

THIRD SUNDAY IN LENT

March 08, 2026



THE CHURCH OF THE GOOD SHEPHERD

PARISH OF LANCASTER

Diocese of Fredericton

Anglican Church of Canada

Bishop

Archbishop David Edwards

Incumbent

The Rev'd Christopher Ketch

Church Wardens

Susan Jack, Terry Ricketts

Parish Administrator

Lori Maker

Organist & Choir Director

David Mitchell

Sexton

Larry Totton

668 Manawagonish Rd.,

Saint John, NB E2M 3W5

telephone (506) 635-8145

e-mail goodshep@nb.sympatico.ca

web site www.goodshepherdsj.ca



We acknowledge that the land on which we gather is the traditional unceded territory of the Wolastoqiyik (M'lisieet) and Mi'kmaq Peoples.

The liturgy is according to the *Book of Common Prayer*.

THE CHURCH GATHERS TO WORSHIP**Scripture Sentence and Welcome****Opening Hymn** “*Glorious things of Thee are spoken*” **CP 388****Collect for Purity** *p. 067***Summary of the Law** *p. 069***The Kyrie** *p. 070***Mutual Salutation** *p. 070***Collect of the Day** *p. 145*

**We beseech thee, Almighty God, look upon
the hearty desires of thy humble servants,
and stretch forth the right hand of thy Majesty,
to be our defence against all our enemies;
through Jesus Christ our Lord. Amen.**

THE WORD IS READ AND PROCLAIMED**First Reading** [Exodus 17:1-7](#)

A reading from Exodus.

¹ 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. ² 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?’ ³ 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?’ ⁴ So Moses cried out to the Lord, ‘What shall I do with this people? They are almost ready to stone me.’ ⁵ 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. ⁶ 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. ⁷ He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, ‘Is the Lord among us or not?’ [NRSV-A]

Hear God's word for God's people.
Thanks be to God.

Psalm 95

- 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 Roman 5 2:1-11

A reading from Romans.

¹Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. ³And not only that, but we also boast in our sufferings, knowing that suffering produces

endurance, ⁴ and endurance produces character, and character produces hope, ⁵ 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.

⁶ For while we were still weak, at the right time Christ died for the ungodly. ⁷ Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. ⁸ But God proves his love for us in that while we still were sinners Christ died for us. ⁹ Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. ¹⁰ 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. ¹¹ But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

[NRSV-A]

Hear God's word for God's people.

Thanks be to God.

Gradual Hymn *"I Heard the Voice of Jesus Say"* CP 189

Gospel John 4:5-42

Hear the Holy Gospel written in the fourth chapter of the Gospel according to Saint John beginning at the fifth verse.

Glory be to thee, O Lord.

⁵ So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

⁷ A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. ⁸ (His disciples had gone to the city to buy food.) ⁹ 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.) ¹⁰ 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.' ¹¹ The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water?' ¹² Are you

greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?’ ¹³ Jesus said to her, ‘Everyone who drinks of this water will be thirsty again, ¹⁴ 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.’ ¹⁵ 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.’

¹⁶ Jesus said to her, ‘Go, call your husband, and come back.’ ¹⁷ The woman answered him, ‘I have no husband.’ Jesus said to her, ‘You are right in saying, “I have no husband”; ¹⁸ for you have had five husbands, and the one you have now is not your husband. What you have said is true!’ ¹⁹ The woman said to him, ‘Sir, I see that you are a prophet. ²⁰ Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.’ ²¹ Jesus said to her, ‘Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²² You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³ 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. ²⁴ God is spirit, and those who worship him must worship in spirit and truth.’ ²⁵ 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.’ ²⁶ Jesus said to her, ‘I am he, the one who is speaking to you.’

²⁷ 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?’ ²⁸ Then the woman left her water-jar and went back to the city. She said to the people, ²⁹ ‘Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?’ ³⁰ They left the city and were on their way to him.

³¹ Meanwhile the disciples were urging him, ‘Rabbi, eat something.’ ³² But he said to them, ‘I have food to eat that you do not know about.’ ³³ So the disciples said to one another, ‘Surely no one has brought him something to eat?’ ³⁴ Jesus said to them, ‘My food is to do the will of him who sent me and to complete his work. ³⁵ 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. ³⁶ The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷ For here the saying holds true, “One sows and

another reaps.” 38 I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.’

