

Third Sunday in Lent

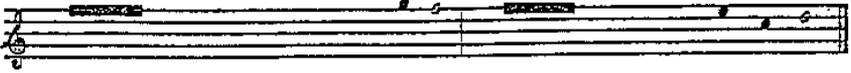


8:30 a.m. Service of Holy Communion
Sunday, March 8, 2026

“Glorifying God as Agents of His Reconciliation”

Holy Communion

Introit – Psalm 25: 8-15



- ⁸ GRACIOUS and righteous is the LORD;
therefore will he teach sinners in the way.
- ⁹ Them that are meek shall he guide in judgement;
and such as are gentle, them shall he teach his way.
- ¹⁰ All the paths of the LORD are mercy and truth,
unto such as keep his covenant and his testimonies.
- ¹¹ For thy Name's sake, O LORD
be merciful unto my sin, for it is great.
- ¹² What man is he that feareth the LORD?
him shall he teach in the way that he shall choose.
- ¹³ His soul shall dwell at ease,
and his seed shall inherit the land.
- ¹⁴ The secret of the LORD is for them that fear him;
and he will show them his covenant.
- ¹⁵ Mine eyes are ever looking unto the LORD;
for he shall pluck my feet out of the net.

P 30 The Litany

P 70 Mutual Salutation

p 138 The Collect for Ash Wednesday

p 145 The Collect of the Day

First Reading – Exodus 17:1-7

Reader: The Lesson is written in the 17th Chapter of Exodus beginning at the 1st verse.

17 Then all the congregation of the sons of Israel journeyed by stages from the wilderness of Sin, according to the command of the LORD, and camped at Rephidim, and there was no water for the people to drink. ² Therefore the people quarreled with Moses and said, "Give us water that we may drink." And Moses said to them, "Why do you quarrel with

me? Why do you test the LORD?" ³ But the people thirsted there for water; and they grumbled against Moses and said, "Why, now, have you brought us up from Egypt, to kill us and our children and our livestock with thirst?" ⁴ So Moses cried out to the LORD, saying, "What shall I do to this people? A little more and they will stone me." ⁵ Then the LORD said to Moses, "Pass before the people and take with you some of the elders of Israel; and take in your hand your staff with which you struck the Nile, and go. ⁶ Behold, I will stand before you there on the rock at Horeb; and you shall strike the rock, and water will come out of it, that the people may drink." And Moses did so in the sight of the elders of Israel. ⁷ He named the place Massah and Meribah because of the quarrel of the sons of Israel, and because they tested the LORD, saying, "Is the LORD among us, or not?"

Reader: Here endeth the Lesson.

Psalm 95

¹ O COME, let us sing unto the LORD:

let us heartily rejoice in the strength of our salvation.

² Let us come before his presence with thanksgiving,
and show ourselves glad in him with psalms.

³ For the LORD is a great God,
and a great King above all gods.

⁴ In his hand are all the corners of the earth:
and the strength of the hills is his also.

⁵ The sea is his, and he made it:
and his hands prepared the dry land.

⁶ COME, let us worship, and fall down,
and kneel before the LORD our Maker.

⁷ For he is the Lord our God;
**and we are the people of his pasture,
and the sheep of his hand.**

⁸ TO-DAY, O that ye would hear his voice:
**'Harden not your hearts as in the Provocation,
and as in the day of Temptation in the wilderness;**

⁹ When your fathers tempted me,
proved me, and saw my works.

¹⁰ Forty years long was I grieved with that generation,
and said,

**“It is a people that do err in their hearts,
for they have not known my ways”;**

¹¹ Unto whom I swear in my wrath,
that they should not enter into my rest.”

Second Reading – Romans 5:1-11

Reader: The Epistle is written in the 5th Chapter of Romans starting at the 1st verse.

5 Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God. ³

And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; ⁴and perseverance, proven character; and proven character, hope; ⁵and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

⁶For while we were still helpless, at the right time Christ died for the ungodly. ⁷For one will hardly die for a righteous man; though perhaps for the good man someone would dare even to die. ⁸But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us. ⁹Much more then, having now been justified by His blood, we shall be saved from the wrath of God through Him. ¹⁰For if while we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life. ¹¹And not only this, but we also exult in God through our Lord Jesus Christ, through whom we have now received the reconciliation.

Reader: Here endeth the Epistle.

Hymn # 227: Come Let Us Worship and Bow Down

By Dave Doherty

Chorus

Come let us worship and bow down

Let us kneel before the Lord

Our God our Maker
Come let us worship and bow down
Let us kneel before the Lord
Our God our Maker
For He is our God
And we are the people of His pasture
And the sheep of His hand
Just the sheep of His hand
CCLI Song # 27329

Please remain seated until instructed to stand

The Gospel – John 4:5-42

Reader: The Holy Gospel is written in the 3rd Chapter of the Gospel according to Saint John beginning at the 1st verse.

