

Holy Eucharist Rite II  
Third Sunday in Lent  
March 8, 2026, at 10 am



Emmanuel Episcopal Parish  
of Orcas Island

## Welcome to Emmanuel!

We are happy you are here. Our mission at Emmanuel is to love God and God's creation, and our neighbors as ourselves. We are a reconciling, affirming, and inclusive Christian community striving through worship and prayer, study and formation, compassion and service, fellowship and community, to welcome all people just as God created them. We welcome you wherever you are on your journey of faith, and whether you are single, married, divorced, separated, or partnered. We welcome you regardless of your age, race, ethnicity, culture, gender, sexual orientation, gender expression, economic condition, physical condition, and mental ability. We believe that God delights in the diversity of creation, and so do we. We welcome you to our inclusive family; come share the journey.

### **Prayer acknowledging the Original People and Land of Orcas Island**

O Great Spirit, God of all people and every tribe, through whom all people are related. Call us into the kinship of all your people. We give thanks for the Coast Salish peoples, especially the Lummi and Samish, and for their continued faithful care of these lands and waters. Grant us vision to see, through the lens of our Baptismal Covenant, the brokenness of the past, especially the Doctrine of Discovery that blessed conquest, sanctioned dispossession, and treated Indigenous peoples as less than fully human. Help us to listen to you and to one-another in order to heal the wounds of the present. Give us courage, patience, and wisdom to work together for healing and hope with all your people, now and in the generations to come. Mend the hoop of our hearts, and teach us to live in justice and peace; through Jesus Christ, who comes to all peoples, that all may live in dignity. Amen.

*Adapted from the Indigenous Episcopal Ministry 2012 Lent resource: "Seeking God's Justice for All" p. 41.*

### ~ Ministers for today's Service ~

*Preacher & Presider* ~ Fr. Berto Gándara  
*Choirmaster and Organist* ~ Marianne Lewis  
*Eucharistic Minister* ~ Margie Bangs  
*Healing Ministry* ~ Barb Mehlman  
*Lector 1* ~ Jennifer Johnson Fralick  
*Lector 2* ~ Myles Paige  
*Usher* ~ Bill Bangs  
*Altar Guild* ~ Sue Askevold

*We ask you to please turn off your cellphones  
and remain silent during the prelude.*

**Prelude: "Three Preludes"**

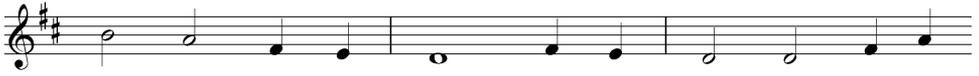
*Wood, Lebenbauer and Hobby*

*At the sound of the processional bell, please stand as you are able, and join in singing.*

# Hymn #686: "Come thou fount of every blessing"



1 Come, thou fount of ev - ery bless - ing, tune my  
2 Here I find my great - est trea - sure; hith - er,  
3 Oh, to grace how great a debt - or dai - ly



heart to sing thy grace! Streams of mer - cy nev - er  
by thy help, I've come; and I hope, by thy good  
I'm con - strained to be! Let thy good - ness, like a



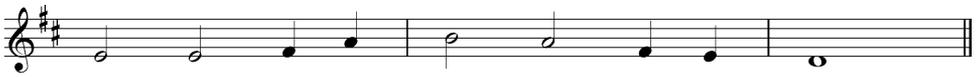
ceas - ing, call for songs of loud - est praise.  
plea - sure, safe - ly to ar - rive at home.  
fet - ter, bind my wan - dering heart to thee:



Teach me some me - lo - dious son - net, sung by  
Je - sus sought me when a stran - ger wan - dering  
prone to wan - der, Lord, I feel it, prone to



flam - ing tongues a - bove. Praise the mount! Oh, fix me  
from the fold of God; he, to res - cue me from  
leave the God I love; here's my heart, oh, take and



on it, mount of God's un - chang - ing love.  
dan - ger, in - ter - posed his pre - cious blood.  
seal it, seal it for thy courts a - bove.

## Penitential Order

*Presider:* Blessed be the God of our salvation.

*People:* **Who bears our burdens and forgives our sins.**

*The Presider reads the following sentence, all kneeling, as able.*

Jesus said, “The first commandment is, ‘Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this, ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.”

*Mark 12:29-31 NRSVue*

*The Presider then says*

Let us confess our sins to God.

