



THE HOLY EUCHARIST

THE THIRD SUNDAY IN LENT

March 12, 2023 • 10:00 AM

Welcome to St. John's, Shaughnessy! Wherever you are on your spiritual journey, and whether you are joining us in the church building or via the livestream, we are glad you are here!

If you are new here and would like to learn more, please introduce yourself to the clergy after the service. If you would like to be added to our mailing list so that we may keep you informed of upcoming events, please contact the church office.

Infants and children (and their accompanying noises) enliven our services. Colouring, crafts, and quiet toys are available in the children's area, just to the left of the front pews.

We acknowledge with respect that we worship on the traditional, ancestral, and unceded territory of the Coast Salish Peoples, and we pray that we may live more deeply into the calls to action from Canada's Truth and Reconciliation Commission.

A brief organ voluntary offered a few minutes before the hour bids us all keep silence for prayer and preparation.

*The people's responses are in **bold**.*

GREETING

THE ENTRANCE RITE

THE LENT PROSE *Attende Domine*

The Cantor sings the Refrain, then all repeat.

***Hear us, O Lord, have mercy upon us:
for we have sinned against thee.***

To thee, Redeemer, on thy throne of glory:
lift we our weeping eyes in holy pleadings:
listen, O Jesu, to our supplications. ***Hear us, O Lord . . .***

O thou chief Cornerstone, Right Hand of the Father:
Way of Salvation, Gate of Life Celestial:
cleanse thou of our sinful souls
from all defilement. ***Hear us, O Lord . . .***

God, we implore thee, in thy glory seated :
bow down and hearken to thy weeping children :
pity and pardon all our grievous trespasses. ***Hear us, O Lord . . .***

Sins oft committed now we lay before thee :
with true contrition, now no more we veil them :
grant us, Redeemer, loving absolution. ***Hear us, O Lord . . .***

Innocent, captive, taken unresisting :
falsely accused, and for us sinners sentenced,
save us, we pray thee, Jesu our Redeemer. ***Hear us, O Lord . . .***

THE OPENING ACCLAMATION

The grace of our Lord Jesus Christ, and the Love of God,
and the fellowship of the Holy Spirit, be with you all.
And also with you.

Bless the Lord who forgives all our sins.
His mercy endures for ever.

THE SUMMARY OF THE LAW

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 commandment greater than these."

THE CONFESSION AND ABSOLUTION

Dear friends in Christ, God is steadfast in love and infinite in mercy; God welcomes sinners and invites them to this table. Let us confess our sins, confident in God's forgiveness.

Silence is kept

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 neighbours 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 upon you,
pardon and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in eternal life;
through Jesus Christ our Lord. **Amen.**

THE KYRIE *New Plainsong*

David Hurd (b. 1950)

Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

Ky - ri - e e - le - i - son. Chri - ste e - le - i - son.

Chri - ste e - le - i - son. Chri - ste e - le - i - son.

Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

Ky - ri - e e - le - i - son.

THE COLLECT OF THE DAY

Almighty God,
whose Son Jesus Christ gives the water of eternal life,
may we always thirst for you,
the spring of life and source of goodness;
through him who lives and reigns
with you and the Holy Spirit,
one God, now and for ever. **Amen.**

THE LITURGY OF THE WORD

THE FIRST READING

Exodus 17:1-7

A reading from the Book of Exodus

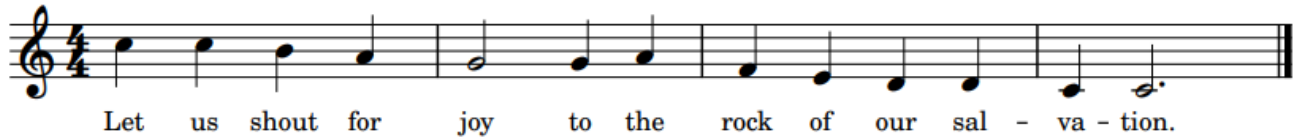
From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? 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 quarrelled 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*



The Choir sings the Refrain; then all repeat.

