

ST. PAUL'S ANGLICAN CHURCH
LENT 3
MARCH 8, 2026



Rector: The Rev. Vernon Foster
Deacon: The Rev. Helen L.
Hon. Assistant: The Rev. Pat H.
Director of Music: Charles H.
Organists: Freeman D./Kyle M.
Church Warden: Joy Adams Bauer email: jadamsbauer@stpaulsnanaimo.ca
Church Warden: Greg Brown email: gbrown@stpaulsnanaimo.ca

Church Services:

Sunday	8:00 am	Holy Communion
	10:30 am	Holy Eucharist
Weekdays (except stats)	8:30 am	Morning Prayer (Zoom)
Tuesday	7:00 pm	Contemplative Prayer
Wednesday	11:00 am	Holy Communion

Office Hours: 9:30 – 12:00 pm Monday to Friday 250-753-2523
Office Address: 100 Chapel Street, Nanaimo, BC V9R 5H2
E-mail/Website: admin@stpaulsnanaimo.ca
www.stpaulsnanaimo.ca



*Please be aware the 10:30 service may be recorded or livestreamed,
and your presence in the service is considered your consent to appear on camera.*

PLEASE MUTE YOUR CELL PHONES DURING THE SERVICE

(CCLI LICENSE: 2006094)

HOLY EUCHARIST – 10:30 a.m.

*This Eucharistic Liturgy is based on the Anglican Church of Canada
Book of Alternative Services & Common Worship Church of England*

THE COMMUNITY GATHERS BEFORE GOD

*We commit ourselves to working together in a spirit of reconciliation as we worship
and serve on the traditional lands of the Snuneymuxw First Nation.*

Celebrant:	Rev. Susan H.
Preacher/Deacon:	Rev. Helen L.
Liturgical Assistant:	Beverly M.
Organist:	Freeman D.
Greeters:	Gwen I., Syd G.
Duty Warden:	Julie F.

Altar Guild Team: Kathy M., Lynn A.

Refreshment hour hosted today by:
Barb C., Norma H.

WELCOME (& ANNOUNCEMENTS): *(you may remain seated during the welcome)*

OPENING HYMN: (Lyrics are in the Blue Common Praise Hymnal)

CP 471 Let My People Seek Their Freedom

OMNI DIE

GATHERING:

The Lord be with you.

And also with you.

Grace, mercy and peace from God our Father and the Lord Jesus Christ be with you.

And also with you

Please adopt an attitude of penitential prayer

Almighty God, **to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.**

**Lord, have mercy. Lord, have mercy.
Christ, have mercy. Christ, have mercy.
Lord, have mercy. Lord, have mercy.**

The Holy Trinity Service

CONFESSION AND ABSOLUTION:

Jesus said, “‘You shall love the Lord your God with all your heart, and with all your soul, and with all you mind.’ This is the first and great commandment. And the second is like it, ‘you shall love your neighbour as yourself.’ On these two commandments depend all the law and the prophets.” *Matt 22:37-40*

The sacrifice of God is a broken spirit; a broken and contrite heart God will not despise. Let us come to the Lord, who is full of compassion, and acknowledge our transgressions in penitence and faith. *cf. Psalm 51:17*

Silence is kept.

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 neighbours 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

Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord. **Amen.**

COLLECT OF THE DAY:

Let us pray

Almighty God, whose Son Jesus Christ gives the water of eternal life, may we always thirst for you, the spring of life and source of goodness; through him who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

THE STORY OF FAITH IS PROCLAIMED

FIRST READING: Exodus 17:1-7 *Boyd S.*

Hear what the Spirit is saying to the church.

Thanks be to God.

PSALM: 95 *BAS page 833*

SECOND READING: Romans 5:1-11 *Rick A.*

Hear what the Spirit is saying to the church.

Thanks be to God.

