



Anglican Diocese of Wangaratta
**The Parochial District of
Wangaratta West and The Warbys**
The Third Sunday in Lent,
March 12th 2023

Please stand when the ministers enter

The priest welcomes and greets the people

Bless the Lord who forgives all our sins,
whose mercy endures for ever.

The Lord be with you.
And also with you.

Scripture Sentence

‘The water that I will give,’ says the Lord, ‘will become in you a spring of water welling up to eternal life.’

John 4.14

Hymn, AHB 469/TiS 557. tune, Morning Hymn

- 1. Awake, my soul, and with the sun
your daily stage of duty run;
shake off dull sloth, and joyful rise
to pay your morning sacrifice:**
- 2. Glory to you that safely kept
and have refreshed me while I slept;
grant, Lord, when I from death shall wake
I may of endless light partake.**
- 3. Lord, I my vows to you renew;
disperse my sins as morning dew;
guard my first springs of thought and will,
and with yourself my spirit fill.**
- 4. Direct, control, suggest, this day
all I design or do or say,
that all my powers, with all their might,
in your sole glory may unite.**

5. **Praise God, from whom all blessings flow,
praise God, all creatures here below,
praise God above, you heavenly host,
praise Father, Son and Holy Ghost.**

Thomas Ken 1637–1711 alt.

The Commandments

In this Lenten Season let us hear again commandments which God has given to his people and which form us as God's people.

I am the Lord your God: you shall have no other gods but me.

**You shall love the Lord your God
with all your heart, with all your soul,
with all your mind, and with all your strength.**

You shall not make for yourself any idol.

**God is Spirit, and those who worship him
must worship in spirit and in truth.**

You shall not dishonour the name of the Lord your God.

You shall worship him with awe and reverence.

Remember the Sabbath and keep it holy.

**Christ is risen from the dead:
set your minds on things that are above,
not on things that are on the earth.**

Honour your father and mother.

**Live as servants of God;
let us work for the good of all,
especially members of the household of faith.**

You shall not commit murder.

**Live peaceably with all;
overcome evil with good.**

You shall not commit adultery.

Know that your body is a temple of the Holy Spirit.

You shall not steal.

Be honest in all that you do, and care for those in need.

You shall not be a false witness.

Let everyone speak the truth.

You shall not covet anything which belongs to your neighbour.

**Remember the words of the Lord Jesus:
‘It is more blessed to give than to receive.’
Love your neighbour as yourself,
for love is the fulfilling of the law.**

Let us pray

**Lord, you are steadfast in your love
and infinite in your mercy;
you welcome sinners
and invite them to be your guests.
We confess our sins,
trusting in you to forgive us.**

Kyries—if sung, repeated 3 times

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

The priest, standing, declares the Absolution

The almighty and most merciful God grant you pardon,
forgiveness of all your sins,
time for true repentance and amendment of life,
and the grace and comfort of the Holy Spirit. **Amen.**

The Collect is said by the priest

Let us pray.

O God, the fountain of life,
to a humanity parched with thirst
you offer the living water that springs from the Rock,
our Saviour Jesus Christ:
stir up within your people the gift of your Spirit,
that we may profess our faith with freshness
and announce with joy the wonder of your love.
We ask this through our Lord Jesus Christ,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. **Amen.**

THE MINISTRY OF THE WORD

A reading from the Book 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 quarrelled 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 quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

Hear the word of the Lord,
thanks be to God.

Psalm 95

O come, let us sing out to the Lord:
let us shout in triumph to the rock of our salvation.

Let us come before his face with thanksgiving:
and cry out to him joyfully in psalms.

For the Lord is a great God:
and a great king above all gods.

In his hand are the depths of the earth:
and the peaks of the mountains are his also.

The sea is his and he made it:
his hands moulded dry land.

Come, let us worship and bow down:
and kneel before the Lord our maker.

