

The Holy Eucharist

March 8, 2026

Third Sunday in Lent / Year A, Rite II

St. Antony of Egypt Episcopal Church

Celebrant: The Rev. Hillary Kimsey

Musician: Chris Eisenberg

Acolytes: Caroline and Nolan

Livestream Producer: Guy Fulton

Eucharistic Minister: Cris McCarty

Lectors: Cris McCarty, Jason Kimes

Welcome to St. Antony's. Our Eucharistic celebration is offered both in person and is livestreamed on Facebook. You will 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.

Our service includes both a prelude and a postlude offering. We ask that you use this time in quietness to prepare for our celebration of God's unconditional love for each of us and as an opportunity to give thanks as well as to show our respect for our musicians.

We have been entrusted to be caretakers of this beautiful piece of God's creation. 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.

Welcome

Prelude

Opening Hymn ***"Come thou fount of every blessing"*** Hymnal 686

Salutation

The Celebrant says to the people

Blessed be the God of our salvation.

Who bears our burdens and forgives our sins.

Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no other commandment greater than these." *Mark 12:29-31*

Confession of Sin

The Celebrant says:

Let us confess our sins to God.

Silence may be kept

Minister and People

Most merciful God,

**we confess that we have sinned against you in thought, word, and deed,
by what we have done, and by what we have left undone.**

**We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.**

We are truly sorry and we humbly repent.

**For the sake of your Son Jesus Christ, have mercy on us and forgive us;
that we may delight in your will, and walk in your ways,
to the glory of your Name. Amen.**

Absolution

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.**

Kyrie (sung) "Trisagion" (sung 3 times) S-120



Collect of the Day

Celebrant God be with you.

People **And also with you.**

Celebrant Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The First Reading – Exodus 17:1-7

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?”

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

Thanks be to God.

Psalm 95

Venite, exultemus

Psalm tone 414

Robert Knox Kennedy
(b. 1945)



© 1979, Robert Knox Kennedy.

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 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.

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

Thanks be to God.

Sequence Hymn *“When, like the woman at the well”* VF 24
(Verses 1 - 3 before the Gospel; verses 4 & 5 after)

When, like the woman at the well

Edith Sinclair Downing

CCW Sparks
 arr., Robert A.M. Ross



1. When like the wo - man at the well, I___ lived with bro - ken dreams,___
 2. Christ knew my heart, my way - ward ways, yet gave me hope, not fear.____
 3. I learned I could for - ev - er live and wor - ship God a - right,___
 4. Each day I lift my cup a - bove and once a - gain re - ceive.____
 5. Since now I am in grace im - mersed, set_ free, for - giv - en,___ whole,___



Christ came to me, good news to tell, of_ ev - er liv - ing streams.____
 The God I once thought far a - way, I___ could ap - proach, draw near.____
 could trust the power the Spi - rit gives to_ guide me in truth's light.____
 the liv - ing wa - ter of God's love, re - vealed for my be - lief.____
 I share with those who are a - thirst the well-springs of my_ soul.____

The Gospel Reading – John 4:5-42

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

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.”

Celebrant The Gospel of the Lord.
People **Praise to you, Lord Christ.**

Homily – 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 the needs of others.

Prayer list is read

A brief silence is kept. The people may add their own prayers, silently or aloud.

Let us pray for peace to come to our hurting world.

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 Christ be always with you.

People: **And also with you.**

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

Birthdays and Anniversaries

Birthday Prayer - Watch over your 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 passes understanding abide all the days of their life; through Jesus Christ our Lord. Amen.

Announcements

THE HOLY COMMUNION

OFFERTORY INSTRUCTIONS

The offertory plates are passed throughout the congregation by the ushers. Please accept the plate and pass it all the way down your row. When it comes to you, we invite you to use those few seconds to thank God for the blessings in your life and reflect on how you are giving back. Giving is never an obligation; it's always an invitation! We know that everyone gives as the Spirit leads, and that gifts of time and talent don't fit in the offering plate! We also know that many people give online or by the QR code above. (If so, feel free to place the "I Gave Online" card in the plate as it passes you.) So whether you have something to put in the plate today or not, this moment is just between you and God. If you simply pray "Thank you, God" each time you touch the offering plate, that is a powerful spiritual practice.

Offertory ***"The first one ever"*** **Hymnal 673**



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

The Doxology (*sung*)

**Praise God from whom all blessings flow; praise him, all creatures, here below;
praise him above, ye heavenly host; praise Father, Son, and Holy Ghost. Amen.**

The Great Thanksgiving

Eucharistic Prayer C

BCP, Page 361

When, facing the Holy Table, the Celebrant proceeds

Celebrant May God 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.**

When facing the Holy Table, the Celebrant proceeds

God of all power, Source and Sustainer of the Universe, you are worthy of glory and praise.