- 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. *Refrain*
- 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 to-day 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. *Refrain*
- 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.” *Refrain*

A reading from the letter of Paul to the Romans

Therefore, 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.

Please stand as you are able.

Em C D/C G D G Am Dsus⁴ D

1 I heard the voice of Je - sus say, "Come un - to me and rest;
 2 I heard the voice of Je - sus say, "Be - hold, I free - ly give
 3 I heard the voice of Je - sus say, "I am this dark world's light;

C² C Am D Em D G Am Em

lay down, thou wea - ry one, lay down thy head up - on my breast."
 the liv - ing wa - ter; thirs - ty one, stoop down and drink and live."
 look un - to me, thy morn shall rise, and all thy day be bright."

Bm Em Am D G C Dsus⁴ D

I came to Je - sus as I was, so wea - ry, worn, and sad;
 I came to Je - sus and I drank of that life - giv - ing stream;
 I looked to Je - sus and I found in him my star, my sun;

G C² Am Em D G Am Em

I found in him a rest - ing place, and he has made me glad.
 my thirst was quenched, my soul re - vived, and now I live in him.
 and in that light of life I'll walk till trav - elling days are done.

THE GOSPEL ACCLAMATION

The Cantor sings the Refrain; then all repeat.

Unison

Praise to you, O Lord, King of e - ter - nal glo - ry.

Cantor Lord, you are indeed the Saviour of the world. Give us living water, that we may not thirst. *Refrain*

THE HOLY GOSPEL

John 4:5-42

The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus 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 worshipped 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 worshippers 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 labour. Others have laboured, and you have entered into their labour.”

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 Saviour of the world."

The Gospel of Christ.
Praise to you, Lord Jesus Christ.

Please be seated.

THE SERMON

The Rev. James Hwang

Please stand as you are able.

THE APOSTLES' CREED

I believe in God,
the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ,
his only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again
to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

THE PRAYERS OF THE PEOPLE

As we gather in this season of Lent, with confidence and trust let us pray to the Holy One, our guide, absolver and creator.

For the one holy catholic and apostolic Church throughout the world, we give you thanks and invite your Holy Spirit. In the Anglican Communion, we pray for Justin, the Archbishop of Canterbury; for the Church of South India (United); and for our companion diocese, the Diocese of Northern Philippines and our partner parishes of St. Luke, Butbut Proper and St. James, Luccong. In the Anglican Church of Canada we remember Linda our Primate, Chris, the National Indigenous Archbishop, and John our Bishop. In the Diocese of New Westminster, we pray for the Ven. Kevin Hunt, Archdeacon of Burrard; the Ven. Stephanie Shepard, Archdeacon of Granville; the Ven. Kelly Duncan, Archdeacon of Lougheed; the Ven. Stephen Muir, Archdeacon of Capilano; the Ven. Luisito Engnan, Archdeacon of Fraser; the Ven. Richard Leggett, Archdeacon of New Westminster; the Ven. Peggy Trendell-Jackson, Archdeacon for Deacons; and the Ven. Philippa Pride, Executive Archdeacon.

Lord of compassion,
in your mercy hear us.

For those preparing for baptism, confirmation and reaffirmation; for their teachers and sponsors; and for those who are fasting and walking a dedicated Lenten pilgrimage, let us pray to the Holy One.

Lord of compassion,
in your mercy hear us.

For peace in the world, that war may cease and the hungry be fed; that a spirit of respect and reconciliation may grow among nations and peoples, let us pray to the Holy One.

Lord of compassion,
in your mercy hear us.

For governments, leaders, and all in authority; and for those who strive for justice and compassion. We pray for all First Nations leaders in our province and country, as we aim to grow in truth and reconciliation, let us pray to the Holy One.

Lord of compassion,
in your mercy hear us.