*Silence is kept.*

*Minister and People:*

**God of all mercy,**

**we confess that we have sinned against you,  
opposing your will in our lives.**

**We have denied your goodness in each other,  
in ourselves, and in the world you have created.**

**We repent of the evil that enslaves us,  
the evil we have done,**

**and the evil done on our behalf.**

**Forgive, restore, and strengthen us**

**through our Savior Jesus Christ,**

**that we may abide in your love**

**and serve only your will. Amen.**

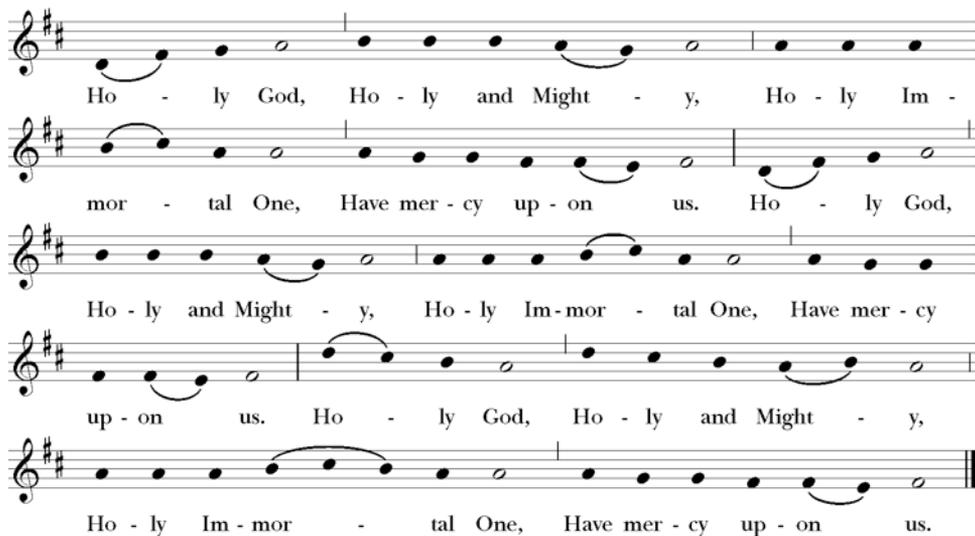
*The Priest alone stands and says*

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.**

*Please stand as you are able to sing*

## Trisagion: S100



Ho - ly God, Ho - ly and Might - y, Ho - ly Im -  
mor - tal One, Have mer - cy up - on us. Ho - ly God,  
Ho - ly and Might - y, Ho - ly Im - mor - tal One, Have mer - cy  
up - on us. Ho - ly God, Ho - ly and Might - y,  
Ho - ly Im - mor - tal One, Have mer - cy up - on us.

## The Collect of the Day

*Presider:* God be with you.

*People:* **And also with you.**

*Presider:* Let us pray.

*Silence is kept.*

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.**

## EKids leave for Sunday School

**This little light of mine, I'm goin'-a let it shine  
Let it shine, let it shine, let it shine.**

## First Reading

*We may be seated.*

*1<sup>st</sup> Lector:* **A reading from the book of Exodus** [17:1-7 NRSV]

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?”

*After a period of silence:*

Hear what the Spirit is saying to God’s people.

**Thanks be to God.**

# Psalm 95: "Now with Joyful Exultation"



1. Now with joy - ful ex - ul - ta - tion let us sing to GOD our praise;  
2. For how great a God, and glo - rious, is the LORD to whom we sing;  
3. To the LORD such might re - veal - ing, let us come with rev - rence meet,  
4. While He of - fers peace and par - don, let us hear His voice to - day,



to the rock of our sal - va - tion loud ho - san - nas let us raise.  
o - ver i - dol gods vic - to - rious, great is He, our God and King.  
and, be - fore our ma - ker kneel - ing, let us wor - ship at His feet.  
lest, if we our hearts should har - den, we should per - ish in the way;



Thank - ful trib - ute glad - ly bring - ing, let us come be - fore Him now,  
In His hand are earth's deep pla - ces, al - so His are all the hills;  
He is our own God who leads us, we the peo - ple of His care;  
lest to us, so un - be - liev - ing, He in judg - ment shall de - clare:



and, with psalms His prais - es sing - ing, joy - ful in His pres - ence bow.  
His the sea whose bounds He trac - es, His the land His boun - ty fills.  
with a shep - herd's hand He feeds us as His flock in pas - tures fair.  
"You, so long my Spir - it griev - ing, nev - er in my rest can share."