Glory to you for ever and ever.

At your command all things came to be: shining light and enfolding dark; the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with the capacity for memory, reason, and skill. You made us the stewards of creation. But we turned against you, and betrayed your trust; and we turned against one another.

Have mercy, Lord, for we are sinners in your sight.

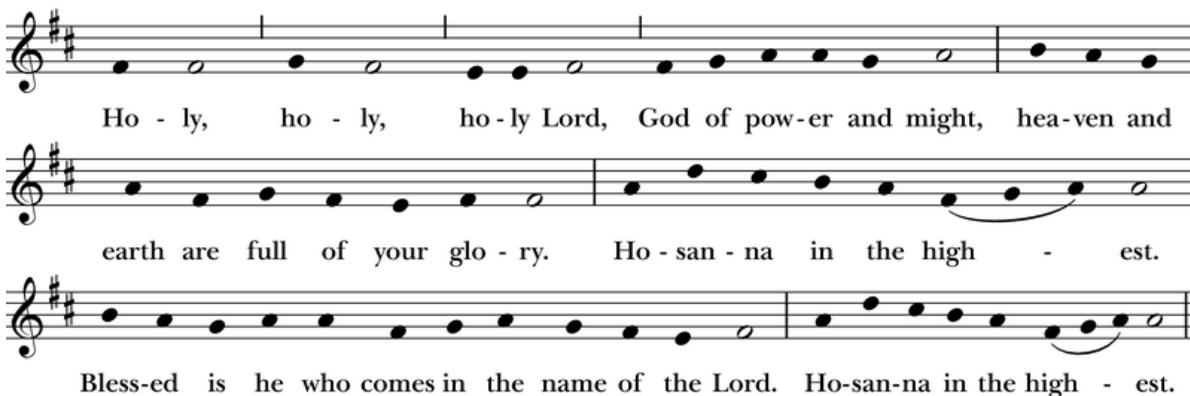
Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your eternal Word, born of your servant, Mary, to fulfill your Law, opening for us the way of freedom and peace.

By his blood, he reconciled us.

By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

Sanctus - "Holy, Holy, Holy Lord" 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.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

The people stand or kneel. Then the Celebrant continues

Blessed are you, Lord our God, for sending us Jesus, the Christ, who on the night he was handed over to suffering and death, took bread, said the blessing, broke the bread, 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."

After supper, Jesus took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

Celebrant and People

We celebrate Christ's death and resurrection, as we await the day of his coming.

The Celebrant continues

Therefore, O God, we who have been redeemed by Jesus Christ, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Savior.

Sanctify us also, and let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Risen Lord, be known to us in the breaking of the Bread.

God of our ancestors; Redeemer and Mother of Israel; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the

presumption of coming to this Table for solace only and not for strength; for pardon only and not for renewal.

Accept these prayers and praises, Almighty God, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **AMEN.**

The Lord's Prayer *(spoken)*

Celebrant

And now, as our Savior Christ has taught us, we pray in the language of our hearts,

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.

Fraction Rite – “*My flesh is food indeed*” S-169

Cantor or Choir

My flesh is food in - deed, and my blood is drink in -

1 *All* deed, says the Lord. My Lord. 2 *Cantor or Choir* Those who eat my

All flesh and drink my blood dwell in me and I in them. My

flesh is food in - deed, and my blood is drink in - deed, says the Lord.

Music: Ray W. Urwin (b. 1950). Copyright © 1984 by Ray W. Urwin. Used by permission.

COMMUNION INSTRUCTIONS

We invite all present to participate in this feast, regardless of where you are on your spiritual journey. Our table is open to all, as this is God's gift to all.

To receive the bread, please make a semi-circle around the altar; the ushers will guide you. 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 to receive from the common cup. To do so, simply guide the chalice to your lips. If you prefer not to receive wine at all, communion in one kind is just as valid; simply cross your arms over your chest when the wine is offered to you, and the minister will say the words over you and move on.

To receive a blessing instead of communion, simply cross your arms over your chest when each element is offered to you.

*** 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.*

Hand sanitizer can be found next to the hymnal and prayer books on the chair in front of you.

Communion Music – Chris Eisenberg

Postcommunion Prayer

Celebrant: Let us pray

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

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.**

Closing Hymn ***“Surely it is God who saves me”*** **Hymnal 679**

Dismissal

Celebrant: Go in peace to love and serve the Lord.

People: **Thanks be to God.**

Postlude



Please join us for coffee hour after the service. Dave Peterson & Jan Levandusky are our hosts today.

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!***

St. Antony of Egypt Episcopal Church

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