



THE HOLY EUCHARIST

THE THIRD SUNDAY IN LENT

March 8, 2026 • 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.*

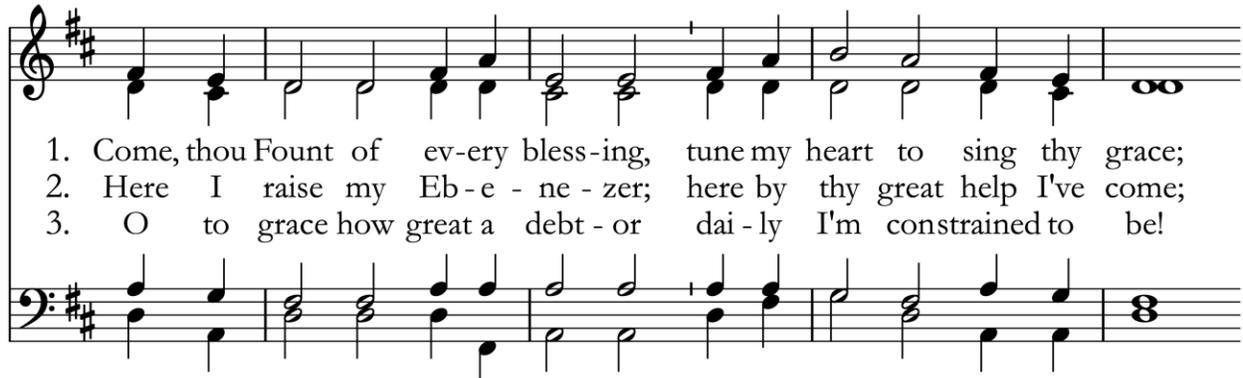
*During the season of Lent, there is no organ prelude. In the silence before the service begins, we
invite you to spend a quiet moment in prayer and preparation for worship.*

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

THE ENTRANCE RITE

HYMN

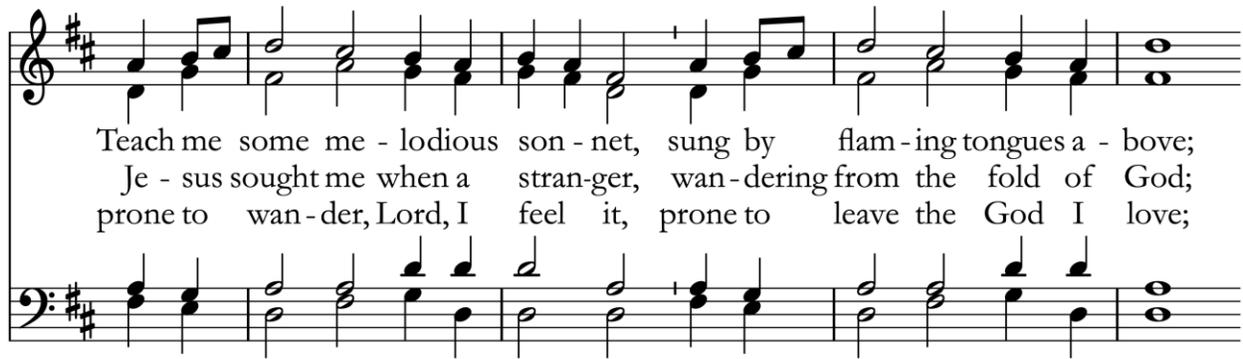
NETTLETON



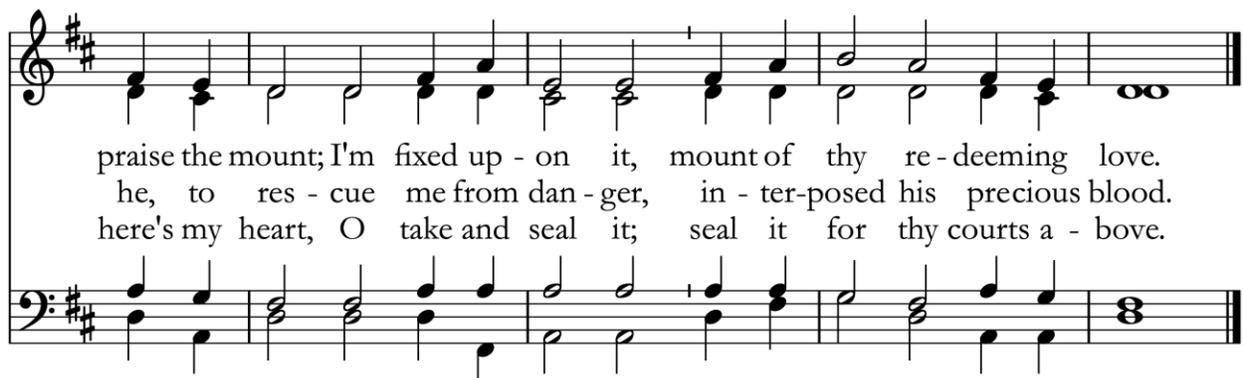
1. Come, thou Fount of ev-ery bless-ing, tune my heart to sing thy grace;
2. Here I raise my Eb-e - ne - zer; here by thy great help I've come;
3. O to grace how great a debt - or dai - ly I'm constrained to be!



