

Parish of the Good Shepherd

THE EPISCOPAL CHURCH IN WABAN, MASSACHUSETTS

The Third Sunday in Lent

March 8, 2026 - 10:00AM

CHORAL EUCHARIST, Rite I

The Book of Common Prayer, page 323

Voluntary *Fantasia super Ut, re, mi, fa, sol, la*

William Byrd (1540-1623)

The People stand as the bell tolls.

Processional Hymn *The Hymnal 1982 #523*

Abbot's Leigh

“Glorious things of thee are spoken”

THE WORD OF GOD

The Opening Acclamation

Celebrant Bless the Lord who forgiveth all our sins.

People **His mercy endureth for ever.**

The Collect for Purity

The Book of Common Prayer 323

The Decalogue *Sung by the choir BCP page 317* Music: Thomas Tallis (d. 1585)

God spake these words, and said: I am the Lord thy God who brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have none other gods but me. *Lord, have mercy upon us, and incline our hearts to keep this law.*

Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth; thou shalt not bow down to them, nor worship them. *Lord, have mercy...*

Thou shalt not take the Name of the Lord thy God in vain. *Lord, have mercy...*

Remember that thou keep holy the Sabbath day. *Lord, have mercy...*

Honor thy father and thy mother. *Lord, have mercy...*

Thou shalt do no murder. *Lord, have mercy...*

Thou shalt not commit adultery. *Lord, have mercy...*

Thou shalt not steal. *Lord, have mercy...*

Thou shalt not bear false witness against thy neighbor. *Lord, have mercy...*

Thou shalt not covet.

Lord, have mercy upon us, and write all these thy laws in our hearts, we beseech thee.

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

The Collect for the Third Sunday in Lent

The Book of Common Prayer 167

Celebrant The Lord be with you.

People **And with thy spirit.**

Celebrant Let us pray.

Almighty God, who seest that we have no power of 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 liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

The First Lesson

The People sit.

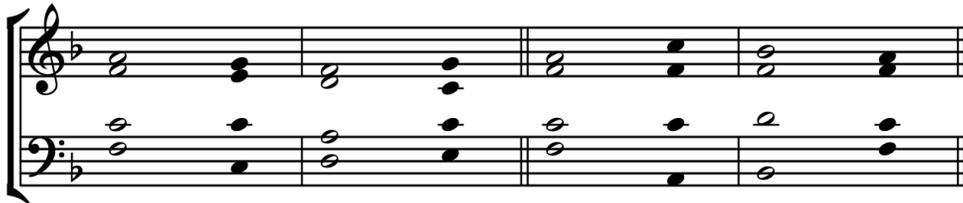
Exodus 17:1-7

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.

People **Thanks be to God.**

The Psalm 95:6-11 *Venite, exultemus*



- 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."

The Second Lesson

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.

The Word of the Lord.

People **Thanks be to God.**

Sequence Hymn *The Hymnal 1982 #692*

The Third Tune

“I heard the voice of Jesus say”

The Gospel

The People stand.

John 4:5-42

Celebrant

The Holy Gospel of our Lord Jesus Christ according to John

People

Glory be to thee, O Lord.

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.

People **Praise be to thee, O Christ.**

The Sermon *The People sit.*

The Nicene Creed *The People stand.* *The Book of Common Prayer 326*

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 Book of Common Prayer 389*

Lector We pray to you, O Lord,

People Lord, hear our prayer.

The Celebrant adds a concluding Collect.

The Confession *The People kneel.* *The Book of Common Prayer 331*

Most merciful God,
we confess that we have sinned against thee
in thought, word, and deed, by what we have done,
and by what we have left undone.
We have not loved thee with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of thy Son Jesus Christ, have mercy on us and forgive us;
that we may delight in thy will, and walk in thy ways,
to the glory of thy Name. Amen.

Absolution and Comfortable Words *The Book of Common Prayer 332*

The Peace *The Book of Common Prayer 332*

Celebrant The peace of the Lord be always with you.

People And with thy spirit.

Welcome, Announcements, and Offertory Sentence

THE HOLY COMMUNION

Offertory Anthem *Venite from The Great Service*

William Byrd (1540-1623)

The Great Thanksgiving (Prayer II)

The Book of Common Prayer 340

Celebrant *People*

The Lord be with you. And with thy spi - rit.

Celebrant *People*

Lift up your hearts. We lift them up un-to the Lord.

Celebrant

Let us give thanks un - to our Lord God.

People

It is meet and right so to do.

The Celebrant continues with the Proper Preface until saying,

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

“Holy, holy, holy” *Sanctus*

The Hymnal 1982 #S 114

Holy, holy, holy, Lord God of Hosts:
Heaven and earth are full of thy glory.
Glory be to thee, O Lord Most High.
Blessed is he that cometh in the name of the Lord.
Hosanna in the highest.

The people kneel. The Celebrant continues with the Eucharistic Prayer until saying,

By whom and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **Amen.**

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

“Our Father” *The Lord’s Prayer*

The Book of Common Prayer 336

The Breaking of the Bread

The Hymnal 1982 # S154

Christ our pass-o-ver is sac-ri-ficed for us; there-fore let us keep the feast.

