

# LENT 3

## SECOND SUNDAY

SUNDAY, MARCH 8, 2026



St. Alban's Episcopal Church  
Simsbury, CT  
*Celebrate. Inspire. Serve.*



Welcome to St. Alban's!

Your prayers and presence for today's worship are a gift to this community. We are grateful that you are here. We pray that you sense the love of Christ, the holy stirring of the Spirit, and God's presence here this morning.

### **Worshipping with children**

We invite you to visit our Prayground in the rear balcony. Please feel free to bring books or an activity bag to your seats; or, sit in the balcony and allow your children to explore the space during worship. And please don't worry about wiggles, conversation, crying, laughing – all of it is welcome in this space and to the glory of God! If you need help finding the bathrooms, a changing table, or the water fountain, please ask an Usher.

### **Learning more about St. Alban's**

We invite you to fill out one of the "Welcome" cards you can find on the table in the rear of the Sanctuary. This allows you to receive mailed materials from St. Alban's and our weekly e-news. You can also visit our website ([stalbanssimsbury.org](http://stalbanssimsbury.org)) or find us on Facebook.

### **Donating to St. Alban's**

During our service today, Ushers will pass Offering plates. You are welcome to place cash or check donations directly into the plate. We also invite your donations through our website ([stalbanssimsbury.org](http://stalbanssimsbury.org), click "Donate").



You can find your way to that link with the QR code here and on the donation card in the Narthex.

**If you need a gluten-free wafer at communion** please let the priest know when you approach the altar for communion. You can also receive a blessing instead of bread by crossing your arms over your chest.

As you settle in to worship today, take the time and the moments of quiet you need to make the transition from getting here, to being here.

*Our service comes from [Enriching Our Worship](http://www.enrichingourworship.com) and we make use of all hymnal resources approved by The Episcopal Church. Everything you need to worship fully today can be found in the bulletin.*

### ***\*A note about standing, kneeling, sitting rubrics***

*One of the spaces that has received more attention during the pandemic is around ableism. Our society, in large part, functions as though everyone has nearly full use of their bodies. Where a "standing" rubric might have been added alone, we're adding "seated", as well, as an invitation for you to listen and respond to the needs of your own body. You are invited to remember that our bodies are created by God and intended for worship, just like our voices. How ever you feel comfortable doing that, God sees that it is good!*

WELCOME

PRELUDE

*Andrew King, Pianist*

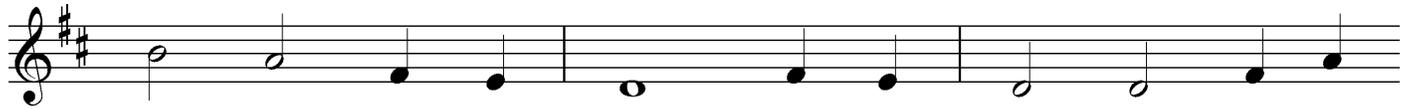
HYMN *Standing or seated.\**

*Come, thou fount of every blessing*

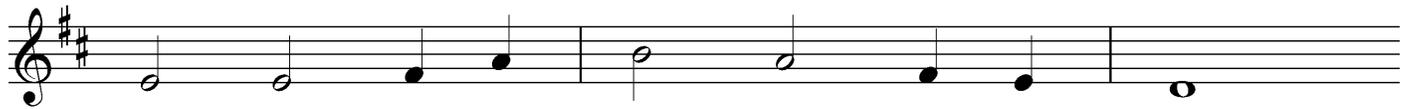
H82 686



1 Come, thou fount of ev - ery bless - ing, tune my  
 2 Here I find my great - est trea - sure; hith - er,  
 3 Oh, to grace how great a debt - or dai - ly