People: Glory be to thee, O Lord.

Narrator: [Jesus] came to a city of Samaria called Sychar, near the parcel of ground that Jacob gave to his son Joseph; ⁶and Jacob's well was there. So Jesus, being wearied from His journey, was sitting by the well. It was about the sixth hour.

⁷ There *came a woman of Samaria to draw water. [Since] His disciples had gone away into the city to buy food. Jesus *said to her,

Reader: "Give Me a drink."

Samaritan woman: "How is it that You, being a Jew, ask me for a drink since I am a Samaritan woman?"

Narrator: [She said this since] Jews have no dealings with Samaritans.

Reader: "If you knew the gift of God, and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water."

Samaritan woman: "Sir, You have nothing to draw with and the well is deep; where then do You get that living water? ¹² You are not greater than our father Jacob, are You, who gave us the well, and drank of it himself and his sons and his cattle?"

Reader: "Everyone who drinks of this water will thirst again;

14 but whoever drinks of the water that I will give him shall never thirst; but the water that I will give him will become in him a well of water springing up to eternal life.”

Samaritan woman: “Sir, give me this water, so I will not be thirsty nor come all the way here to draw.”

Reader: “Go, call your husband and come here.”

Samaritan woman: “I have no husband.”

Reader: “You have correctly said, ‘I have no husband’; 18 for you have had five husbands, and the one whom you now have is not your husband; this you have said truly.”

Samaritan woman: “Sir, I perceive that You are a prophet. 20 Our fathers worshiped in this mountain, and you *people* say that in Jerusalem is the place where men ought to worship.”

Reader: “Woman, believe Me, an hour is coming when neither in this mountain nor in Jerusalem will you worship the Father. 22 You worship what you do not know; we worship what we know, for salvation is from the Jews. 23 But an hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for such people the Father seeks to be His worshipers. 24 God is spirit, and those who worship Him must worship in spirit and truth.”

Please stand

Samaritan woman: “I know that Messiah is coming (He who is called Christ); when that One comes, He will declare all things to us.”

Reader: “I who speak to you am *He*.”

Narrator: 27 At this point His disciples came, and they were amazed that He had been speaking with a woman, yet no one said,

“What do You seek?” “Why do You speak with her?”

28 So the woman left her waterpot, and went into the city and said to the men,

Samaritan woman: 29 “Come, see a man who told me all the things that I *have* done; this is not the Christ, is it?”

Narrator: 30 They went out of the city, and were coming to Him.

31 Meanwhile the disciples were urging Him, saying,

“Rabbi, eat something.” But He said to them

Reader: “I have food to eat that you do not know about.”

Narrator: ³³ So the disciples were saying to one another, “No one brought Him *anything* to eat, did he?” ³⁴ Jesus said to them

Reader: “My food is to do the will of Him who sent Me and to accomplish His work. ³⁵ Do you not say, ‘There are yet four months, and *then* comes the harvest’? Behold, I say to you, lift up your eyes and look on the fields, that they are white for harvest. ³⁶ Already he who reaps is receiving wages and is gathering fruit for life eternal; so that he who sows and he who reaps may rejoice together. ³⁷ For in this case the saying is true, ‘One sows and another reaps.’ ³⁸ I sent you to reap that for which you have not labored; others have labored and you have entered into their labor.”

Narrator: ³⁹ From that city many of the Samaritans believed in Him because of the word of the woman who testified,

Samaritan woman: “He told me all the things that I *have* done.”

Narrator: ⁴⁰ So when the Samaritans came to Jesus, they were asking Him to stay with them; and He stayed there two days. ⁴¹ Many more believed because of His word; ⁴² and they were saying to the woman, “*It is* no longer because of what you said *that* we believe, for we have heard for ourselves and know that this One truly is the Savior of the world.”

Reader: The Gospel of Christ

People: Praise be to thee, O Christ.

p 71 The Creed

The Message - The Reverend Oz Lorentzen

Silence is kept for a moment of reflection.

p 72 The Offertory

Hymn #702: Fill My Cup Lord

by Richard Blanchard

Chorus

Fill my cup Lord I lift it up Lord
Come and quench this thirsting of my soul
Bread of heaven feed me till I want no more
Fill my cup fill it up and make me whole

Verse 1

Like the woman at the well I was seeking
For things that could not satisfy
And then I heard my Saviour speaking
Draw from the well that never shall run dry

Verse 2

There are millions in this world who are craving
The pleasure earthly things afford
But none can match the wondrous treasure
That I find in Jesus Christ my Lord

Verse 3

So my brother if the things this world gave you
Leave hungers that won't pass away
My blessed Lord will come and save you
If you kneel to Him and humbly pray

CCLI Song # 15946

p 75 The Intercession

p 76 The General Confession and Absolution

Silence is kept for a moment of reflection

p 78 The Thanksgiving

Sursum Corda

The image shows a musical score for the 'Sursum Corda' (Lift up your hearts) section. It consists of five staves of music, each with a vocal line and lyrics. The first staff is for the Celebrant, and the second is for the People. The third and fourth staves are for the Celebrant, and the fifth is for the People. The lyrics are: 'The Lord be with you. And with thy spir - it. Lift up your hearts. We lift them up un - to the Lord. Let us give thanks un - to our Lord God. It is meet and right so to do.'

