

The Holy Eucharist

March 8, 2026

Third Sunday in Lent / Year A

St. Antony of Egypt Episcopal Church

Celebrant: The Rev. Hillary Kimsey

Livestream Producer: Guy Fulton

Eucharistic Minister: Ruth Lindstrum

Lector: Elizabeth Moorhead

Welcome to St. Antony's. Our worship of God is offered both in person and on Facebook livestream at the same time. You may find our livestream at <https://www.facebook.com/saintantony/>. For those worshipping in person, the use of facemasks is optional and we encourage respect for each person's choice to remain as healthy as possible.

We acknowledge that the Suquamish and S'Klallam people are the traditional stewards of the land on which our buildings stand and we pay our respect to their people and heritage.

The Salutation

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Celebrant: Bless the Lord who forgiveth all our sins.

People: **His mercy endureth forever.**

Hear what our Lord Jesus saith:

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets. *Matthew 22:37-40*

The Confession and Absolution

Celebrant Let us humbly confess our sins unto Almighty God.

Silence may be kept

Minister and People

Most merciful God, we confess that we have sinned against thee in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved thee

with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of thy Son Jesus Christ, have mercy on us and forgive us; that we may delight in thy will, and walk in thy ways, to the glory of thy Name. Amen.

The Priest stands and says

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. ***Amen.***

**Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.**

Collect of the Day

Celebrant: The Lord be with you.

***People:* And with thy spirit.**

Celebrant: Let us pray.

Almighty God, who seest that we have no power of 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 liveth and reigneth with thee an the Holy Spirit, one God, for ever and ever. ***Amen.***

The First Reading – Exodus 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, “Give us water to drink.” Moses said to them, “Why do you quarrel with me? Why do you test the Lord?” But the people thirsted there for water; and the people complained against Moses and said, “Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?” So Moses cried out to the

Lord, “What shall I do 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

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 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.

The Gospel – John 4:5-42

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

People: **Glory be to thee, O Lord.**

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 be to thee, O Christ.

Homily – The Rev. Hillary Kimsey

The Nicene Creed (said together, standing 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:
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

Leader: I ask your prayers for those in the Armed Forces of our Country.

People: O Almighty God, shelter the men and women of our armed forces under your mighty wings; steel their courage in times of peril; give them integrity and honor in all they do; grant perseverance and resilience to their families; and heal the wounded warriors. We remember those who are deployed, especially *Nicole Steller*, through Jesus Christ our Lord. Amen.

The Prayers of the People Adapted from “Hear our Prayer” by Jon White and Lisa Graves

Leader

God of life, hear the prayers of your people as we say, Lord in your mercy, hear our prayer.

We pray for your church across the world, and we pray especially for Phil our bishop and Hillary our vicar. Guide us to see what connects us, that the unity of Christ might be made manifest.

Lord in your mercy, **hear our prayer.**

We pray for the nations and their leaders, especially Donald our President and Bob our Governor, that they might seek justice, practice mercy, and look always for the welfare and peace of all people.

Lord in your mercy, **hear our prayer.**

We pray for the places we call home, that they might be places of spiritual flourishing and communal harmony.

Lord in your mercy, **hear our prayer.**

We pray for the earth; for the water and soil that sustains us and for our role as stewards of your abundant Creation that we might not despoil it through apathy or greed.

Lord in your mercy, **hear our prayer.**

We pray for all who are in serious need or distress; that they might find wholeness in Christ.

Lord in your mercy, **hear our prayer.**

We pray for the dead and the dying and for those who grieve; deliver them from their distress and grant us all a place in your eternal kingdom.

Lord in your mercy, **hear our prayer.**

In the World Anglican Communion we give thanks and pray for The Episcopal Church in Jerusalem & The Middle East. In Jerusalem and the Middle East we give thanks and pray for St. George’s School, Jerusalem. In our own Diocese of Olympia we give thanks and pray for St. Elizabeth’s, Burien; Good Shepherd, Federal Way. Lord in your mercy, **hear our prayer.**

Let us pray for our own needs and those of others.

The prayer list is read

Silence. The People may add their own petitions.

