

**ST. ALFRED'S**  
EPISCOPAL CHURCH  
PALM HARBOR, FLORIDA

The Holy Eucharist: Rite One  
**The Third Sunday in Lent**  
Saturday, March 7, 2026 at 5 p.m.

The Reverend Peter Lane, Celebrant  
The Reverend Dr. Doris Buchanan Johnson, Preacher

**The Word of God**

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The Holy Eucharist: Rite Two  
**The Third Sunday in Lent**  
Sunday, March 8, 2026 at 10 a.m.

The Reverend Peter Lane, Celebrant  
The Reverend Dr. Doris Buchanan Johnson, Preacher

**The Chiming of the Hour** (*Prayerful silence is requested as our worship begins.*)

**The Prelude** *Reflection on Kingsfold* Marilyn Howell  
(Based on the hymn found on page 6 of the bulletin.)

**The Word of God**

**Hymn 686** *Come, Thou Fount of Every Blessing* *Nettleton*

**A Penitential Order** *Page 351*

*Celebrant* Bless the Lord who forgives all our sins.

*People* His mercy endures for ever.

*Celebrant*

Since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. *Hebrews 4:14, 16*

*The Celebrant then says*

Let us confess our sins against God and our neighbor.

*Silence may be kept.*

*Minister and People*

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.

*The Priest stands and says*

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.*

**Lord, have mercy** *Kyrie eleison*

McNeil Robinson

(Organ) Lord, have mer - cy, Lord, have mer - cy, Lord, have mer - cy.  
 7 Christ, have mer - cy, Christ, have mer - cy, Christ, have mer - cy.  
 Lord, have mer - cy, Lord, have mer - cy, Lord, have mer - cy.

**The Collect of the Day**

*Celebrant* The Lord be with you.

*People* And also with you.

*Celebrant* Let us pray.

*The Celebrant says the following Collect.*

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 for the First Lesson, Psalm and Epistle.*

## The First Lesson: 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?"

*Reader* The Word of the Lord.

*People* Thanks be to God.

## Psalm 95 *Venite, exultemus*

Plainsong/Kevin Johnson

*(The Choir sings the Antiphon first; then All repeat it. Repeat the Antiphon as indicated.)*

**Antiphon**   
To-day if you would hear God's voice, har - den not your hearts.

- 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. **[Antiphon]**
- 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. **[Antiphon]**
- 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! [**Antiphon**]
- 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. [**Antiphon**]
- 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.” [**Antiphon**]

### **The Epistle: Romans 5:1-11**

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.



1. I\_\_ heard the voice of Je - sus say, "Come un - to me and rest; and  
 2. I\_\_ heard the voice of Je - sus say, "Be - hold, I free - ly give the  
 3. I\_\_ heard the voice of Je - sus say, "I\_\_ am this dark world's light; look



in your wea - ri - ness lay down your head up - on\_\_ my breast." I\_\_  
 liv - ing wa - ter; thirst - y one, stoop down and drink, and live." I\_\_  
 un - to me, your morn shall rise, and\_\_ all your day be bright." 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; my  
 looked to Je - sus, and I found in\_\_ him my\_\_ Star, my Sun; and



found in him\_\_ a\_\_ rest - ing place and he has made me glad.  
 thirst was quenched my\_\_ soul re - vived, and now I live in him.  
 in that light of\_\_ life I'll walk till\_\_ pil - grim days are done.

### The Holy Gospel: John 4:5-42

*Priest* The Holy Gospel of our Lord Jesus Christ according to 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.”

*Priest*     The Gospel of the Lord.

*People*     Praise to you, Lord Christ.

## **The Sermon**

The Reverend Dr. Doris Buchanan Johnson

*(A moment for reflection.)*

## **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 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.

**The Prayers of the People**     *The response following each intercession is:*  
*Leader* Great God and King,  
*People* Hear our prayer.

**The Peace** Page 360

*All stand. The Celebrant says to the people*  
The peace of the Lord be always with you.  
*People* And also with you.  
*Then the Ministers and People may greet one another in the name of the Lord.*

**Welcome and Announcements**

**March Birthdays and Anniversaries** Page 830

**The Holy Communion**

**The Offertory** *When I Can Read My Title Clear* Lori Larson

When I can read my title clear  
To mansions in the skies,  
I'll bid farewell to ev'ry fear,  
And wipe my weeping eyes.  
I feel like I'm on my journey home.  
Should earth against my soul engage,  
And fiery darts be hurled,  
Then I can smile at Satan's rage,  
And face a frowning world.  
I feel like I'm on my journey home.  
Let cares, like a wild deluge come,  
Let storms of sorrow fall,  
So I but safely reach my home,  
My God, my heaven, my all.  
I feel like I'm on my journey home.