“O Lamb of God” *Agnus Dei*

The Hymnal 1982 S 158

O Lamb of God, that takest away the sins of the world, have mercy upon us.
O Lamb of God, that takest away the sins of the world, have mercy upon us.
O Lamb of God, that takest away the sins of the world, grant us thy peace.

The Prayer of Humble Access

The Book of Common Prayer 337

Celebrant and People

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

The Presentation and Invitation

Facing the people, the Celebrant says the following Invitation

The Gifts of God for the People of God.

Take them in remembrance that Christ died for you,
and feed on him in your hearts by faith, with thanksgiving.

We welcome all baptized persons, regardless of denomination or tradition, to receive Communion. Please come forward as the ushers direct you. The Celebrant communicates every individual with bread. To receive wine, you may either drink from the common cup or by intinction. Those wishing to receive a blessing instead should indicate by crossing their arms.

During the Administration of the Sacrament

Anthem *Miserere mei, Deus*

William Byrd (1540-1623)

Miserere mei, Deus, secundum magnam misericordiam tuam; Et secundum multitudinem miserationum tuarum dele iniquitatem meam.

Have mercy upon me, O God, after thy great goodness: according to the multitude of thy mercies do away mine offences.

Hymn *The Hymnal 1982 #343*

St. Agnes

“Shepherd of souls, refresh and bless”

The Post-Communion Prayer

The Book of Common Prayer 339

Celebrant and People, kneeling

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

The Blessing

The people stand for the processional hymn.

Processional Hymn *The Hymnal 1982 #690*

Cwm Rhondda

“Guide me, O thou great Jehovah”

The Dismissal

People Thanks be to God.

Voluntary *Fantasia sopra Ut, re, mi, fa, sol, la*

Johann Jacob Froberger (1616-1667)

Parish Notes for The Third Sunday in Lent

Coffee Hour – In the Common Room with today's hosts

Sarah Kupovykh and Caredwen Foley

This Week at Good Shepherd:

<u>Sunday</u>	10:00 AM	Choral Holy Eucharist and Children's Christian Ed Coffee Hour Follows
	11:45 AM	Adult Forum in the Loring Room and on ZOOM
	1:00 PM	Confirmation in the Loring Room
	6:30 PM	Do Love Sunday in Common Room
<u>Tuesday</u>	6:30 PM	Bible Study on ZOOM

Adult Forum Lenten Series: Perspectives on Sin and Redemption

Mar 8 Parodic, perverse, and profoundly subject: Dante's Varieties of Sin & Evil,
with Dr Rachel Teubner, Director of Christian Education

Mar 15 Sacramental Confession for Episcopalians, with Kristen Filipic
(Society of the Companions of the Holy Cross)

Mar 22 Faith, Hell, and Fear: On Guilt Both Good and Bad, with Dr James
Oldfield (Boston College)

Mar 29 Palm Weaving in the Common Room

Lenten Devotional Drive – The Good Shepherd Lenten drive this year benefits The Freedge/Newton Food Pantry. Throughout Lent, we will be collecting non-perishable food items to assist individuals and families in need within our community. Suggested donations include canned goods, pasta, rice, cereal, peanut butter, and other shelf-stable items. There is a collection box at the rear of the Church.

St. Patrick's Ceilidh (kālē) Celebration – Sunday, March 15th at 6:30PM. Ceilidh (kālē) is the traditional social dance of Scotland and Ireland; think square dancing with live music! No experience or partner is necessary. Invite friends who might enjoy the bi-weekly Celtic Eucharist. Come for the service, stay for the party! **Please text your RSVP to Covie Edwards-Pitt (617)538-9589 TODAY with the number in your group so we'll have an accurate count for catering purposes.** Green attire is encouraged!

Music Minute – Today we feature one of the most influential and prolific composers of the Tudor Period, William Byrd. Byrd was a favorite of Elizabeth I, who frequently defended him and his open devotion to Catholicism. Her continued patronage of Byrd throughout their lives helped to secure his legacy in the Anglican choral tradition. Today we hear examples of the music he wrote for the new English language Protestant liturgy, as well as Latin-texted music for the Catholic mass which was so dear to Byrd's heart.

Serving in the Liturgy Today:

Barbara Wood – Usher/Lector; **Sunu Yeh** – Subdeacon(s); **Loring Conant** – Intercessor; **Mike Yeh** – AV Tech; **Theo Younkin** – Crucifer; **Otis Barber** – Torch Bearer(s); **Julia Sant** – Atrium Asst; **Vivi Leavy and Louise Conant** – Altar Guild

The Reverend Dr. James Weldon – Celebrant

The Reverend Dr. Paul Kolbet – Preacher

The Reverend Dr. James A. Weldon, Jr., Rector
The Reverend Dr. Paul Kolbet, Priest Associate
Andrew Sheranian, Organist/Choirmaster
Dr. Rachel Teubner, Christian Education Director
Sara Foley, Parish Administrator

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