## Second Reading

*We may be seated.*

*2nd Lector:* **A reading from Paul's letter to the Romans**

[5:1-11 NRSV]

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.

*After a period of silence:*

Hear what the Spirit is saying to God's people.

**Thanks be to God.**

*Then all standing, as able, we sing.*

## Sequence Hymn: "I heard the voice of Jesus say" v.1-2



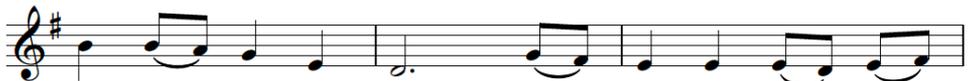
1. I \_\_\_ heard the voice of Je - sus say, 'Come un - to me \_\_\_ and  
 2. I \_\_\_ heard the voice of Je - sus say, 'Be - hold, I free - ly  
 3. I \_\_\_ heard the voice of Je - sus say, 'I \_\_\_ am this dark \_\_\_ world's



1. rest; lay \_\_\_ down, thou wea - ry one, lay down thy \_\_\_ head up -  
 2. give the \_\_\_ liv - ing wa - ter; thirst - y one, stoop down and  
 3. light; look \_\_\_ un - to me, thy morn shall rise, and \_\_\_ all thy



1. on \_\_\_ my breast'. I \_\_\_ came to Je - sus, as I was, wea -  
 2. drink, and live'. I \_\_\_ came to Je - sus, and I drank of \_\_\_  
 3. day \_\_\_ be bright'. I \_\_\_ looked to Je - sus, and I found in \_\_\_



1. ry and \_\_\_ worn and sad; I \_\_\_ found in him \_\_\_ a \_\_\_  
 2. that life - giv - ing stream; my \_\_\_ thirst was quenched, my \_\_\_  
 3. him my \_\_\_ star, my sun; and \_\_\_ in that light \_\_\_ of \_\_\_



1. rest - ing place, and \_\_\_ he has made \_\_\_ me glad.  
 2. soul re - vived, and \_\_\_ now I live \_\_\_ in him.  
 3. life I'll walk till \_\_\_ trav - 'ling days \_\_\_ are done.

## The Gospel Reading

*Presider:* The Holy Gospel of our Savior Jesus Christ according to John [4:5-42 NRSV]

*People:* **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.”

*After a period of silence:*

*Presider:* The Gospel of the Lord.

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

**Sequence Hymn: “I heard the voice of Jesus say” v. 3**

# The Sermon

*Please be seated.*

## The Nicene Creed

*Please stand as you are able.*

**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, was incarnate of the Holy Spirit and the Virgin Mary and became truly human.**

**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, who with the Father and the Son is worshiped and glorified, who 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.**

## **We Pray for the World and the Church**

*Please stand as you are able as the 2<sup>nd</sup> Lector leads us in prayer.*

Oh Great Mystery, Let us drink together from the well of peace, the well of unity, the only waters that can quench the yearning thirst of a divided humanity. The well is salty with tears shed for the shattered dreams and hopes of so many people throughout the ravaged world.

**Let us worship in spirit and truth. We cry for those who equate power with destruction. May each tear become a prayer.**

We beseech you, oh Mystery beyond Knowing, beyond understanding: May we pray earnestly for all those suffering because of war and social oppression of every kind.

And we pray for those inflicting it, for those who consciously violate human rights...together let our prayer be to find better ways to help, rather than hinder, to acknowledge the Other as a part of ourselves. Teach us to listen well to one another and to those whom we consider adversaries. Give us the strength and wisdom to walk with Jesus with renewed fervor during this Lenten passage.

**Our souls thirst for the living waters of peace and loving harmony.**

Let us pray with one another, trusting that we are heard, and that together our holy intentions can make a difference, that hearts may be softened so that love can grow and eclipse the dark energies encroaching upon many lands.[silence]

**Our souls thirst for the living waters of peace and loving harmony.**

We thank you for the beauty of nature, the kindness of our community, the guidance of our spiritual leaders, Berto, Hugh, Phillip, Sean, and spiritual leaders everywhere who are doing their best to restore equanimity and justice. We pray for heads of state,

that they may make wise decisions that nurture the earth and its living creatures. We pray that the winds will be gentle, that the spring rains will resolve the drought in so many places, and that crops may be sown and flourish for the benefit of all.