There I shall bathe my weary soul  
In seas on heavenly rest;  
And not a wave of trouble roll  
Across my peaceful breast.  
I feel like I'm on my journey home.

- Isaac Watts (1674-1748)

*(The people stand and sing the following hymn while the offerings are presented and placed on the Altar.)*

**Hymn 380, Stanza 3**      *Praise God from Whom All Blessings Flow*      *Old Hundredth*

Praise God, from whom all blessings flow;  
Praise him, all creatures here below;  
Praise him above, ye heav'nly host:  
Praise Father, Son, and Holy Ghost. Amen.

### **The Great Thanksgiving** *Eucharistic Prayer A*

*The Celebrant, faces them and says*

The Lord be with you.

*People*      And also with you.

*Celebrant*      Lift up your hearts.

*People*      We lift them to the Lord.

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

*People*      It is right to give him thanks and praise.

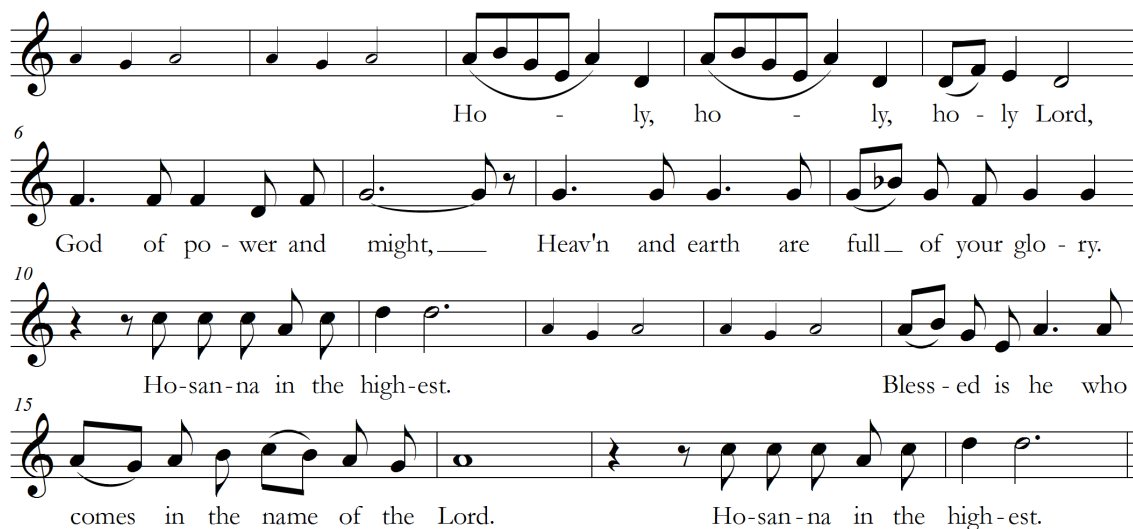
*Then, facing the Holy Table, the Celebrant proceeds*

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:

## The Sanctus

William Mathias



Ho - ly, ho - ly, ho - ly Lord,  
6 God of po - wer and might, Heav'n and earth are full of your glo - ry.  
10 Ho-san-na in the high-est. Bless - ed is he who  
15 comes in the name of the Lord. Ho-san-na in the high-est.

*The people stand or kneel.*

*Then 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.

*The 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.

*Celebrant and People* AMEN.

### **The Lord's Prayer**

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

*Celebrant and People* 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**

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#### **Fraction Anthem**

*Jesus, Lamb of God*


William Mathias



Je - sus, Lamb of God: have mer - cy on us.



Je - sus, bear - er of our sins: — have mer - cy — on us.



Je - sus, re - deem - er of the world: give us your peace.

**Communion Hymn 343**

*Shepherd of Souls, Refresh and Bless*

*St. Agnes*

**The Postcommunion Prayer** *(Said by All)*

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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.

**Prayer for the Lay Eucharistic Ministers**

*Celebrant* \_\_\_\_\_, we send you forth bearing these holy gifts, that those to whom you go may share with us in the communion of Christ’s Body and Blood.

*People* We, who are many, are one because we share one Bread, one Cup. *Amen.*

**The Blessing**

*Celebrant* Bow down before the Lord.

*The people kneel and the Celebrant says the following prayer.*

Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. *Amen.*

**Hymn 690**

*Guide Me, O Thou Great Jehovah*

*Cwm Rhondda*

**The Dismissal**

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*The People respond* Thanks be to God.

*(If you must leave before the conclusion of the Postlude, please do so quietly as our broadcast is still in progress.)*

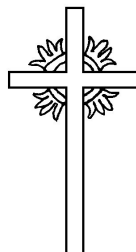
**Postlude**

*III. Gavotte  
(Concerto in G Minor)*

Wilhelmine Von Bayreuth

**Coffee Hour**

Please join us in Reister Hall for coffee immediately following the service.  
Reister Hall is located to your left as you exit the church building.