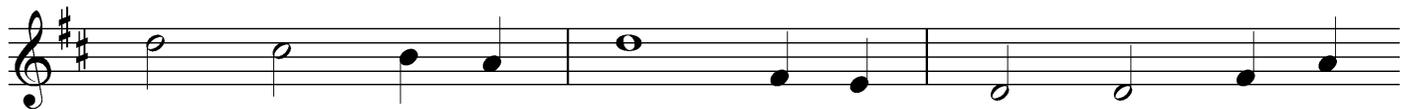
heart to sing thy grace! Streams of mer - cy nev - er  
 by thy help, I've come; and I hope, by thy good  
 I'm con - strained to be! Let thy good - ness, like a



ceas - ing, call for songs of loud - est praise.  
 plea - sure, safe - ly to ar - rive at home.  
 fet - ter, bind my wan - dering heart to thee:



Teach me some me - lo - dious son - net, sung by  
 Je - sus sought me when a stran - ger wan - dering  
 prone to wan - der, Lord, I feel it, prone to



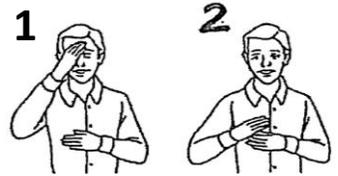
flam - ing tongues a - bove. Praise the mount! Oh, fix me  
 from the fold of God; he, to res - cue me from  
 leave the God I love; here's my heart, oh, take and



on it, mount of God's un - chang - ing love.  
 dan - ger, in - ter - posed his pre - cious blood.  
 seal it, seal it for thy courts a - bove.

# THE OPENING ACCLAMATION

+ Blessed be the one, holy, and living God.  
**Glory to God for ever and ever.**

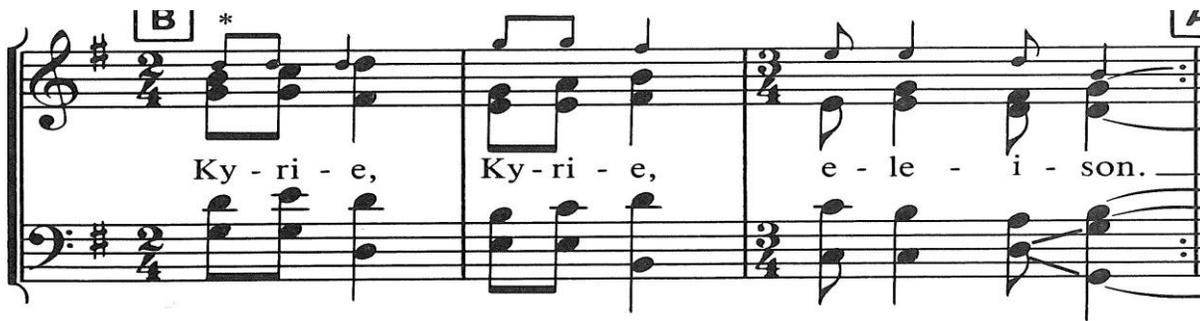


Do you see people making cross signs on their chests?  
You can too ---- Check out this dude!  
Look for the + symbol as we follow along in the  
bulletin for other places you might cross yourself!

KYRIE

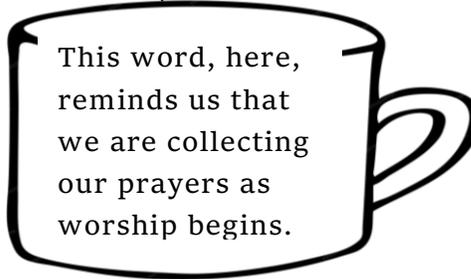
Sung 3X

*Canto de Taizé*



## THE COLLECT OF THE DAY

God be with you.  
**And also with you.**  
Let us pray.



This word, here,  
reminds us that  
we are collecting  
our prayers as  
worship begins.