streams of mer - cy, nev - er ceas - ing, call for songs of loud-est praise.
and I hope, by thy good pleas-ure, safe-ly to ar - rive at home.
Let thy good-ness, like a fet - ter, bind my wan-dering heart to thee:



Teach me some me - lodious son - net, sung by flam - ing tongues a - bove;
Je - sus sought me when a stran-ger, wan-dering from the fold of God;
prone to wan - der, Lord, I feel it, prone to leave the God I love;



praise the mount; I'm fixed up - on it, mount of thy re - deem - ing love.
he, to res - cue me from dan - ger, in - ter - posed his pre - cious blood.
here's my heart, O take and seal it; seal it for thy courts a - bove.

THE OPENING ACCLAMATION

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 neighbour as yourself. There is no commandment greater than these.”

THE CONFESSION AND ABSOLUTION

You then, who truly and earnestly repent of your sins, and are in love and charity with your neighbours, and intend to lead a new life, following the commandments of God and walking from henceforth in his holy ways: draw near with faith, and take this holy sacrament to your comfort; and make your humble confession to almighty God.

Silence

Almighty God, our heavenly Father, we have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. We are heartily sorry, and repent of all our sins. For your Son our Lord Jesus Christ’s sake, forgive us all that is past; and grant that we may serve you in newness of life to the glory of your name. Amen.

Almighty God, who forgives all who truly repent, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord. **Amen.**

THE COMFORTABLE WORDS

Hear what comfortable words our Saviour Christ says to all who truly turn to him:

Come to me, all who labour and are heavy laden, and I will give you rest.

Matthew 11.28

God so loved the world that he gave his only-begotten Son, that whoever believes in him should not perish but have eternal life.

John 3.16

Hear also what Saint Paul says:

This saying is true and worthy of full acceptance, that Christ Jesus came into the world to save sinners.

1 Timothy 1.15

Hear also what Saint John says:

If anyone sins, we have an advocate with the Father, Jesus Christ the righteous; and he is the perfect offering for our sins, and not for ours only, but for the sins of the whole world.

1 John 2:1-2

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.**

Children are invited to follow their leaders to Godly Play. They will return to their families at the exchange of the peace.

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?”

The Word of the Lord.

Thanks be to God.

- 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 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.
- 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.”

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.

The Word of the Lord.

Thanks be to God.

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 D̄ Ḡ Am Ēm 7

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.

- 1 As the deer longs for the water brooks,
so longs my soul for you, O God.
- 2 My soul is athirst for God, athirst for the living God;
when shall I come to appear before the presence of God?
- 3 My tears have been my food day and night,
while all day long they say to me, “Where now is your God?”
- 4 I pour out my soul when I think on these things:
how I went with the multitude and led them into the house of God,
- 5 With the voice of praise and thanksgiving,
among those who keep holy-day.
- 6 Why are you so full of heaviness, O my soul?
and why are you so disquieted within me?
- 7 Put your trust in God;
for I will yet give thanks to him,
who is the help of my countenance, and my God.

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.

THE SERMON

The Rev. Dr. Terry Shields Dirbas

THE NICENE CREED

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father. With the Father and the Son he is worshipped and glorified. He has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

THE PRAYERS OF THE PEOPLE

Let us pray for the whole state of Christ's Church and the world.

Almighty and everliving God, by your holy Apostle you have taught us to make prayers and supplications, and to give thanks, for all people: We humbly beseech you most mercifully to receive these our prayers, which we offer to your Divine Majesty; and to inspire continually the universal Church with the spirit of truth, unity, and concord: And grant that all that confess your holy Name may agree in the truth of your holy Word, and live in unity and godly love.