**Our souls thirst for the living waters of peace and loving harmony.**

We pray for those unable to pray—for those who do not know you—and for all who suffer from addictions, gender discrimination, abuse, confusion, and disabilities of all kinds. May we be agents of love and grace, sharing our resources freely to those in need. We pray especially now for those on our Parish Prayer List; **Bill & Jane... Heather... Jan... Cheryl... Ian... James... Dick... Renee... John ... Nick ... Sara...David... The Rev. Pam... Dart and Laura...Skipper...Cynthia & Bruce...Wes & Carol... Bruce... Helen...Diane...Chris... Lynn...Margaret...Sam...Nick...Maria...Ali...Debbie... Carol...And take a moment to add any special intentions not mentioned here, and a prayer for those with no one to pray for them.[silence]**

**Our souls thirst for the living waters of peace and loving harmony.**

We pray for those who have died and those loved ones left behind and grieving them. May we all find new understandings, comfort, and peace.

**Our souls thirst for the waters of peace and loving harmony.  
AMEN**

*Those who are celebrating birthdays and anniversaries are invited to come forward. If you would like your name printed in the bulletin, please let the parish office know.*

*Presider* Let us pray for those celebrating birthdays this week.

**O God, our times are in your hand: Look with favor, we pray, on your servants Chris Bennett (3/10) George Eberle (3/11) as they begin another year. Grant that they may grow**

in wisdom and grace, and strengthen their trust in your goodness all the days of their life; through Jesus Christ our Lord. Amen.

*Presider* Let us pray for those celebrating anniversaries this week. **Grant, O God, in your compassion, that (*insert names*) may grow in forgiveness, loyalty, and love; and come at last to the eternal joys which you have promised through Jesus Christ our Lord. Amen.**

## Announcements and Welcome of Visitors

*Please be seated. If you are visiting us this morning, we warmly welcome you! If you would like to introduce yourself you can do so at this moment. We invite you to join us in our coffee hour after the service in our fellowship hall. Sign-up for our weekly e-News by scanning the QR code.*



## The Peace

*Please stand as you are able.*

*Presider:* The peace of Christ be always with you.

*People:* **And also with you.**

*We share a sign of peace with those around you.*

## We Prepare the Table

**Offertory Sentence:** Walk in love as Christ loved us and gave himself for us, an offering and sacrifice to God. *Ephesians 5:2*

*The gifts of bread and wine, together with our offerings for the support of our parish that is placed on the offering plate. We thank you for your generous financial support. Checks may be made out to Emmanuel Parish. If you are not a pledging member we invite you to consider making a yearly pledge to Emmanuel, Ask for a pledge card. You can donate online at: <https://www.bit.ly/DonateEmmanuel>*



**Offertory: “Come thou fount of every blessing”**

*Hobby*

*Please stand, as you are able when the offering plate is brought forward as we sing*

## The Doxology

*Old 100th*

**Praise God from whom all blessings flow;  
praise God, all creatures here below;  
praise God above, ye heavenly host;  
Creator, Christ, and Holy Ghost.**

### Eucharistic Prayer 1

*Presider:* May God be with you.

*People:* **And also with you.**

*Presider:* Lift up your hearts.

*People:* **We lift them to the Lord.**

*Presider:* Let us give thanks to the Lord our God.

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

*The people remain standing. The Presider says*

It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy.

You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

## Sanctus: S 124

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and  
earth are full of your glo - ry. 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.

*The people remain standing or kneel. Then the Presider continues*

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace. But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory.

Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life. On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said:

“Take, eat: This is my Body which is given for you. Do this for the remembrance of me.”

As supper was ending, 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 poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Therefore we proclaim the mystery of faith:

*Presider and People*

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

*The Presider continues*

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ.

Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ’s Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with all your saints, past, present, and yet to come, we may praise your Name for ever.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN.**

And now, as our Savior Christ has taught us, we are bold to say,

**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,  
 and the power, and the glory,  
 for ever and ever. Amen.

## The Breaking of the Bread and Invitation to the Table

*The Presider breaks the consecrated Bread. A period of silence is kept.*

### Fraction Anthem: S161

Lamb of God, you take a - way the sins of the world:  
 have mer - cy on us. Lamb of God, you take a - way the  
 sins of the world: have mer - cy on us. Lamb of God,  
 you take a - way the sins of the world: grant us peace.

*The Presider then says the following Invitation:*

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.