For the poor, the persecuted, the sick, and all who are suffering (especially . . .); for refugees, especially the Kandeel family; for prisoners; and for all in danger; that they may be relieved and protected, let us pray to the Holy One.

Lord of compassion,
in your mercy hear us.

For those whom we have injured or offended,
let us pray to the Holy One.

Lord of compassion,
in your mercy hear us.

For those who have gone before us under the sign of faith, and all the departed (especially . . .); let us pray to the Holy One.

Lord of compassion,
in your mercy hear us.

The Celebrant continues

O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. **Amen.**

Please stand as you are able.

THE PEACE

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

The people greet one another with signs of God's peace.

THE OFFERTORY

As the altar is prepared for Holy Communion, the congregation is invited to make an offering as an expression of gratitude for God's generosity. A QR code is provided for those who prefer to donate online. During the collection, a hymn is sung.



OFFERTORY HYMN · 615

WOODWORTH

1 Just as I am, with - out one plea, but that thy
 2 Just as I am, poor, wretch - ed, blind; sight, rich - es,
 3 Just as I am, though tossed a - bout with man - ya
 4 Just as I am, and wait - ing not to rid my
 5 Just as I am— thy love un - known has bro - ken

blood was shed for me, and that thou biddest me come to
 heal - ing of the mind, yea, all I need, in thee to
 con - flict, man - ya doubt, fight - ings and fears with - in, with -
 soul of one dark blot, to thee, whose blood can cleanse each
 ev - ery bar - rier down— now to be thine, yea, thine a -

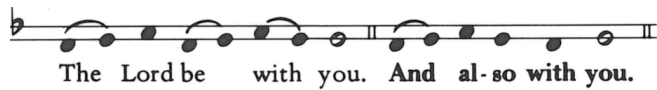
thee,
 find,
 out, O Lamb of God, I come, I come.
 spot,
 lone,

THE HOLY COMMUNION

THE PRAYER OVER THE GIFTS

Spring of life and Source of goodness, receive all we offer you this day,
 and bring us to the living water, Jesus Christ, your Son our Lord. **Amen.**

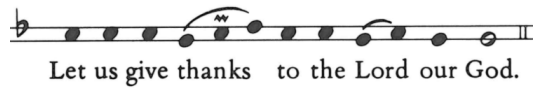
THE GREAT THANKSGIVING



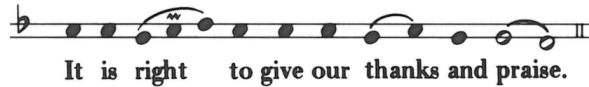
The Lord be with you. And al-so with you.



Lift up your hearts. We lift them to the Lord.



Let us give thanks to the Lord our God.



It is right to give our thanks and praise.

It is indeed right that we should praise you, gracious God, for you created all things. You formed us in your own image: you created us. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people. You made a covenant with Israel, and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation. Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name.

THE SANCTUS & BENEDICTUS *New Plainsong*

David Hurd



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 Celebrant continues

Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed

the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will.

On the night he freely gave himself to death, our Lord 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 he 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."

Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore.

Therefore we proclaim the mystery of faith.

Christ has died.

Christ is risen.

Christ will come again.

Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy people, a living sacrifice in Jesus Christ, our Lord.

Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and for ever. **Amen.**

THE LORD'S PRAYER

And now, as our Saviour 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,
the power, and the glory,
for ever and ever. Amen.**

THE BREAKING OF THE BREAD

The Celebrant breaks the consecrated bread.