Celebrant
The Lord be with you. And with thy spir - it.

Celebrant
Lift up your hearts.

People
We lift them up un - to the Lord.

Celebrant
Let us give thanks un - to our Lord God.

People
It is meet and right so to do.

Preface

Who hast bidden us thy faithful people to cleanse our hearts and to prepare with joy for the paschal feast; that reborn through the waters of baptism, and renewed in the eucharistic mystery, we may be more fervent in prayer and more generous in works of love. Therefore with angels...etc.

p 81 "Holy, Holy, Holy..."

p 82-83 The Prayer of Consecration

Rev. Oz: O Almighty God, who on the day of Pentecost sent the Holy Spirit, the Comforter, to abide in your church for all time: bestow upon us and upon all your faithful people his manifold gifts of grace, so that with minds enlightened by his truth, and hearts purified by his presence, we may day by day be strengthened with power in the inward man; through Jesus Christ our Lord, **Amen**

p 84 "O LAMB of God"

In Anglican churches, everyone who is baptized is welcome to come and receive communion. You may kneel or stand at the altar rail to receive communion. If you are unable to come to the altar rail, please notify the sides people and they will alert the Communion Servers to come to you. You may receive communion at either the front or at the rear of the church, when available. If you would like to come forward for a blessing instead of communion, please indicate this by crossing your arms over your chest.

Communion is an important part of our worship. Please use this time to prayerfully prepare yourself for communion and to reflect on Jesus' gift after you have received communion. You may find singing the Communion Hymns helpful. Please refrain from talking during this time.

Options at the altar rail: the common cup to your left, bread and wine mingled together to the right.

p 85 The Lord's Prayer

Please kneel or sit.

p 85 "... And here we offer ..."

Please stand.

p 86 Blessing

Please be seated.

Announcements

Hymn #682: Guide Me O Thou Great Jehovah

By William Williams

Verse 1

Guide me O Thou great Jehovah
Pilgrim through this barren land
I am weak but Thou art mighty
Hold me with Thy pow'ful hand
Bread of heaven Bread of heaven
Feed me now and ever more
Feed me now and ever more

Verse 2

Open now the crystal fountain
Whence the healing stream doth flow
Let the fiery cloudy pillar
Lead me all my journey through
Strong Deliverer strong Deliverer
Be Thou still my strength and shield
Be Thou still my strength and shield
CCLI Song # 1448

Commissioning of Parish Council

Rector's warden: On behalf of the parish of St. Barnabas, I present to you these persons to be admitted to the ministry of Wardens and Members of Parish Council.

Celebrant: Brothers and Sisters in Christ Jesus, we are all baptized by the one Spirit into one Body and given gifts for a variety of ministries for the common good. Our purpose is to commission these persons in the name of God on behalf of this parish to the special ministries to which they are called.

Are these persons prepared by a commitment to Jesus, by regular attendance and by the knowledge of their duties, to exercise their ministry to the honor of God and the well-being of St. Barnabas Parish and the Diocese of Calgary?

Rector's warden: I believe they are.

Celebrant: You have been called to a ministry in this congregation. Will you, as long as you are engaged in this work, perform it with diligence?

Wardens and Members of Parish Council: I will, with God's help.

Celebrant: Will you faithfully and reverently execute the duties of your ministry to the honor of God, and the benefit of the members of this parish?

Wardens and Members of Parish Council: I will, with God's help.

Celebrant: Do you reaffirm your commitment to follow Jesus and to serve this parish in his name?

Wardens and Members of Parish Council: I do.

Celebrant: (to the congregation) Will you do all in your power to support these leaders with your prayers, your honest yet gracious communication with them, and your willingness to help them carry out Christ's ministry in this church?

Congregation: We will.

Celebrant: On behalf of the Parish of St. Barnabas, I commission you for this work, and pledge you our prayers, encouragement, and support. May the Holy Spirit guide and strengthen you, that in this, and in all things, you may do God's will in the service of the kingdom of Christ.