39 Many Samaritans from that city believed in him because of the woman’s testimony, ‘He told me everything I have ever done.’ 40 So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. 41 And many more believed because of his word. 42 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.’ [NRSV-A]

The Gospel of Christ.
Praise be to thee, O Christ.

Sermon Fr. Chris Ketch
Brief quiet time held for reflection
The Nicene Creed

p. 071

THE EUCHARIST IS CELEBRATED

Offertory Sentence *for Lent*

p. 073

Offertory Solo “How Beautiful are the Feet” **Sarah Spencer**

- 1 How beautiful are the feet
 Of them that preach
 The gospel of peace
 How beautiful are the feet
 How beautiful are the feet
 Of them that preach
 The gospel of peace

- 2 How beautiful are the feet
 Of them that preach
 The gospel of peace
 And bring glad tidings
 And bring glad tidings
 Glad tidings of good things

- 3 And bring glad tidings
 Glad tidings of good things
 And bring glad tidings
 Glad tidings of good things
 Glad tidings of good things

Prayer over the Gifts	p. 074
Prayers of the People	
Confession and Absolution	p. 076
“Comfortable Words”	p. 077
THANKSGIVING AND CONSECRATION	p. 078
<i>(with Proper Preface for Lent, p. 079)</i>	
The Peace	p. 083
Prayer of Humble Access	p. 083

The Communion

While the church receives communion, in silence, take the time to reflect or pray or sit quietly and to enable others to do so, and/or at any time to join in the singing of the following music:

“O Lamb of God” p. 084, CP 685

“As Water to the Thirsty” MP 803

Flute Oligato: Sarah Spencer

“Beautiful Saviour”

1 All my days,
 I will sing this song of gladness,
 Give my praise to the Fountain of delights;
 For in my helplessness
 You heard my cry,
 And waves of mercy poured down on my life.

Chorus:

*Beautiful Savior, Wonderful Counselor,
 Clothed in majesty, Lord of history,
 You're the way the truth the life
 Star of the morning, glorious in holiness,
 You're the Risen One, Heaven's Champion
 And you reign, you reign, over all!*

2 I will trust
 In the cross of my redeemer;
 I will sing of the blood that never fails,

Of sins forgiven,
Of conscience cleansed
Of death defeated and life without end.

- 3 I long to be
Where the praise is never ending.
Yearn to dwell
Where the glory never fades,
Where countless worshipers
Will share one song,
And cries of worthy will honor the Lamb

*Stuart Townend, © 1998 ThankYou Music
Used With Permission, CCLI # 2319023*

The Lord's Prayer	<i>p. 085</i>
Prayer of Thanksgiving	<i>p. 085</i>
The Blessing	<i>p. 085</i>

THE CHURCH DEPARTS TO WITNESS AND TO SERVE
Dismissal

Let us bless the Lord.
Thanks be to God.

Recessional Hymn “*Jesus Keep Me Near the Cross*”

- 1 Jesus, keep me near the cross;
there a precious fountain,
free to all, a healing stream,
flows from Calvary's mountain.
- In the cross, in the cross,
be my glory ever,
till my ransomed soul shall find
rest beyond the river.*
- 2 Near the cross, my trembling soul,
heard the Saviour calling;
there he died that I may know
grace and peace abounding.

- 3 Near the cross! O Lamb of God,
bring its scenes before me;
help me walk from day to day
with its shadow o'er me.
- 4 Near the cross! My Heart will stay,
hoping, trusting ever,
till my eyes shall see the face
of my blessed Saviour.