**Invitation to Communion:** *All are welcome to receive Christ's sacramental presence in Holy Communion. Our catechism (BCP p. 860) says that what is required is that we examine our lives and commit to the transformation of our hearts and lives, striving to live in love with God, all people, and creation. If, for personal reasons, you feel you cannot receive Communion at this time, you are nonetheless welcome to come to receive a blessing; indicate this by crossing your arms over your chest. If you would like to request the sacrament of reconciliation or confession speak with one of our priests.*

**Receiving the Bread, the Body of Christ:** *You are invited to kneel or stand at the Communion rail, filling it from right to left. The tradition is to receive the Body of Christ forming "a throne" with your hands, your two palms open one on top of the other in a receptive position. To the minister's words, "the Body of Christ, the bread of heaven," it is customary to respond: Amen.*

**Receiving the Wine, the Blood of Christ:** *If you wish to dip the Bread in the Wine, leave it in your hand and the minister will come by to offer you the chalice. If you want to drink directly from the Chalice consume the Bread before the minister arrives and they will offer you the cup to drink directly from it; please guide and tip the chalice so you can drink comfortably. If you would not rather partake of the Blood of Christ just cross your hands over your chest. To the minister's words, "the Blood of Christ, the cup of salvation," it is customary to respond to both by saying: Amen.*

**Receiving Communion in your Pew:** *if you would like the ministers to bring Communion to your seat please let the usher know and we will be glad to come to you.*

**Healing Ministry:** *there will be a healing minister available for prayer for yourself or a loved one. Feel free to approach them and share your intention.*

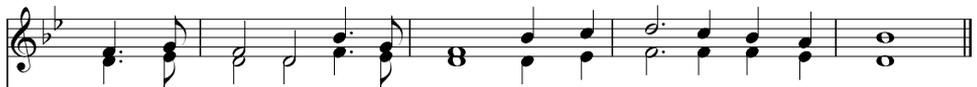
## Communion Hymn #685: "Rock of ages, cleft for me"



1 Rock of a - ges, cleft for me, let me hide my - self in thee;  
 2 Should my tears for ev - er flow, should my zeal no lan - guor know,  
 3 While I draw this fleet-ing breath, when mine eye - lids close in death,



let the wa - ter and the blood from thy wound - ed side that flowed,  
 all for sin could not a - tone: thou must save, and thou a - lone;  
 when I rise to worlds un - known and be - hold thee on thy throne,



be of sin the dou-ble cure, cleanse me from its guilt and power.  
 in my hand no price I bring, sim - ply to thy cross I cling.  
 Rock of a - ges, cleft for me, let me hide my - self in thee.



## Organ: "Guide me, O thou great Jehovah"

*Held*

### Prayer after Communion

*Please stand as you are able*

*Presider.* Let us pray:

**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 Christ,  
and heirs of your eternal kingdom.**

**And now, send us out  
to do the work you have given us to do,  
to love and serve you  
as faithful witnesses of Christ our Savior.  
To him, to you, and to the Holy Spirit,  
be honor and glory, now and for ever. Amen.**

### **Solemn Prayer over the People**

*The Deacon says:* Bow down before the Lord.

*The people kneel and the Presider says*

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.**

# Recessional Hymn #690: "Guide me, O thou great Jehovah"

1 Guide me, O thou great Je - ho - vah, pil - grim through this  
 2 O - pen now the crys - tal foun-tain, whence the heal - ing  
 3 When I tread the verge of Jor - dan, bid my anx - ious

bar - ren land; I am weak, but thou art might - y;  
 stream doth flow; let the fire and cloud - y pil - lar  
 fears sub - side; death of death, and hell's de - struc - tion,

hold me with thy power - ful hand; bread of hea - ven,  
 lead me all my jour - ney through; strong de - liv - erer,  
 land me safe on Ca - naan's side; songs of prais - es,

bread of hea - ven, feed me now and ev - er -  
 strong de - liv - erer, be thou still my strength and  
 songs of prais - es, I will ev - er give to

more, feed me now and ev - er - more.  
 shield, be thou still my strength and shield.  
 thee, I will ev - er give to thee.

## Dismissal

*Presider:* Go in peace to love and serve the Lord!

*People:* **Thanks be to God!** *(No alleluias in Lent)*

**Postlude: “Guide me, O thou great Jehovah”** *Lehenbauer*

.....