Let us pray. Almighty God, look with favor upon these persons who have now reaffirmed their commitment to follow Christ and to serve in His name. Give them courage, patience, and vision; and strengthen us all in our Christian vocation of witness to the world, and of service to others; through Jesus Christ our Lord. **Amen.**

DISMISSAL

Leader: God made Christ sin on our behalf,
so that we might become the righteousness
of God in Him.

People: Thanks Be to God!

Prayers of the People – March 8, 2026

James wrote, “The earnest prayer of a righteous person has great power and produces wonderful results.” (James 5:16b)

OUR CHURCH

The Most Reverend Gregory Kerr-Wilson, Metropolitan of the Ecclesiastical Province of the Northern Lights &

Archbishop of the Anglican Diocese of Calgary

The Right Reverend Shane Parker, Primate of The Anglican Church of Canada

The Right Reverend Leopold Friday, Bishop of our Companion Diocese of the Windward Islands

The Most Reverend Sarah Mullally, Archbishop of Canterbury

IN THE ANGLICAN CYCLE OF PRAYER

The Episcopal Church in Jerusalem & The Middle East

IN OUR DIOCESE

The Mission of St. Magloire, Drumheller

All Saints, Oyen The Rev. Dr. Catherine Holland

St. John the Baptist, New Brigden

IN OUR SISTER DIOCESE OF THE WINDWARD ISLANDS

St. Patrick, Barrouallie (barrel-ee) with St. David, Our Lady of Perpetual Succour, All Saints, and Mary Magdalene, on St. Vincent, The Rev. Hanif Johnson

IN THE ANGLICAN CHURCH OF CANADA

The Rt. Rev. Sandra Fyfe, Bishop, and the people and clergy of the Diocese of Nova Scotia and Prince Edward Island

THE EVANGELICAL LUTHERAN CHURCH IN CANADA

The dean, council, and congregations of the Northern Area of the Eastern Synod

THE MORAVIAN CHURCH

The people and ministries of Christ Moravian Church in Calgary.

OUR KING AND ALL IN AUTHORITY

King Charles III; Prime Minister, Mark Carney; Premier Danielle Smith, Mayor Linnsie Clark; Councillor Cheryl Phaff
Cypress County Mayor Dan Hamilton; Councillor Blaine Brost

OUR CITY CHURCHES

Chaplaincy, CFB Suffield, Gerald Van Smeerdyk

OUR PROVINCE

Political & Social Tension: Ongoing tensions exist regarding federal-provincial relations, with discussions around Alberta's place in Canada.

New Story is a non-profit organization that helps indigenous women become self-sufficient within the support of a strong Christian community.

OUR WORLD

Integrity in government, and protection against corruption.

The Community and families of Mexico.

OUR PARISH

St. Barnabas Church with The Reverend Oz Lorentzen and his family – Delynne, Soren & Laec

Don & Arlene Simpson, Marilynn Skoda and Judy Snaith
Compassion Canada & Teguh in Indonesia, Jerusha in Ghana

The GriefShare Program

Parish Council

The Saturday Meal Program

The Medicine Hat Ecumenical Campus Ministry

OUR FAMILY AND FRIENDS IN NEED*

Anne and Ric; Colleen and Philip; Betty Lou; Mike; Win;
John and Grace; Carol & Family; Catherine & Family; Laura and their families

If you or anyone you know would like prayer, call the Office at (403) 526-7713



ST. BARNABAS ANGLICAN CHURCH

Our Mission is Glorifying God as
Agents of His Reconciliation.

"God was in Christ reconciling the world to Himself - and He
has committed to us the word of reconciliation."

2 Corinthians 5:19

Rector: Reverend Dr. Oz Lorentzen

Email: rev.oz@stbmh.ca

Secretary: Twyla Yasinchuk

Email: office@stbmh.ca

Rector's Warden: Elaine Snyder; People's Warden:
Veronica Blocksage; Parish Council Members: Kelly
Cook, Christien Ellis, Anne Carrier, Shirley Greenfield,
Warren Sandham, & Scott Raible;

Treasurer: Lynne Windjack



www.stbmh.ca



St. Barnabas
Medicine Hat



635 - 4th Street SE
Medicine Hat, AB
T1A 0L1



(403) 526-7713
(403) 526-3725



Use email address:

office@stbmh.ca

No security question required



All scripture is taken from the New American Standard Bible®, Copyright ©1960, 1962, 1963
1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman foundation. Used by permission.

We give thanks for the service of these people this morning:

Celebrant

Reverend Oz Lorentzen

Readers

Elaine Snyder

Communion

Music Ministry

Jill Gloin

Sound

Merl Westergreen

Sides People

Merl and Shirley Westergreen

Offering Counters

Steve Gloin, Veronica Blocksage
& Mickey Todd

Altar Guild

Darcee Wong & Barb Klein

Snow Removal

Sai Wong