## Prayer List

*Please pray for*

Judy Barratt  
Cheryl Breland  
Beverly Butters  
Robert Colacicco  
Patrick Dean  
Deena  
Cyndy Grey  
Alex and Diane Hugill

Chris Kawolics  
John and Lyn  
Diane Linindoll  
Lauren and Jason Mooney  
Charles and Doreen Sleeme  
The Family of John Still  
Sheila Suttie  
Walter

Our nation  
All who serve our country  
at home and abroad  
Healthcare Workers  
Victims of violence  
Victims of all natural  
disasters  
All places torn by war  
and violence  
The Jamaican Mission

To make a donation to St. Alfred's Episcopal Church,  
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## Upcoming Events

### **Adult Faith Formation begins new Book Study**

On Sunday, March 8, the Adult Faith Formation group will begin study of the book, *Life after Doom* by Brian McLaren. The Adult Faith Formation group meets at 12:10 p.m. in the Library which is located in the Parish Center. All are invited. Come join us!

### **Women Composers Sunday, March 8**

Sunday, March 8 has been designated Women Composers Sunday by the American Guild of Organists. For many centuries women were not encouraged to become musicians or compose music. This nation-wide celebration seeks to recognize and celebrate the important contributions of women composers past and present to church music. The prelude, postlude and offertory anthem at the 10 a.m. Eucharist on March 8 will all be by women composers.

### **Lenten Choral Evensong, Sunday, March 15**

Sunday afternoon, March 15 at 4 p.m. our Choir will offer a service of Choral Evensong. Guest Cellist, Theresa Villani will offer selections for the prelude and join in accompanying the choir on two anthems. The service will include hymns, psalms, prayers, and anthems appropriate to the Lenten season. An offering will be received for the music fund.

### **Lenten Organ Recital, Tuesday, March 17, 12-12:30 p.m.**

Kevin Johnson will be playing a half-hour program of organ music at the Episcopal Church of the Good Shepherd located at on Tuesday, March 17 beginning at Noon. His program will include works by Pachelbel, Bach, Alain, Mendelssohn, and a piece based on "Londonderry Air" for St. Patrick's Day. This program is part of a series of concerts in area churches sponsored by The Clearwater Chapter of the American Guild of Organists.

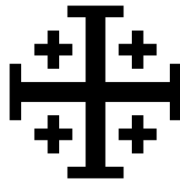
### **Morning of Prayer, Saturday, March 21, 9:30-12 Noon**

The St. Alfred's Centering Prayer Group invites you to continue your Lenten observance with a morning of silent prayer. We will meet in the choir room on the north side of the church; please enter through the choir room doors. For questions or to register, please email [marypat.sjostrom@gmail.com](mailto:marypat.sjostrom@gmail.com). Registration is not required, but it will help us to know how to set up the prayer circle.

While Centering Prayer is the basis of our teaching, all meditation paths are welcome. Books on the spiritual journey are available to borrow from the church.

## Weekly Calendar

Monday, March 9	7 p.m., Bible Study (Library)
Tuesday, March 10	2 p.m., Fellowship Meeting
Wednesday, March 11	7 p.m., Bell Choir (Church)
Thursday, March 12	10:30 a.m., Centering Prayer (Garrett Chapel) <b>12 p.m., The Holy Eucharist with Healing</b> 7 p.m., Choir Rehearsal (Choir Room)
Friday, March 13	10 a.m., GriefShare (Library) 7 p.m., Faith in the Public Square (Library)
<b>Saturday, March 14</b> <b>4<sup>th</sup> Sunday in Lent</b>	11 a.m., Funeral for John Still <b>5 p.m., The Holy Eucharist: Rite I</b>
<b>Sunday, March 15</b> <b>4<sup>th</sup> Sunday in Lent</b>	<b>10 a.m., The Holy Eucharist: Rite II</b> 11:15 a.m., Coffee Hour (Reister Hall) 12:10 p.m., Adult Faith Formation (Library and Zoom) 4 p.m., Lenten Choral Evensong



*Reflection on Kingsfold* - Marilyn Howell, Sacred Music Press  
*Gavotte (Concerto in G Minor)* - Wilhemine Von Bayreuth, arr. Nancy Cooper and Lyn Loewi, Creative Commons  
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*When I Can Read My Title Clear* - Lori Larson  
permission to reprint and broadcast from St. James Music Press, ID number 8970  
Permission to reprint Lord, have mercy, Holy, holy, holy Lord, and Jesus, Lamb of God  
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