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.**

*Please be seated.*

READING: *Exodus 17:1-7*

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

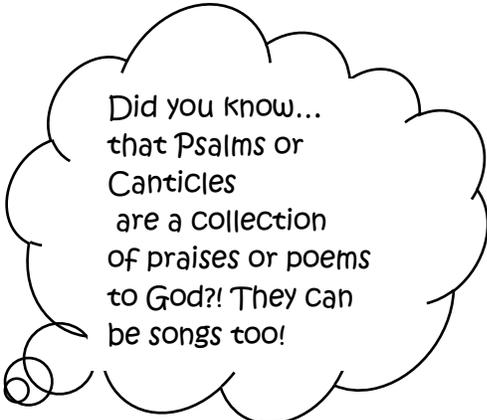
Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the LORD, "What shall I do with this people? They are almost ready to stone me." The LORD said to Moses, "Go on ahead of the people, and take some of the elders of Israel 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?"

The Word of the Lord.  
**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."



Did you know...  
that Psalms or  
Canticles  
are a collection  
of praises or poems  
to God?! They can  
be songs too!

11 So I swore in my wrath, \*  
 "They shall not enter into my rest."

HYMN *standing or seated\**

*This Little Light of Mine*

LEVAS 221

1. This lit - tle light of mine, I'm gon - na let it  
 2. Ev - 'ry - where I go, I'm gon - na let it  
 3. Je - sus gave it to me, I'm gon - na let it

Oh—

1. shine, This lit - tle light of mine,  
 2. shine, Ev - 'ry - where I go,  
 3. shine, Je - sus gave it to me,

Oh—

1. I'm gon - na let it shine; This lit - tle light of  
 2. I'm gon - na let it shine; Ev - 'ry - where I  
 3. I'm gon - na let it shine; Je - sus gave it to

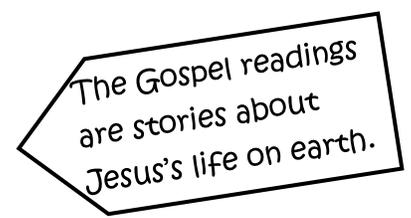
Oh—

1. mine, I'm gon - na let it shine, Let it  
 2. go, I'm gon - na let it shine, Let it  
 3. me, I'm gon - na let it shine, Let it

Oh—

1. shine, let it shine, let it shine.  
 2. shine, let it shine, let it shine.  
 3. shine, let it shine, let it shine.

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

The Gospel of the Lord.  
**Praise to you, Lord Christ.**

SERMON

*The Rev. Jim Speer*

THE CHILDREN'S CREED

**We believe in God above.**  
**We believe in Jesus' love.**  
**We believe God's Spirit, too,**  
**comes to teach us what to do.**

THE PRAYERS OF THE PEOPLE

In peace, we pray to you, Lord God.

*Silence*

For all people in their daily life and work;  
**For our families, friends, and neighbors, and for those who are alone.**

For this community, the nation, and the world;  
**For all who work for justice, freedom, and peace.**

For the just and proper use of your creation;  
**For the victims of hunger, fear, injustice, and oppression.**

For all who are in danger, sorrow, or any kind of trouble;  
**For those who minister to the sick, the friendless, and the needy.**

For the peace and unity of the Church of God;  
**For all who proclaim the Gospel, and all who seek the Truth.**

For Sean Rowe our Presiding Bishop; Jeff and Laura our Bishops; and for all bishops and other ministers;

**For all who serve God in his Church.**

For the special needs and concerns of this congregation. We pray especially for Tim, Kathy, Amanda, Margi, Monica, Jeff, Jason, Kassandra, Maryann, Mary Lou, Mike, Val, Meredith H., Jon, Tom M. and anyone we name now silently or aloud. *(The People may add their own petitions).*

*Silence*

Hear us, Lord;

**For your mercy is great.**

We thank you, Lord, for all the blessings of this life.

*(The people may add their own thanksgivings)*

*Silence*

We will exalt you, O God our King;

**And praise your Name for ever and ever.**

We pray for all who have died, that they may have a place in your eternal kingdom.

*(The people may add their own petitions)*

Lord, let your loving-kindness be upon them;

**Who put their trust in you.**

We pray to you also for the forgiveness of our sins.

