

The Third Sunday of Lent
St. John's Episcopal Church, Ithaca NY
12 March 2023 Year A
10:30 AM

* Indicates please stand

Prelude Largo from Trio Sonata Sonata V, BWV 529, ii J.S. Bach 1685-1750

***Processional Hymn** Creator of the earth and skies (*Uffingtonham*) **Hymnal #148**

***Opening Acclamation** **BCP 355**

***Collect For Purity**

***Kyrie** **Hymnal #S-96**

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 **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.

Trent



- 1 Come, let us sing | to the | LORD; *
let us shout for joy to the | Rock of | our sal- | vation.
- 2 Let us come before his presence | with thanks- | giving *
and raise a loud | shout to | him with | psalms.
- 3 For the LORD is a | great | God, *
and a great | King a- | bove 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 be- | fore 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 Reading**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** The first one ever (*Ballad*)

Hymnal #673

***The Gospel Reading**

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

The Rev. Megan Castellan

*The 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.

***The Prayers of the People**

Come, let us adore Christ, who refreshes us with springs of living water and calls us to be a people of prayer and thanksgiving, as we respond, "Kyrie eleison."

+ For the Church throughout the world, that all who lead the people of God during the present age may have courage to endure the disputes and sufferings of our time, and to have the vision to see the places in which God is revealing his presence in our midst; let us pray.

Kyrie eleison.

+ That we may not fear those whose ways are destructive to society, or who condemn the faith we cherish, or who commit acts which grieve the heart of Christ, that instead we may extend the hand of charity to all people, and witness to the power of transforming love; let us pray.

Kyrie eleison.

+ For leaders of government, that they may drink from the waters of holy peace and bring to the world's peoples the hope of a new and more prosperous life; let us pray.

Kyrie eleison.

+ That we may extend the lamp of charity to all whom we have harmed and to all who have brought darkness to our souls, knowing that all have fallen short of God's glory, and that all are invited into a redeemed and grace-filled life; let us pray.

Kyrie eleison.

+ For Christians throughout the world who are offering their finest gifts of bread and wine on the Sabbath day, that through the power of the Holy Spirit, the Body and Blood of Christ will be received across every distinction of race, class, and nationality; let us pray.

Kyrie eleison.

+ For the Church - that we would be the hands and feet of Jesus in our respective neighborhoods to those struggling with hunger and poverty.

Kyrie eleison

+ For an ever-deepening sense of God's presence in all our lives, but most especially in those who will receive rites of initiation this Easter season; let us pray.

Kyrie eleison.

+ For all who have died in the hope of the resurrection, and those whose faith is known to God alone; let us pray.

Kyrie eleison.

Confident that we are all within reach of the saving embrace of Jesus, let us continue our prayers.

For the special needs and concerns of this congregation, and especially for

Joan	Shirley	Charles	Rebecca	Penny
Richard	Wes	Dick	Strater	Peter

Dave	Katie	Kathryn	Faicia	Virginia
Cece	Theodore	Ruth	Eleanor	Daniel
Deb	Carol	Frank	Bob	Penny
Allison	Lorraine	Jack	Judy	
Elizabeth	Edith	Julianne	Jeff	

For those celebrating the anniversary of their birth this week:
Charles Ciccone, Christopher Henry

Confession Of Sin

Let us confess our sins against God and 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.*

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.*

*The Peace

Please remain in your pew. Wave!

The peace of the Lord be always with you.
And also with you.

Announcements & Welcome

Offertory Sentence

Anthem None other Lamb

Crawford Thoburn (b. 1933)

None other Lamb, none other Name,
None other hope in heav'n or earth or sea,
None other hiding place from guilt and
shame.
None beside Thee.

By the deep thunder of its want and woe,
Cries out to Thee

Lord, Thou art Life, though I be dead;
Love's fire thou art, however cold I be;
Nor heaven have I, nor place to lay my head,
Nor home but Thee.

My faith burns low, my hope burns low;
Only my heart's desire cries out in me

(Christina Rosetti)

*Presentation Hymn My faith looks up to thee (*Olivet*)

Hymnal #691

***The Great Thanksgiving**

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

Holy, holy, holy (*Sanctus*)**Hymnal #S-130**

Holy and gracious God: In your infinite love you made us for yourself; and when we had fallen into sin and became subject to evil and death, you, in your mercy, Sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and maker of all.

Jesus stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Savior 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, 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 many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, we proclaim the mystery of faith:

Christ has died

Christ is risen

Christ will come again.

We celebrate the memorial of our redemption, Almighty God, in this sacrifice of praise and thanksgiving. Recalling Christ's death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in Christ.

Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day, bring us with all your saints into the joy of your eternal kingdom.

All this we ask through Jesus Christ our Savior. By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and forever. **Amen.**

The Lord's Prayer

Fraction Anthem **Lamb of God** (*Agnus Dei*)

Hymnal #S-164**The Communion of the People**

All people are invited to the Lord's Table.

*Eucharist will be distributed in the center aisle. Please come forward in a single line to receive.
You may either intinct your wafer in the small chalice, or you may drink from the larger common chalice after
consuming the wafer.*

*Please replace your mask after receiving the sacrament.
Gluten-free wafers are available upon request.*

Post Communion Prayer

*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** As long as the deer for cooling (*Martyrdom*)

Hymnal #658

Dismissal

Postlude Slow movement of Sonata 1

Florence Price (1887–1953)

Liturgical Ministers: Ian Lundberg, Daniella Ripperton, Jerome Fung

Acolytes: Ian Lundberg

Virtual Vergers: Ben Dean, Matthew Sanaker

The Eucharistic and Aumbry candles this month are Given to the Glory of God in memory of Edith N. Arlin and Irene Noss by Mary Arlin.

St. John's extends a warm welcome to visitors!

May you experience the Lord's presence during worship. Please fill out a visitor card and place it in the offering plate and stay for coffee in the parish hall after the service.

LARGE PRINT EDITIONS OF THE SERVICE ARE AVAILABLE IN THE NARTHEX

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Office Hours Monday thru Thursday 10–3

The Rev. Megan Castellan, Rector

Gwen Freeman, Senior Warden
Parish Administrator, Cathy Wagner
Director of Music/Organist, Dr. Anna Stepler

Beverly Way, Junior Warden
Chuck Merrill, Weekday Sexton

If you need pastoral assistance, or just want to reach out to Mtr. Megan, please call her at 315-757-0251, or e-mail mtrmegan@stjohnsithaca.org.

If you would like to contribute to our ministries, you may make a secure donation at <https://stjohnsithaca.org/donate/>. Thank you!

Sign up for our weekly newsletter The Fledgling by contacting the church office.

Please Join Us:

Coffee Hour has resumed in the Parish Hall following the service. Please continue to wear your mask when you are not actively eating or drinking.

Morning Prayer Monday – Thursday at 9:30 on Facebook and YouTube.

Forward Day by Day for **February**, **March**, and **April** is available on the table in the rear of the church.

Flowers: If you wish to give candles or Sunday flowers in memory of a loved one, please call the church office (607-273-6532).