In the Anglican Cycle of Prayer, we pray for the Episcopal Church in Jerusalem & the Middle East. In our own diocese, we pray for the Cathedral Chapter; the parish of St. Hilda, Sechelt; and the Diocese of British Columbia. We pray also for our companion diocese, the Diocese of Northern Philippines; and for our companion parishes of St. Luke, Butbut Proper and St. James, Luccong.

Lord in your mercy,

Hear our prayer.

We beseech you also to lead all nations in the way of righteousness; and so to guide and direct their governors and rulers, that your people may enjoy the blessings of freedom and peace. Grant to your servant Charles, our King, and to all that are put in authority under him, that they may truly and impartially administer justice, to the maintenance of your true religion and virtue. We pray also for Mark, our Prime Minister; David, our Premier; and Ken, our Mayor.

Lord in your mercy,

Hear our prayer.

Give grace, O heavenly Father, to all Bishops, Priests, and Deacons, and especially to your servant John our Archbishop, that they may both by their life and doctrine set forth your true and living Word, and rightly and duly administer your holy Sacraments. Prosper, we pray, all those who proclaim the Gospel of your kingdom among the nations, and to all your people give your heavenly grace, especially to this congregation, that, with meek heart and due reverence, they may hear and receive your holy Word; truly serving you in holiness and righteousness all the days of their life.

Lord in your mercy,

Hear our prayer.

And we most humbly beseech you of your goodness, O Lord, to comfort and succour all those, who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity, especially those for whom our prayers are desired. (We remember especially . . .)

Lord in your mercy,
Hear our prayer.

We remember before you, O Lord, all your servants who have departed this life in your faith and fear: and we bless your holy Name for all who in life and death have glorified you; beseeching you to give us grace that, rejoicing in their fellowship, we may follow their good examples, and with them be partakers of your heavenly kingdom. (We remember especially . . .)

Lord in your mercy,
Hear our prayer.

Grant this, O Father, for Jesus Christ's sake, our only Mediator and Advocate, to whom, with you and the Holy Spirit, be all honour and glory, world without end. **Amen.**

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.

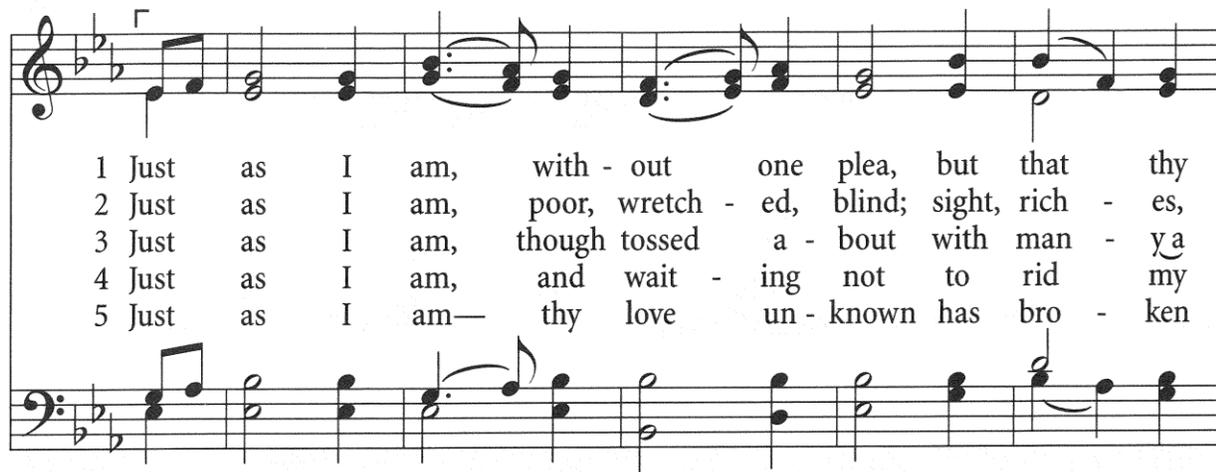
THE OFFERTORY

I appeal to you, brothers and sisters, by the mercies of God, to present yourselves as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