*Silence*

**Have mercy upon us, most merciful Father;**

**in your compassion forgive us our sins,**

**known and unknown,**

**things done and left undone;**

**and so uphold us by your Spirit**

**that we may live and serve you in newness of life,**

**to the honor and glory of your Name;**

**through Jesus Christ our Lord. Amen.**

Almighty God have mercy on you, forgive you all your 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.**

THE PEACE

The peace of the Christ be always with you.

**And also with you.**

## WELCOME AND ANNOUNCEMENTS

*The mission and ministry of St. Alban's depends on the financial and prayerful generosity and gifts of members of our congregation and community. We welcome your one-time or ongoing donation today. Please place cash or checks in the Offering Plate; or use the QR code on the cards found in the rear of the Sanctuary, in the Narthex, or on page 2 of this bulletin to make an online donation. We are grateful that you've chosen to share your gifts with us today.*

## OFFERTORY ANTHEM *Instrumental*

## THE HOLY COMMUNION

### THE GREAT THANKSGIVING

The Lord be with you.

**And also 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 him thanks and praise.**

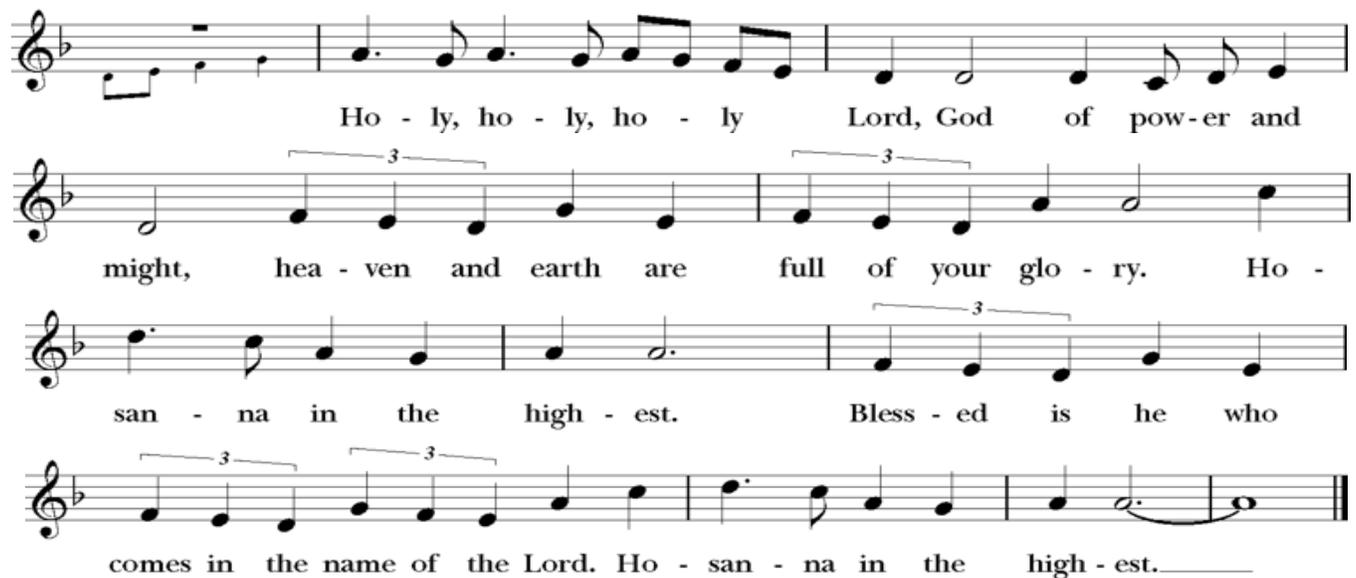
If you're having any trouble hearing  or seeing  or you just want to get closer, come right up to the altar! And, if you want,  you can copy the priest's movements as he prays the Eucharistic Prayer!

