

Third Sunday in Lent

March 8, 2026

8AM Low Mass | 10AM Holy Mass with Hymns

TRINITY CHURCH

Worship in the Beauty of Holiness ✠ Service and Hospitality in the Name of Christ

THE HOLY EUCHARIST

THE LITURGY OF THE WORD

✠ Please stand as able and join us in singing the hymns, prayers which reflect on the theological themes of the day and season, and can be found in the blue hymnal in your pew, ordered by the numbers listed in the bulletin below. Service music can be found in the paper booklet in your pew.

OPENING HYMN

There is a green hill far away

Hymn 167

INTROIT—*My eyes are forever turned towards the Lord; for he shall release my feet from the snare; look upon me and have mercy on me, for I am abandoned and destitute. Ps. To you, O LORD, I lift up my soul. In you, O my God, I have trusted; let me not be put to shame; let not my enemies exult over me. Let none who hope in you be put to shame; but shamed are those who wantonly break faith.*

Celebrant: ✠ Bless the Lord who forgives all our sins;

People: *His mercy endures forever.*

KYRIE ELEISON (*found in service music booklet*).

COLLECT OF THE DAY

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.**

All may be seated.

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 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?"

Reader: The Word of the Lord.

People: *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."

SECOND READING

Romans 5:1-11

A reading from the letter of St. Paul to the Romans.

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.

Reader: The Word of the Lord.

People: *Thanks be to God.*

HOLY GOSPEL

John 4:5-42

Celebrant: ✠ The Holy Gospel of our Lord Jesus Christ according to St. 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.”

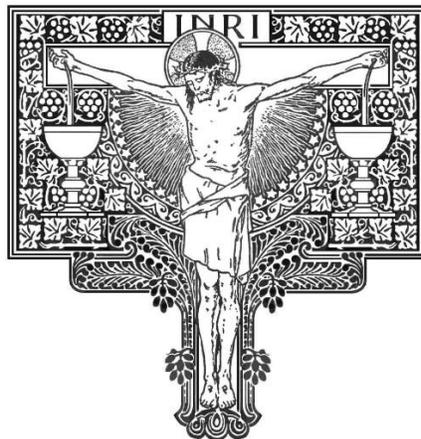
Celebrant: The Gospel of the Lord.

People: *Praise to you, Lord Christ.*

All may be seated.

HOMILY

Fr. Raul, Rector



All stand as are able.

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 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.*

PRAYER BIDDINGS

- ☞ **The Church:** Pray for *Sarah*, Archbishop of Canterbury, for *Sean*, our Presiding Bishop, and *Carlye*, our Bishop, and for all the Anglican Communion. Pray for *Leo*, Bishop of Rome, and our siblings in the Roman Church. Pray for *Bartholomew*, Patriarch of Constantinople, and our siblings in the Orthodox Churches. Pray for all of Christ's Holy Catholic Church. Pray for our Parish, our Wardens and Vestry, for *Gia*, our Director of Music, *Karen*, our Treasurer, *Lana*, our Administrator, and *Laura*, our Sexton, for all who serve and minister here and for all who come to this place to seek God. Pray for God's help as we seek to spread his Gospel, grow his Church, and serve him in our various ministries. In our Anglican Cycle of Prayer, pray for The Province of Jerusalem & the Middle East; in our Diocesan Cycle of Prayer, pray for the Church of St. Agnes & St. Paul in East Orange. In a special way, let us hold in prayer our Christian siblings in the Holy Land, Nigeria, and in every place where Christ's Church is persecuted.
- ☞ **The Nation & the World:** Pray for *Donald*, President of the United States, for the Congress, and for the Supreme Court, for *Mikie* our Governor, and *Amy* our Mayor. Pray for peace and justice in our Nation, and for the relief of all who are vulnerable and afraid, for the hungry, the poor, and the captive. Pray for all who have died by State violence or in detention. Pray for the peoples and nations of the world, especially for peace in Ukraine, Nigeria, Iran, and the Middle East. Pray for the people of Palestine and for an end to this and all genocide. Pray for an end to all violence and war, that all peoples and nations may be gathered together under the banner of the Prince of Peace.

PRAYERS OF THE PEOPLE (FORM III)

Father, we pray for your Holy Catholic Church;
That we all may be one.

Grant that every member of the Church may truly and humbly serve you;
That your name may be glorified by all people.

We pray for all bishops, priests, and deacons;
That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world;
That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;
That our works may find favor in your sight.

Have compassion on those who suffer from any grief or trouble, especially Nicole, Martie, Michael, Jim, Bridget, Ed, Joanne, Lynette, Jana, Margie, Russ, Ed, Carol, Nancy, Bob, Debby, Michael, Deirdre, Mandy, Jacqui, Braden, Lydia, Tom, Rich, Bruce, Marilyn, Wayne, Joe and Donna;
That they may be delivered from their distress.