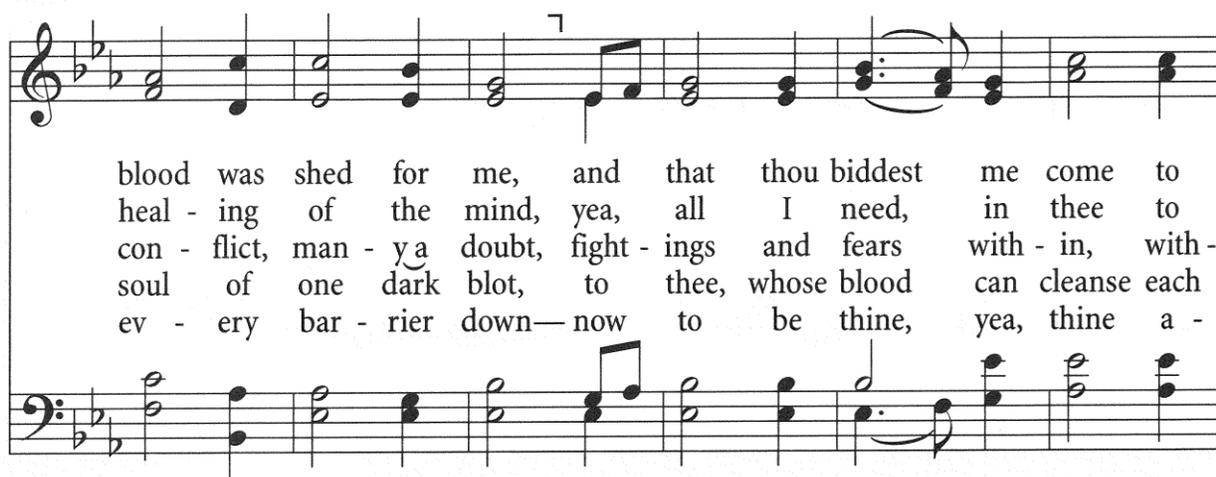
Romans 12:1

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.

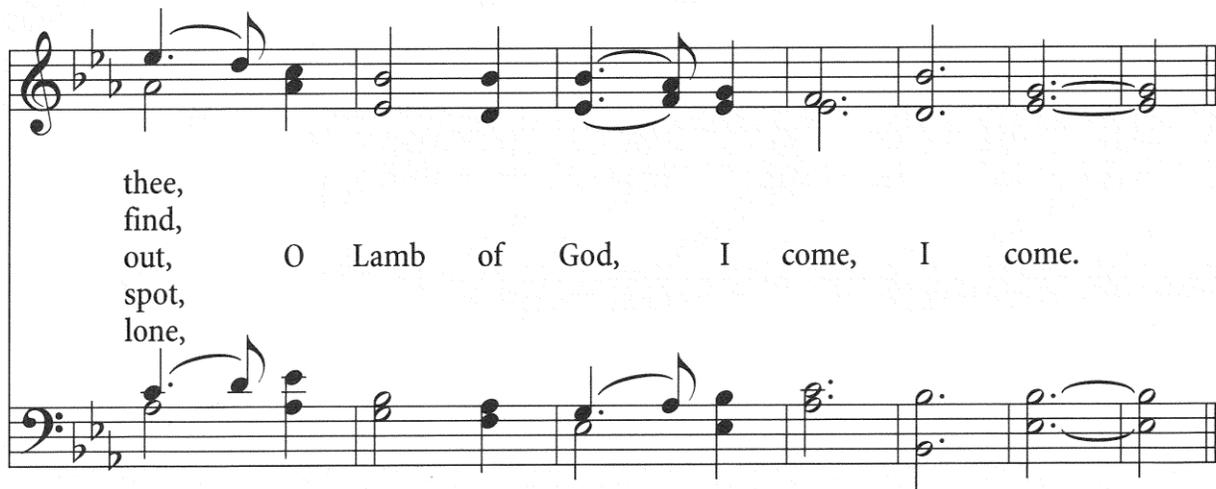




1 Just as I am, with - out one plea, but that thy
 2 Just as I am, poor, wretch - ed, blind; sight, rich - es,
 3 Just as I am, though tossed a - bout with man - ya
 4 Just as I am, and wait - ing not to rid my
 5 Just as I am— thy love un - known has bro - ken