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 who 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:

*Celebrant and people*

### SANCTUS

*S129*



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 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:

*Celebrant and People*

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

*Celebrant continues*

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.**

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

FRACTION ANTHEM

God of promise, you have prepared a banquet for us.  
**Happy are those who are called to the Supper of the Lamb.**

THE INVITATION

THE COMMUNION OF THE PEOPLE

*Anyone of any age and tradition is invited to receive Holy Communion, and no one who comes to the altar with outstretched hands will be turned away. To receive a blessing instead of the sacrament, approach the altar and cross your arms over your chest.*

*To receive Holy Communion, you may stand or kneel at the altar rail; or stand in the space between the altar rails, in front of the altar. If you need the sacrament brought to you, please let someone know and we will be honored to bring it to you. If you need a gluten-free wafer, please let the priest know at the altar.*

*Remember, that communion "in one kind" (bread only) is a sufficient manifestation of the sacrament. If you'd like, you can simply hold the cup while the chalice bearer offers the words of reception, without drinking from the chalice.*

COMMUNION HYMN *Standing or seated.\**

Rock of ages, cleft for me

H82 685

1 Rock of a - ges, cleft for me, let me hide my - self in thee;  
 2 Should my tears for ev - er flow, should my zeal no lan - guor know,  
 3 While I draw this fleet - ing breath, when mine eye - lids close in death,

let the wa - ter and the blood from thy wound - ed side that flowed,  
 all for sin could not a - tone: thou must save, and thou a - lone;  
 when I rise to worlds un - known and be - hold thee on thy throne,

be of sin the dou-ble cure, cleanse me from its guilt and power.  
 in my hand no price I bring, sim - ply to thy cross I cling.  
 Rock of a - ges, cleft for me, let me hide my - self in thee.

POSTCOMMUNION PRAYER

Let us pray.

*Celebrant and people*

**Loving God,**  
**We give you thanks**  
**for restoring us in your image**  
**and nourishing us with spiritual food**  
**in the Sacrament of Christ's Body and Blood.**  
**Now send us forth a people,**  
**forgiven, healed, renewed;**  
**that we may proclaim your love to the world**  
**and continue in the risen life of Christ our Savior.**  
**Amen.**

THE BLESSING

God's Blessing be with you,  
 Christ's peace be with you,  
 the Spirit's outpouring be with you,  
 now and always. **Amen.**

HYMN *standing or seated*

*Guide me, O thou great Jehovah*

*H82 690*

1 Guide me, O thou great Je - ho - vah, pil - grim through this  
 2 O - pen now the crys - tal foun-tain, whence the heal - ing  
 3 When I tread the verge of Jor - dan, bid my anx - ious

bar - ren land; I am weak, but thou art might - y;  
 stream doth flow; let the fire and cloud - y pil - lar  
 fears sub - side; death of death, and hell's de - struc - tion,

hold me with thy power - ful hand; bread of hea - ven,  
 lead me all my jour - ney through; strong de - liv - erer,  
 land me safe on Ca - naan's side; songs of prais - es,

bread of hea - ven, feed me now and ev - er -  
 strong de - liv - erer, be thou still my strength and  
 songs of prais - es, I will ev - er give to

more, feed me now and ev - er - more.  
 shield, be thou still my strength and shield.  
 thee, I will ev - er give to thee.

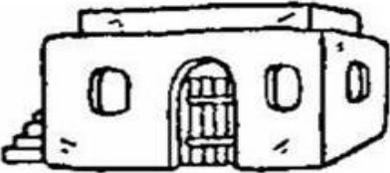
DISMISSAL

Go in peace to love and serve the Lord.  
Thanks be to God.

POSTLUDE

*Andrew King, Pianist*

**The Samaritan Woman**



- Bucket
- Life
- Husband
- Prophet
- Father
- Spirit
- Truth
- Messiah
- Disciples
- Jesus
- Samaria
- Sychar
- Jacob
- Well
- Woman
- Water



Make all the words fit into this crossword

[www.biblekids.eu](http://www.biblekids.eu)