**Coffee hour today is hosted today by Jan Cleveland and  
Joanne & Clark Cundy**

.....

**Please pray for those on our Parish Prayer List:** Bill & Jane Newchurch, Heather Smith, Jan Koltun, Cheryl Danskin, Ian McDonald, James Hardman, Dick Thompson, Renee Hill, John Ehrmantraut, Nick Redfield, Sara Gerakaris, David Liebenberg, The Rev. Pam Tinsley, Laura and Sherwood (Dart) Botsford, and Skipper (James Lawrence) Botsford, Cynthia & Bruce Hubert, Wes & Carol Burger, The Rev. Bruce Freeman, Helen Menefee, Diane Gillespie, Chris, Lynn Jenssen, Margaret Black, Sam Staatz, Nick DiZinno, Maria Bullock, Ali Walker, Debbie Durand and Carol Wright.

**Lent Prayer and Soup Ecumenical Gatherings at 5:30 pm on Wednesdays:**

- March 4: Roman Catholic's at St. Francis Church
- March 11: Orcas' Adventist Fellowship at their church
- **March 18: Emmanuel Episcopal Church Please sign-up for soup/bread.**
- March 25: Orcas Island Community Church

**Lenten Retreat on Hildegard of Bingen** March 21 from 10:00 a.m. until 3:00 p.m.

### Calendar for This Week:

Sun	Mar 8	Daylight Savings Time Ends	Spring Forward!
Sun	Mar 8	8 & 10 am	Eucharist Services Church
Sun	Mar 8	9 am	Choir Rehearsal Parish Hall
Sun	Mar 8	11:30 am	Peace Vigil Main St.
<b>Sun</b>	<b>Mar 8</b>	<b>3-6 pm</b>	<b>Help a family in Gaza Parish Hall</b>
Wed	Mar 11	12-2 pm	Peace Meditation-Letter Writing Church/BH
<b>Wed</b>	<b>Mar 11</b>	<b>5 pm</b>	<b>Inquirer's Group Benson Hall</b>
<b>Wed</b>	<b>Mar 11</b>	<b>5:30 pm</b>	<b>Lenten Prayer and Soup Adventists</b>
Thu	Mar 12	12:15 pm	Lectio Divina Benson Hall
Thu	Mar 12	1:00 pm	Book Club Benson Hall
<b>Thu</b>	<b>Mar 12</b>	<b>7:00 pm</b>	<b>Movie Night: Pauli Murray Parish Hall</b>
Fri	Mar 13	12:15 pm	Centering Prayer Church
Fri	Mar 13	1 pm	Devotional Chanting Retreat Room
<b>Sat</b>	<b>Mar 14</b>	<b>5:30 pm</b>	<b>BadBunny Halftime discussion Parish Hall</b>

### Calendar for Next Week:

Sun	Mar 15	8 & 10 am	Eucharist Services Church
Sun	Mar 15	9 am	Choir Rehearsal Parish Hall
Sun	Mar 15	11:30 am	Peace Vigil Main St.
<b>Sun</b>	<b>Mar 15</b>	<b>2-6 pm</b>	<b>Tides of March event by Kwiaht Parish Hall</b>
Wed	Mar 18	12-2 pm	Peace Meditation-Letter Writing Church/BH
<b>Wed</b>	<b>Mar 18</b>	<b>5 pm</b>	<b>Inquirer's Group Benson Hall</b>
<b>Wed</b>	<b>Mar 18</b>	<b>5:30 pm</b>	<b>Lenten Prayer and Soup Parish Hall</b>
Thu	Mar 19	12:15 pm	Lectio Divina Benson Hall
Thu	Mar 19	1:00 pm	Book Club Benson Hall
<b>Thu</b>	<b>Mar 19</b>	<b>5:30 pm</b>	<b>Spiritual Development Group Parish Hall</b>
Fri	Mar 20	12:15 pm	Centering Prayer Church
Fri	Mar 20	1 pm	Devotional Chanting Retreat Room
<b>Sat</b>	<b>Mar 21</b>	<b>10am-3pm</b>	<b>Lenten Retreat: Hildegard Parish Hall</b>

### 12-Step Meetings in Benson Hall

- Sundays at 5:30 pm AA open meeting, (*hybrid*)
- Mondays at 5:30 pm AA open meeting, (*hybrid*)
- Tuesdays at 1 pm AlAnon meeting, (*hybrid*)
- Tuesdays at 5:30 pm AA Women's meeting, (*hybrid*)
- Tuesdays at 7 pm AA Men's meeting, (*hybrid*)
- Thursdays at 5:30 pm AlAnon meeting, (*hybrid*)
- Fridays at 5:30 pm AA open meeting, (*hybrid*)
- Fridays at 7 pm AA open meeting (*in person only*)
- Saturdays at 8 am AA open meeting, (*hybrid*)

### ~ Text and Music Attributions ~

- This Holy Eucharist is drawn from *The Book of Common Prayer, Enriching Our Worship I*, and the *Rite II expansive language* approved by the 2018 and 2024 General Conventions.