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 -



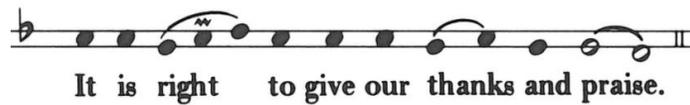
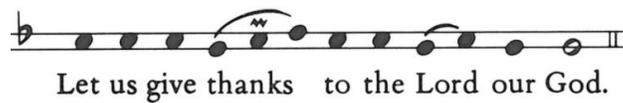
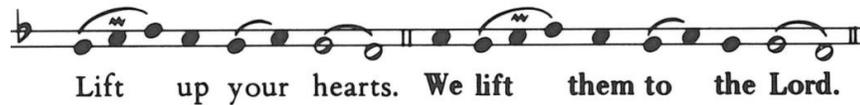
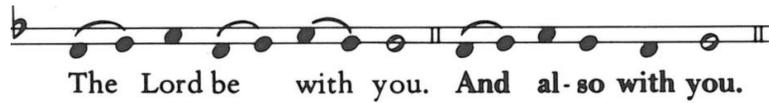
thee,
 find,
 out, O Lamb of God, I come, I come.
 spot,
 lone,

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.**

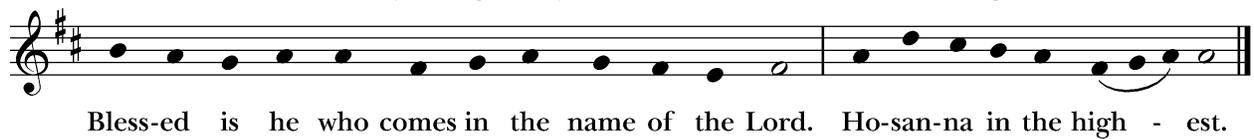
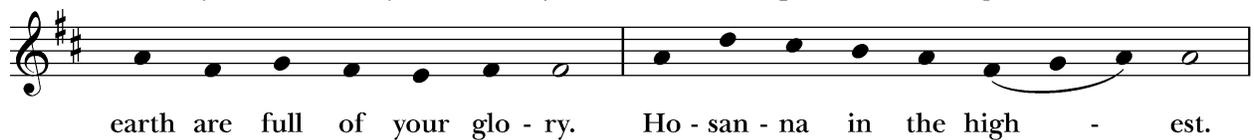
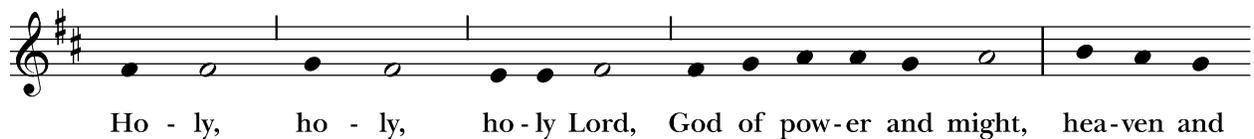
THE GREAT THANKSGIVING



It is indeed right, it is our duty and our joy, at all times and in all places to give you thanks and praise, holy Father, heavenly King, almighty and eternal God. And now we give you thanks because you give us the spirit of discipline, that we may triumph over evil and grow in grace, as we prepare to celebrate the paschal mystery with mind and heart renewed. Therefore with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you, and saying:

SANCTUS & BENEDICTUS QUI VENIT *New Plainsong*

David Hurd



The Celebrant continues

Almighty God, our heavenly Father, who, in your tender mercy, gave your only Son our Saviour 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; he instituted, and in his holy gospel commanded us to continue, a perpetual memory of his precious death until he comes again.

Hear us, merciful Father, we humbly pray, and grant that we, receiving these gifts of your creation, this bread and this wine, according to your Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood; who, in the same night that he was betrayed, took bread and gave you thanks; he broke 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."

In the same way, after supper, he took the cup; and when he had given thanks, he gave it to them, saying: "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. Do this, as often as you drink it, in remembrance of me."

Therefore, O Father, Lord of heaven and earth, we your humble servants, with all your holy Church, remembering the precious death of your beloved Son, his mighty resurrection, and glorious ascension, and looking for his coming again in glory, make before you, in this sacrament of the holy Bread of eternal life and Cup of everlasting salvation, the memorial he commanded; And we earnestly desire your fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving, most humbly beseeching you to grant, that by the merits and death of your Son Jesus Christ, and through faith in his blood, we and your whole Church may obtain remission of our sins, and all other benefits of his passion. And we pray that by the power of your Holy Spirit, all we who are partakers of this holy Communion may be fulfilled with your grace and heavenly benediction; through Jesus Christ our Lord, by whom and with whom, in the unity of the Holy Spirit, all honour and glory be unto you, O Father Almighty, world without end. **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

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.**

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 nature 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