**We break this bread,
Communion in Christ's body once broken.**

**Let your Church be the wheat which bears its fruit in dying.
If we have died with him, we shall live with him;
if we hold firm, we shall reign with him.**

THE FRACTION ANTHEM *New Plainsong*

David Hurd

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 PRAYER OF HUMBLE ACCESS

We do not presume to come to this your table, O merciful Lord, trusting in our own righteousness, but in your manifold and great mercies. We are not worthy so much as to gather up the crumbs under your table. But you are the same Lord, whose property is always to have mercy. Grant us, therefore, gracious Lord, So to eat the flesh of your dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

THE INVITATION TO HOLY COMMUNION

**The gifts of God for the people of God.
Thanks be to God.**

We invite all baptized Christians to receive the sacrament of Holy Communion. Gluten-free wafers are available upon request. If you prefer to receive a blessing instead of the bread and wine, you may indicate that desire by crossing your arms over your chest. If you are unable to come forward, please ask a sidesperson to have Communion brought to you.

AT THE COMMUNION: ANTHEM

Like as the Hart

Vincent Novello (1781-1861)

Like as the hart desireth the water brooks, so longeth my soul after Thee, O God. Why art thou so full of heaviness, O my soul? and why art thou so disquieted with in me? O put thy trust in God.

Please stand as you are able.

THE PRAYER AFTER COMMUNION

All your works praise you, O Lord.
And your faithful servants bless you.

Gracious God, we thank you for feeding us with the body and blood of your Son Jesus Christ. May we, who share his body, live his risen life; we, who drink his cup, bring life to others; we, whom the Spirit lights, give light to the world. Keep us firm in the hope you have set before us, so that we and all your children shall be free, and the whole earth live to praise your name; through Christ our Lord. Amen.

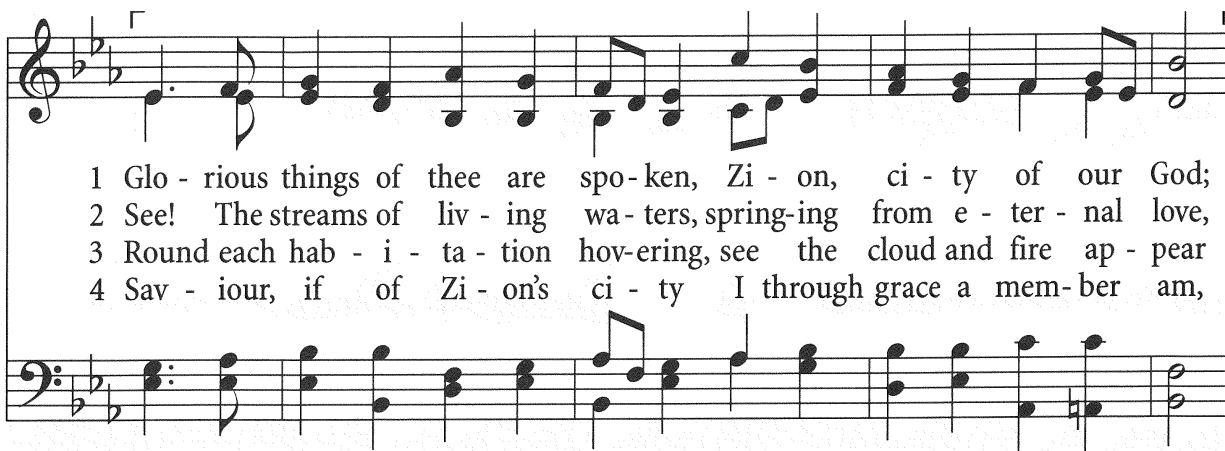
Please be seated.

