prayer

BCP page 366

Prayer over the People

Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. **Amen.**

Dismissal Hymn 649

“O Jesus, joy of loving hearts”
Dickinson College

Organ Voluntary

My soul longs to depart in peace
Langlais

The Very Reverend Marshall J. Vang, *Parish Priest*
The Reverend Alicia Todaro, *Deacon*
Steven L. Rosenberry, *Organist and Director of Music*

ASSISTING THIS WEEK

Altar Servers: Brock M., Barbara W., Raelynn H.

Readers: Kay L., Tom L., Stacie H.

Chalice Bearers: Barbara W., Deacon Todaro

Greeter: Kay L.

Ushers: Lisa W., Stacie H.

Altar Guild: Gillian C., Paige C.

IN OUR PRAYERS THIS WEEK

For those who celebrate a birthday:

Jeff V. 3/6, Maliya W. 3/6, Kylie Jane M. 3/6, Jonathan B. 3/7.

For those in need of healing, guidance, and comfort:

Paul N., Russell H., Ty C., Jen A., Lynn B., Elizabeth E., Joe T., Hilda H., Cheryl S., Anita F., Laura.

For the departed: Richard T. Roberts, Robert Cook and all of our loved ones..

CHILDCARE

Childcare, provided by Jescyka Thompson, is available today
from 9:15 am to 11:45 am in McEwan Hall.

Website: stpaulsinalbanyny.org

Phone: 518-463-2257 * Email: stpaulsepalbany@gmail.com

SAINT PAUL'S PRAYS FOR A NEW RECTOR

Almighty God, giver of every good gift: Look graciously on your Church, and so guide the minds of those who shall choose a rector for this parish, that we may receive a faithful pastor, who will care for your people and equip us for our ministries; through Jesus Christ our Lord. Amen.

The Book of Common Prayer