*Fanny J. Crosby, 1869
used with permission, CCLI # 2319023*

Postlude

Those serving today's worship and learning:

<i>Bulletin preparation</i>	Lori Maker (Parish Office)
<i>Altar Guild</i>	Sherry D & Marilyn G.
<i>Sunday School</i>	Laura Janes
<i>Sound system</i>	Chris Titus
<i>Greeter</i>	Lori McGovern & Carol Patterson
<i>Layreader & First Reader</i>	Joyce Mitchell
<i>Second Reader</i>	Lori McGovern
<i>Prayer Leader</i>	Layreader
<i>Organist & Choir Director</i>	David Mitchell
<i>Presider & preacher</i>	Chris Ketch
<i>Guitarist</i>	Shayne Galbraith
<i>Counters</i>	Terry Ricketts & Janet Brown
<i>Building care</i>	Janet Brown

Those serving in our outreach this week:

Sun, Mar 8, 11:45 am	Janet Brown
HVHS Lunch Programme preparation (Large Hall kitchen)	Terry Ricketts
Mon, Mar 9, 11:30 am	Terry Ricketts
HVHS Lunch Programme delivery (from Large Hall)	Tim Ricketts

Who's serving next week is on the Narthex bulletin board.

THIS WEEK

- Sun, Mar 8, noon** **ANNUAL GENERAL MEETING**
right after worship – a "*bagged lunch*" will be provided for all who attend!
- Mon, Mar 9, 6:00 pm** Tintinnabula Hand Bell Choir (Small Hall) For more info contact Lynn Adams at 506 635-8474
- Wed, Mar 11, 10:00 am** Saint John and District Senior's Shuffleboard (Large Hall) For more info contact Pauline Wilson at 506 738-8677
- Wed, Mar 11, 7:00 pm** Choir practice (Small Hall) For more info contact David Mitchell at 506 738-2798
- Thurs, Mar 12, 2:00 pm** L.I.F.T. [Ladies in Fellowship Together] (Small Hall) For more info contact Janet Brown at 506 721-6574

LOOKING AHEAD

- Fri, Mar 20, 6:00 pm** Youth Connection-Small Hall & Large Hall

LOOKING INTO LENT & HOLY WEEK

Next Sunday – March 15 *Fourth Sunday in Lent* Scripture readings 1 Samuel 16:1-13; Psalm 23; Ephesians 5:8-14; John 9:1-41

MAUNDY THURSDAY, April 02, 7:00 pm

- + Holy Communion with Stripping of the Altar
- + Prayer Watch – time to pray – to 'keep watch with Jesus' – after the service to 9:30 pm (come and go as you'd like – whenever and for however long)

GOOD FRIDAY, April 03, 12:00 noon

- + The Celebration of the Lord's Passion

NOTICES

Happy Birthday this Week to:

March 8 – Bailey Anne Connors

March 10 – Ken Lowell

March 10 – Michael Flewelling

March 13 – Tanya Dixon

March 14– Ronald Kearney



PRAYER

Prayer for folks in nursing or special care homes

Ginny Abbott, Diane Cormier, Frances Finley, Ann Hoben, Ruth Northeast, Elizabeth Parks, Arlene Trask

Prayer for those in hospital or sick at home

Andrew Aalund, Diane Basque, Margaret Boyer, Edith Chilton, Shelly Clark Collins, Linda Cunningham, Jo-Ann Diamond, Bonnie Dean, Wendy DeWitt, Ernest Ellingwood, Barb Ellis, Debbie Green, Floyd Hoben, Kaye Mallory, Pam Melanson, Michael Penchoff, Susan Penchoff, Carol Price, Margaret Ann Reid, Lois Shaw, Bob Sherwood, Mykayla Spinney, Norm Toole, Dennis Totton, Joe Totton, Robbie Wong.

Parish Cycle of Prayer for Week of *March 8-14*

Mon: Eugene McKenelley

Tue: Bruce and Debbie McKiel

Wed: Marcia McMaster

Thur: Rev. Chris and Valda McMullen and Family

Fri: Programs of Gentle Path Counselling Services

Please pray for these parishioners and ministry this week.

Saint John Mission to Seafarers Prayer Cycle:

In March, we pray for the families of seafarers who are facing the adventures and perils of life alone.



MAUNDY THURSDAY, Apr 02, 7:00 pm

+ **Holy Communion & Stripping the Altar**



+ **Prayer Watch** – time to pray – to ‘*keep watch with Jesus*’ – starts right after the service to 9:30 pm (come and go as you’d like – whenever and for however long)

GOOD FRIDAY, Apr 03, 12:00 noon

+ **The Celebration of the Lord’s Passion**



God bless each one as we continue in