We pray for all service members, including Nick, Jason, Elizabeth, Quintin and Matt, and canines that are serving in this country's armed services.

That they may be shielded and guided, and safely brought home.

We lift up in prayer Eric Ackerman who will celebrate his birthday March 9.

Crown his years with your goodness and fill his life with your joy.

We offer our prayers of thanksgiving and supplication to you, lifting up our petitions and praises either silently or aloud. *A brief pause is held for the offering of prayers.*

Give to the departed eternal rest ;

Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;

May we also come to share in your heavenly kingdom.

The Celebrant concludes:

O God of unchangeable power and eternal light: Look favorably on your whole Church, and especially on this parish community. As we prepare for a time of change, remind us that you are the Shepherd who ever watches over his flock. Bless our Vestry and Leadership with clarity of mind and unity of spirit as they discern the path ahead. Quiet our anxieties, strengthen our faith, and help us to trust that you are already at work among us. May we walk this next leg of our journey not with trepidation, but in the certainty of your abiding love; through Jesus Christ our Lord.
Amen.

All kneel for the confession.

CONFESSION OF SIN

Celebrant: Let us confess our sins against God and our neighbor.

ALL: *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*

Celebrant: ✠ Almighty God have mercy on you, forgive you all our sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

All stand as able after the absolution.

THE PEACE

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

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

All may share with one another a sign of peace.

THE LITURGY OF THE EUCHARIST

All may be seated.

ANNOUNCEMENTS & OFFERTORY SENTENCE

All stand as are able.

OFFERTORY HYMN *As longs the deer for cooling streams* Hymn 658

During the offertory hymn, you are invited to bring forward your offering for the support of Christ's Holy Church and place it in the plate in front of the altar.

THE GREAT THANKSGIVING Prayer A

Celebrant: The Lord be with you.

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

Celebrant: Lift up your hearts.

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

Celebrant: Let us give thanks to the Lord our God.

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

The Celebrant continues,

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth; through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him to died for us and rose again.

Therefore we praise you, joining our voices with angels and archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your name:

SANCTUS (*found in service music booklet*).

All kneel as the Celebrant continues,

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, 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 stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and 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.”

Therefore we proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

We celebrate the memorial of our redemption, O father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

THE LORD'S PRAYER

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

People & 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 BREAKING OF THE BREAD

The Celebrant breaks the consecrated Host and, after a moment of silence, continues,

Celebrant: Christ our Passover is sacrificed for us.

People: *Therefore let us keep the feast.*

AGNUS DEI (*found in service music booklet*).

The Celebrant says the following invitation:

The Gifts of God for the People of God.
Take them in remembrance that Christ died for you;
and feed on him in your hearts by faith, with thanksgiving.

COMMUNION

☞ *All baptized Christians, regardless of their church affiliation, status, or standing, are invited to come forward to receive the Blessed Sacrament of Our Lord's Body and Blood.*

☞ *If you do not wish to or are not able to receive the Blessed Sacrament, you are welcome and invited to participate, regardless of denomination or religion, by coming forward with your arms crossed over your chest in order to indicate that you would like to receive a blessing from the Priest.*

You are always very welcome to inquire about receiving the Sacrament of Baptism.

POSTCOMMUNION PRAYER

The people may kneel.

Celebrant & People: Let us pray.
*Almighty and everliving God,
we thank you for feeding us with the spiritual food of the most
precious Body and Blood of your Son our Savior Jesus Christ; and
for assuring us in these holy mysteries that we are living members
of the Body of your Son, and heirs of your eternal kingdom. And
now, Father, send us out to do the work you have given us to do,
to love and serve you as faithful witnesses of Christ our Lord. To
him, to you, and to the Holy Spirit, be honor and glory, now and
for ever. Amen.*

THE LENTEN PRAYER OVER THE PEOPLE

THE DISMISSAL

Celebrant: Go in peace to love and serve the Lord!
People: Thanks be to God!

All stand as are able.

CLOSING HYMN

Rock of ages, cleft for me

Hymn 685

POSTLUDE

After the closing hymn, our Director of Music will offer a musical voluntary for the congregation.

Announcements are posted on the pink bulletin board in the Narthex



TRINITY CHURCH

55 George Street, Allendale, NJ

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www.trinitynbc.org

The Rev. Fr. Raul E. Ausa, SCP, Rector

Gia Dreyer, Director of Music

Mrs. Lana Hoffert, Parish Administrator

Ms. Karen Roy, Treasurer

Ms. Laura Ausa, Sexton

Mr. Bernard Milano & Mrs. Gail Scanlan, Wardens

Mrs. Lynn Friedman & Mrs. Peg Patterson, Vestry Class of 2027

Mr. Geoff Ramsey & Mrs. Nancy Schneberger, Vestry Class of 2028

Ms. Amanda Roy & Ms. Stephanie Tengi, Vestry Class of 2029