THE NOTICES

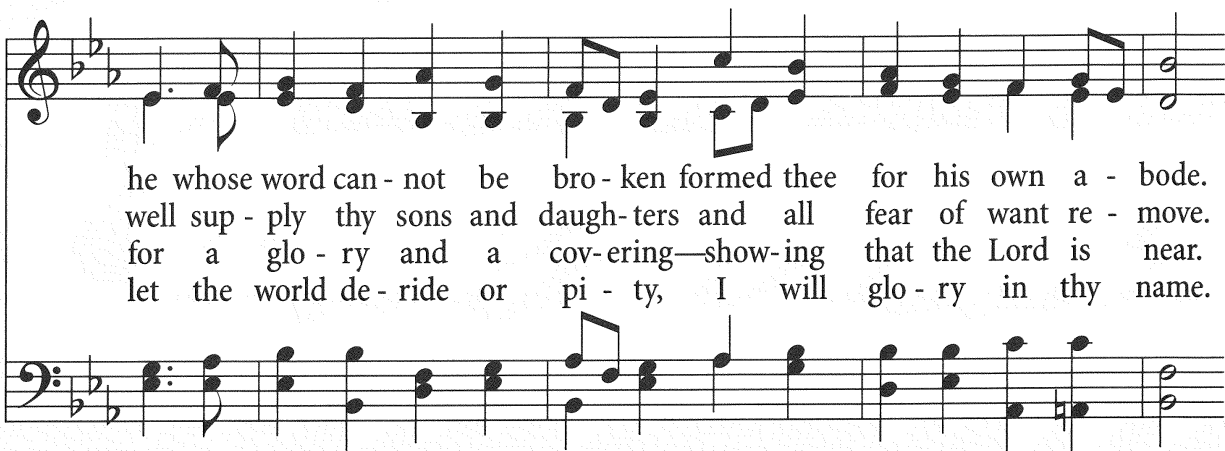
THE SOLEMN PRAYER OVER THE PEOPLE

Bow down before the Lord.

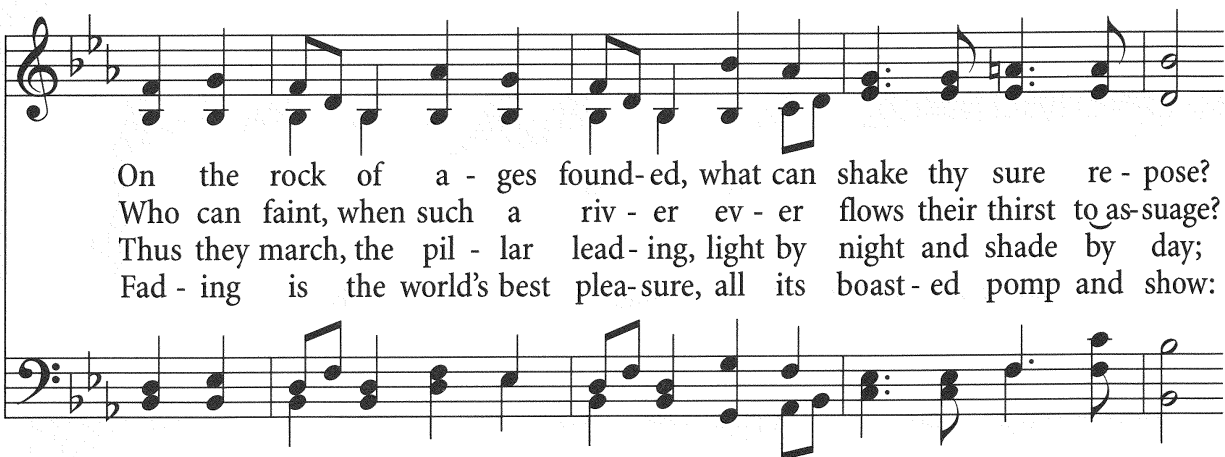
Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. Amen.