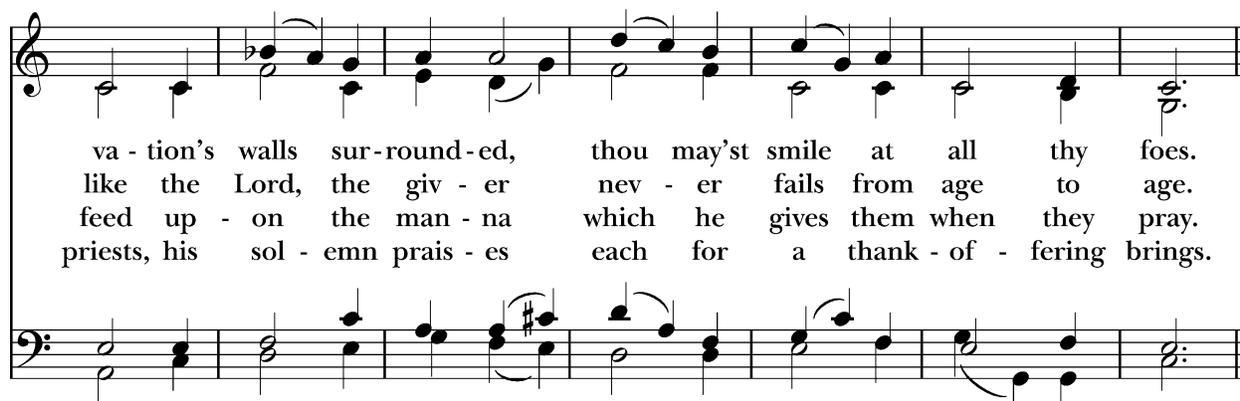
The gifts of God for the people of God.
Thanks be to God.

1 Glo - rious things of thee are spo - ken, Zi - on, ci - ty
 2 See! the streams of liv - ing wa - ters, spring - ing from e -
 3 Round each ha - bi - ta - tion hov - ering, see the cloud and
 4 Blest in - hab - it - ants of Zi - on, washed in the Re -

of our God; he whose word can - not be bro - ken
 ter - nal love, well sup - ply thy sons and daugh - ters
 fire ap - pear for a glo - ry and a cov - ering,
 deem - er's blood! Je - sus, whom their souls re - ly on,

formed thee for his own a - bode; on the Rock of A - ges
 and all fear of want re - move. Who can faint, when such a
 show - ing that the Lord is near. Thus de - riv - ing from their
 makes them kings and priests to God. 'Tis his love his peo - ple

found - ed, what can shake thy sure re - pose? With sal -
 riv - er ev - er will their thirst as - suage? Grace which,
 ban - ner, light by night, and shade by day, safe they
 rais - es o - ver self to reign as kings: and as



va - tion's walls sur-round - ed, thou may'st smile at all thy foes.
 like the Lord, the giv - er nev - er fails from age to age.
 feed up - on the man - na which he gives them when they pray.
 priests, his sol - emn prais - es each for a thank - of - fering brings.

THE DISMISSAL

Let us go forth in the name of Christ.

Thanks be to God.

VOLUNTARY *Kyrie, Gott Vater in Ewigkeit* BWV 669 J.S. Bach (1685–1705)

O Lord the Father for evermore!

We thy wondrous grace adore;

we confess thy power, all worlds upholding.

Have mercy, Lord.

troped Kyrie, 16th century
translated Arthur T. Russell (1806–1874)

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 Dr. Terry Shields Dirbas, *Rector* terry.dirbas@sjs.net
The Reverend Dr. Marilyn Hames, *Honorary Assisting Priest*
The Reverend Karin Fulcher, *Deacon (Retired)*
The Reverend Dr. Pitman B. Potter, *Deacon (Retired)*
David Poon, *Director of Music* david.poon@sjs.net
Michael Dirk, *Principal Organist and Artist-in-Residence* organist@sjs.net
Deanna Ferguson, *Parish Administrator* church.office@sjs.net

Trustees

The Rev. Dr. Terry Shields Dirbas, *Rector*
Chrystina Lui, *Rector's Warden* chrystina.lui@sjsparish.net
Dr. Robyn Woodward, *People's Warden* robyn.woodward@sjs.net
Mike Dezell mike.dezell@sjsparish.net
Dr. Ruth Freedman ruth.freedman@sjsparish.net



1490 Nanton Ave. Vancouver, BC, V6H 2E2

(604) 731-4966

www.sjs.net