- Cover image: Siemiradzki, Henryk, 1843-1902. Christ and the Samaritan Woman, from **Art in the Christian Tradition**, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=54747> [retrieved March 3, 2026]. Original source: [http://commons.wikimedia.org/wiki/File:Siemiradzki-Chrystus\\_i\\_Samarytanka.jpg](http://commons.wikimedia.org/wiki/File:Siemiradzki-Chrystus_i_Samarytanka.jpg)
- Writers of the Prayers of the People: Antoinette Botsford, Jennifer Johnson-Fralick, Stewart Mehlman & Nancy Reas.
- Hymn #686: “*Come thou fount of every blessing*”. Words: Robert Robinson (1735-1790), alt. Music: *Nettleton*, melody from *A Repository of Sacred Music, Part II*, 1813.
- Trisagion S 100: “*Holy God*”. Setting: From *New Plainsong*; David Hurd (b. 1950).
- Psalm 95: “*Now with Joyful Exultation*”, Words: *The Psalter*, 1912. Music: John Zundel (1815-1882).
- Sequence Hymn: “*I heard the voice of Jesus say*”. Text: Horatius Bonar (1806-1889). Music: Traditional English melody, arr. by Ralph Vaughan Williams (1872-1958).
- Sanctus: S124. Setting: from *New Plainsong*; David Hurd (b.1950).
- Fraction anthem: S161. Setting: From *New Plainsong*; David Hurd (b. 1950).
- Communion Hymn #685: “*Rock of ages, cleft for me*”. Words: Augustus Montague Toplady (1740-1778), alt. Music: *Toplady*, Thomas Hastings (1784-1872).
- Closing Hymn #690: “*Guide me, O thou great Jehovah*”. Words: William Williams (1717-1791); tr. Peter Williams (1722-1796), alt. Music: *Cwm Rhondda*, John Hughes (1873-1932).
- *Permission to print/podcast/stream the music in this service was obtained from OneLicense with license #A-720811.*

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[www.youtube.com/@EmmanuelOrcas](http://www.youtube.com/@EmmanuelOrcas)

## ~ Office Hours ~

*Office hours:* Tuesday through Friday, 9 am—1 pm

## ~ Clergy ~

The Rt. Rev. Sean Rowe (*Presiding Bishop and Primate*)  
The Rt. Rev. Dr. Philip N. LaBelle, (*Bishop, Diocese of Olympia*)  
The Rev. José Roberto Gándara-Perea, STL (*Rector*)  
berto@orcasepiscopal.org Cell 360-386-5282  
The Rev. Hugh M. Grant (*Assistant Priest*)  
hughmgrant@gmail.com Cell 646-330-0920

## ~ Vestry Members ~

*Class of 2027* ~ Lynn Baker (*Clerk*), Laura Doss, Betsy Nelson  
*Class of 2028* ~ Heidi Sophia Hudlet, Luann Pamatian  
*Class of 2029* ~ Sue Askevold, Margie Bangs (*Senior Warden*), Colin Ensminger-Stapp  
(*Junior Warden*)

## ~ Treasurer ~

Stewart Mehlman

## ~ Stewardship Committee ~

Stewart Mehlman, Berto Gandara, Hugh Grant, Bill & Margie Bangs, Sarah Moore,  
Cindy Wolf, Karen Blinn, & Jenny Hovelman.

## ~ Diocesan Convention Delegates ~

*Delegates* ~ Millie Novak and Tracey Smith  
*Alternates* ~ Sally O'Brien and Luann Pamatian

## ~ Employees ~

*Organist and Choir Director* ~ Marianne Lewis  
*Parish Office Administrator* ~ Kira Raven

## ~ Independent Contractors ~

*Custodian* ~ Tim Webster  
*Bookkeeper* ~ Danelle Bregant