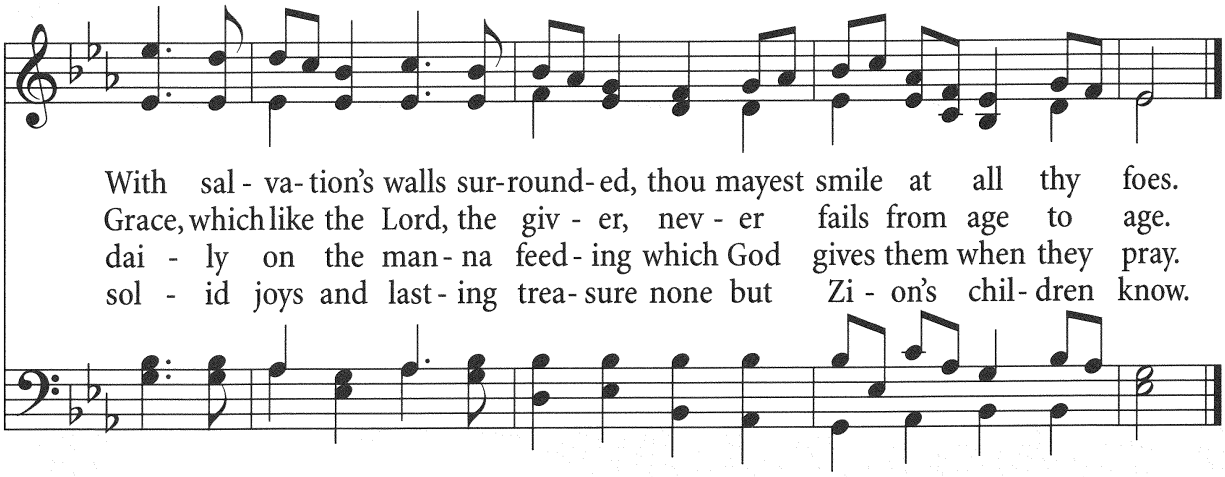
1 Glo - rious things of thee are spo - ken, Zi - on, ci - ty of our God;
 2 See! The streams of liv - ing wa - ters, spring - ing from e - ter - nal love,
 3 Round each hab - i - ta - tion hov - ering, see the cloud and fire ap - pear
 4 Sav - iour, if of Zi - on's ci - ty I through grace a mem - ber am,



he whose word can - not be bro - ken formed thee for his own a - bode.
 well sup - ply thy sons and daugh - ters and all fear of want re - move.
 for a glo - ry and a cov - ering—show - ing that the Lord is near.
 let the world de - ride or pi - ty, I will glo - ry in thy name.



On the rock of a - ges found - ed, what can shake thy sure re - pose?
 Who can faint, when such a riv - er ev - er flows their thirst to as - suage?
 Thus they march, the pil - lar lead - ing, light by night and shade by day;
 Fad - ing is the world's best plea - sure, all its boast - ed pomp and show:



With sal - va - tion's walls sur - round - ed, thou mayest smile at all thy foes.
 Grace, which like the Lord, the giv - er, nev - er fails from age to age.
 dai - ly on the man - na feed - ing which God gives them when they pray.
 sol - id joys and last - ing trea - sure none but Zi - on's chil - dren know.

THE DISMISSAL

Let us go forth in the name of Christ.
Thanks be to God.

Please remain standing as the procession leaves the church. We hope you will join us for coffee and refreshments in the Trendell Lounge after the service.

ST. JOHN'S, SHAUGHNESSY STAFF AND LEADERSHIP

Please contact the parish office if you would like to be added to our mailing list, so that we may let you know about upcoming events.

Clergy and Staff

The Reverend Terry Shields Dirbas, *Rector* terry.dirbas@sjs.net
The Reverend James Hwang, *Curate* jhwang@sjs.net
The Reverend Dr. Marilyn Hames, *Honorary Assisting Priest*
The Reverend Karin Fulcher, *Honorary Deacon*
The Reverend Pitman Potter, *Honorary Deacon*
Michael Dirk, *Music Director* organist@sjs.net
Jaime Yoon, *Interim Choir Director* jaime.yoon@sjsparish.net
Ann Houghton, *Interim Parish Administrator* church.office@sjs.net
Patrick Mahon, *Verger*

Trustees

The Rev. Terry Shields Dirbas, *Rector*
Ken Pepin, *Rector's Warden*
Joan Stewart, *People's Warden*
Mike Dezell
Catherine Holmen



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