Trinity Episcopal Cathedral

The Third Sunday in Lent

March 15, 2020

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Trinity Episcopal Cathedral

Bishop: The Right Rev. Megan Traquair, Bishop of the Diocese of Northern California

Cathedral Clergy: The Rev. James Richardson, Interim Dean
The Rev. Canon Lynell Walker, Associate Dean
The Rev. Canon Kathy Hopner,
Canon for Education and Spiritual Formation

Cathedral Clergy: The Rev. Bill Adams, Associate
(Non-Stipendiary) The Rev. Canon Anne Arthur, Canon Pastor
The Rev. Grant Bakewell, Jr., Associate
The Rev. Canon Tina Campbell, Deacon Emerita, Associate
The Rev. John Heidel, Transitional Deacon
The Rev. Amy Lawrence, Associate
The Rev. Mary Morrison, Associate
The Rev. Robert Phillippi, Associate (Lutheran)
The Rev. Jesse Vaughan, Associate
The Rev. Jo Weber, Deacon Associate

Cathedral Music Director: Canon David Link, Canon for Music
THE THIRD SUNDAY IN LENT

Officiants:
The Rev. James Richardson, Interim Dean
The Rev. Canon Lynell Walker, Associate Dean
The Rev. Canon Kathy Hopner, Canon for Education and Spiritual Formation
Lector and Intercessor:
Canon Elizabeth Kenealey

THE GATHERING OF THE COMMUNITY

All stand as able.

Opening Sentences

Clergy: Bless the Lord who forgives all our sins.
People: His mercy endures for ever.
Clergy: Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: 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.
People: Amen.

The Lenten Confession

Clergy: Let us confess our sins to God.

Silence may be kept.

People: God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.

Absolution

Clergy: Lord, have mercy.
People: Christ, have mercy.
Clergy: Lord, have mercy.
The Collects

Clergy: The Lord be with you.
People: And also with you.
Clergy: Let us pray.

Clergy: 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.

People: Amen.

Clergy: Holy and gracious God, give us the strength to meet the health crisis looming around us. Enlighten researchers that they may discover the right vaccine against this disease. Guide the doctors, nurses and all medical technicians working with those who are infected to take correct actions for their care. Protect all medical staff and family or friends caring for those who are ill. Bring together the governments and governmental agencies around the world to work together to eradicate this health threat. All this we ask through Jesus Christ our Lord.

People: Amen.

Please be seated.

THE WORD OF GOD

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: Hear what the Spirit is saying to God’s people.
People: 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.”

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

*All stand as able.*

**The Holy Gospel**

*Clergy:* 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.”

_Clergy:_ The Gospel of the Lord.

_People:_ Praise to you, Lord Christ.
Please be seated.

The Sermon                    Reflections offered by Clergy

An intentional time of silence follows the sermon for personal reflection.

Please stand as able.

The Nicene Creed

People:    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

Clergy: With reverence and intent let us pray, trusting in the grace of God.

Intercessor: We pray for Justin Welby, Archbishop of Canterbury; Michael Curry, Presiding Bishop; Megan Traquair, our Diocesan Bishop; Barry Beisner and Jerry Lamb, our Bishops retired, for Jim Richardson, Interim Dean, and for all clergy, asking that you grant them guidance and direction in their service. In our Diocesan Cycle of Prayer we pray for Good Shepherd, Cloverdale, Tim McDonald and Jan Snibbe, Associates. We pray for Isabel Capetillo and for Sandra Capetillo, who wish to be received into the Episcopal Church; we pray also for Regan Murphy, who wishes to reaffirm her faith.

At the conclusion of each petition:

Intercessor: O God of mercy,
People: Hear our prayer.

The Priest adds a concluding Collect.

The Lord’s Prayer

Clergy: And now, as our Savior Christ has taught us, we are bold to say:
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.

SENDING OUT OF THE DISCIPLES

The Solemn Prayer

Clergy: Bow down before the Lord.
Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord.
People: Amen.

The Blessing

The Dismissal

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