Let us Pray for Peace Among the Nations

Eternal God, in whose perfect kingdom no sword is drawn but the sword of righteousness, no strength known but the strength of love: So mightily spread abroad your Spirit, that all peoples may be gathered under the banner of the Prince of Peace, as beloved children of one God. For yours is the power and the glory, now and forever. Amen.

The Celebrant concludes

God of freedom, God of life hear and answer our prayers as may be best for us and lead us into the place of your promise that we might know abundant life. We ask this in Jesus' name. **Amen.**

The Peace

Celebrant: The peace of the Lord be always with you.

People: **And with thy spirit.**

The clergy and people greet one another in the name of the Lord, maintaining a respectful distance.

Birthdays and Anniversaries

Birthday Prayer - Watch over thy children, 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 hearts may thy peace which passeth understanding abide all the days of their life; through Jesus Christ our Lord. Amen.

Announcements



You can make a donation to the church by scanning the QR code above with your phone.

THE HOLY COMMUNION

The Celebrant may begin the offertory with a sentence of scripture.

The offering plates are placed on the altar as a sign of our self-offering to God and our promise to give faithfully to the church.

The Offertory Sentence, said together

All things come of thee, O Lord, and of thine own have we given thee.

The Great Thanksgiving | Rite I

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The people remain standing. The Celebrant faces them and says

Celebrant: The Lord be with you.

People: **And with thy spirit.**

Celebrant: Lift up your hearts.

People: **We lift them up unto the Lord.**

Celebrant: Let us give thanks unto our Lord God.

People: **It is meet and right so to do.**

Then, facing the Holy Table, the Celebrant proceeds

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

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

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

Sanctus (*Spoken*)

Holy, holy, holy, Lord God of Hosts:

Heaven and earth are full of thy glory.

Glory be to thee, O Lord Most High.

Blessed is he that cometh in the name of the Lord.

Hosanna in the highest.

The people kneel or stand as able. Then the Celebrant continues

All glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks, he brake it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all of this; for this is my Blood of the New Testament, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior

Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord;

By whom, and with whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

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

People and Celebrant

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 Celebrant breaks the consecrated Bread. A period of silence is kept.

Celebrant: Christ our Passover is sacrificed for us.

People: **Therefore, let us keep the feast.**

The Celebrant may say

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.

*** Hand sanitizer can be found next to the hymnal and prayer books on the chair in front of you. **
To receive the bread, please make a semi-circle around the altar behind the railing and in front. You may kneel or stand. Cup your hands in front of you to receive the bread. For the wine, you may choose either to get a single use compostable cup on your way to the altar, or drink from the common cup. To receive a blessing instead of communion, approach the priest with your arms crossed over your chest.*

*** If you would prefer to have communion brought to you for any reason, simply remain seated and let the usher know when your row is sent. The usher will alert the altar party, who will bring communion directly to you.*

Used communion cups may be placed in one of the bowls on either end of the first row of chairs.

After Communion, the Celebrant says

Let us pray.

Celebrant and People

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

Celebrant:

Bow down before the Lord.

The people may assume a solemn posture, such as kneeling or bowing their heads for a moment of silence.

*The Celebrant then prays a solemn prayer over the assembly. **People: Amen.***

Celebrant:

And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you always. ***Amen.***

Happy Birthday!

03-11 Kathy Gero

03-12 Margaret Scott

Happy Anniversary!

There are no anniversaries this week.

The Sanctuary Lamp is given today by the Altar Guild.

Calendar of Events

- Sunday, Mar. 8*** ***8 am – Holy Eucharist Rite 1***
9:00 am – Episcopal 101
10:15 am – Holy Eucharist Rite 2
6pm – Youth Group
- Tuesday, Mar. 10*** ***Noon – New Beginnings Contemplative Service***
1:30pm – Pastoral Care Meeting
- Wednesday, Mar. 11*** ***11am - Outreach Meeting***
5:30 pm – Lenten Soup Supper
- Thursday, Mar. 12*** ***12:30 pm - Bible Study***
- Sunday, Mar. 15*** ***8 am – Holy Eucharist Rite 1***
9:00 am – Episcopal 101
10:15 am – Holy Eucharist Rite 2
10:15 am – Teen Bible Study
11:45am – BC Meeting

***The mission of St. Antony's is to be a loving and welcoming people who worship God,
grow in Christ, and serve others: Gather, Grow, and Go!***

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