GOSPEL PROCESSIONAL: *(Lyrics are in the Blue Common Praise Hymnal)*

CP 179 Tree of Life (v. 1 & 6d) *HAUGEN*

The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus Christ

GOSPEL: John 4:5-42

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

GOSPEL RECESSIONAL: (*Lyrics are in the Blue Common Praise Hymnal*)

CP 179 Tree of Life (v. 1 & 6d)

HAUGEN

RESPONDING TO THE WORD OF GOD

SERMON:

Rev. Helen L.

ANTHEM: Jesus Lover of My Soul

VU 669 Words: Charles Wesley Music: Joseph Parry

THE APOSTLES' CREED: (*Please stand as you are able*)

L.A. Let us confess the faith of our baptism, as we say,

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit and born of the Virgin Mary.

He suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead. On the third day he rose again.

He ascended into heaven, and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church,

the communion of saints, the forgiveness of sins,

the resurrection of the body, and the life everlasting. Amen.

PRAYERS OF THE PEOPLE

Michele C.

THE PEACE:

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, who has given us access to his grace.

Romans 5:1,2

The Peace of the Lord be always with you

And also with you.

THE SACRED MEAL IS SHARED

OFFERTORY HYMN: (*Lyrics are in the Blue Common Praise Hymnal*)

CP 631 The Kingdom of God is Justice and Joy

PADERBORN

PRAYER OVER THE GIFTS:

Blessed are you Lord God of all creation. Through your goodness we have this bread to offer, which earth has given and human hands have made. For us it becomes the bread of life. **Blessed be God for ever.**

Blessed are you Lord God of all creation. Through your goodness we have this wine to offer, fruit of the vine and work human hands. For us it becomes the cup of salvation. **Blessed be God for ever.**

Spring of life and Source of goodness, receive all we offer you this day, and bring us to the living water, Jesus Christ, your Son our Lord.

THE GREAT THANKSGIVING: (3rd Eucharistic Prayer SAPB 1989)

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 our thanks and praise.

It is indeed right and good..... for ever praising you and singing:

Holy, holy, holy Lord, God of pow'r and might, *The Holy Trinity Service*

Heav'n and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest. Hosanna in the highest.

Lord, you are holy indeed, the fountain of all holiness... So, in song, we proclaim the mystery of faith

Christ has died. Christ is risen. Christ will come again.

In memory of his death and resurrection..... all glory and honour is yours, almighty Creator, for ever and ever. **Amen.**

THE LORD'S PRAYER:

Trusting in the Compassion of God, as our Saviour has taught us, so we pray:

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.

THE BREAKING OF THE BREAD:

The bread which we break is Christ among us.
Make us one in him, as we share this bread.

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: grant us peace.

The Holy Trinity Service

The gifts of God for the People of God.

Thanks be to God.

COMMUNION:

All are welcome to join us for communion. Our practice is to share the wine from a common cup. For health reasons you are asked not to dip the bread wafer into the wine. If you prefer, you may receive just bread. If you do not wish to receive communion, cross your arms in front of you to indicate to the clergy that you would like a blessing instead. We are happy to come to your seat to serve communion if you are unable to come forward – do let the greeter know.

COMMUNION HYMN: *(Lyrics are in the Blue Common Praise Hymnal)*

CP 176 By The Holy Spirit Sent

LEW TRENCHARD

PRAYER AFTER COMMUNION:

We give thanks to the Lord for God is Gracious.

Our Lord's mercy endures forever.

Let us pray,

God of our pilgrimage, we have found the living water. Refresh and sustain us as we go forth on our journey, in the name of Jesus Christ the Lord.

Almighty God, we offer ourselves as a living sacrifice in Jesus Christ our Lord. Send us out into the world in the power of the Holy Spirit to live and work to your praise and glory.

BLESSING

Christ give you grace to grow in holiness, to deny yourselves, take up your cross and follow him: and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

SENDING HYMN: *(Lyrics are in the Blue Common Praise Hymnal)*

CP 482 Come and Journey with a Saviour

BEACH SPRING

SENDING FORTH:

Go from this place with the cross on your hearts.

We will empty ourselves with Christ for the life of the world.