For he is the Lord our God:
we are his people and the sheep of his pasture.

Today if only you would hear his voice—
'Do not harden your hearts as at Meribah:
as on that day at Massah in the wilderness;

'When your forebears tested me:
put me to proof, though they had seen my works.

‘Forty years long I loathed that generation and said:

**“It is a people who err in their hearts,
for they do not know my ways”;**

‘Of whom I swore in my wrath:

“They shall not enter my rest.””

A reading from the Letter of Paul to the Romans [5. 1-11]

Therefore, 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.

Hear the word of the Lord,
thanks be to God.

Please stand

Praise to you, O Christ, King of eternal glory.

Praise to you, O Christ, King of eternal glory.

*God is a spirit and those that worship him
must worship him in spirit and in truth.*

Praise to you, O Christ, King of eternal glory.

The Gospel of our Lord Jesus Christ according to John [4. 5-42]

Glory to you Lord Jesus 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 worshipped 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 worshippers 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 labour. Others have laboured, and you have entered into their labour.’

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 for 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 Saviour of the world.’

For the Gospel of the Lord,
praise to you Lord Jesus Christ.

The Sermon

Silence for Reflection may follow the sermon

The Apostles Creed is said, all standing.

During Lent, Christians are encouraged to think seriously about what it means to be a Baptised Person.

The Creed we use for Lent is the Apostles Creed, the statement of faith made at Baptism and Confirmation.

It is written in the first person, i.e. I Believe.

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

**I believe in Jesus Christ, God’s only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary, suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.**

**On the third day he rose from the dead;
he ascended into heaven,
and is seated at the right hand of the Father,
from there he will come 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.**

THE PRAYERS OF THE PEOPLE

Almighty God, your Son Jesus Christ has promised that you will hear us when we ask in faith receive the prayers we offer.

Eternal God and Father, we thirst for your love,
we long for your presence, we yearn for your peace.
Come, Lord, restore us that we may live to your glory;
through him who gives us the water of life, Jesus Christ our Lord.

Good and gracious Lord, **give us the water of life.**

Lord, as we journey towards the promised land,
refresh, renew, restore us in your service.
we pray for churches where life has become dull and dry.
we remember churches struggling for survival.
We pray for Christians drained of energy and resources.
We remember especially those who thirst for your presence
and your saving power.

Good and gracious Lord, **give us the water of life.**

We pray for all who thirst after justice,
all who are working hard to improve our world.
We remember all who are suffering from weariness and exhaustion.
We pray for all who live in desert lands.

Good and gracious Lord, **give us the water of life.**

We pray for all who are going through a period of testing and dryness,
in their faith or their relationships.

We pray for those whose ardour has cooled,
for all who have lost their first zeal and zest for life.
We pray for all who are suffering from a lack of love in their homes.

Good and gracious Lord, **give us the water of life.**

We remember all who feel wrung out or dried up,
all who are wearied with the journey of life,
all who feel they are near to perishing.
We pray for all who cannot cope by themselves,
for all who are in care, and for all carers.
We remember all who are in palliative care.
We pray for those commended to our prayers: Chris E. Kate B. Trent.
Kate Jessup. Vi Bussell. Nina Colson. Bronwyn. Josef. Neliya Don
Leonard. Kaye McKenzie.

Good and gracious Lord, **give us the water of life.**

We give thanks for the fellowship of those whose journey is over,
those who hunger and thirst no more,
all who have been refreshed and restored in your kingdom.
Marjorie Wood. Sr Clare. Margaret Gibbs. John York. Carolyn Oats.
Charles Phillis. Gwendoline Dempsey. Noel James. Annie Butterworth.
Brett Rumsey. Clinton Chapman.

Rest eternal grant unto them O Lord.
And may light perpetual shine upon them.

We pray that we may share with them
in the fullness of life which is eternal.

Good and gracious Lord, **give us the water of life.**

Accept our prayers through Jesus Christ our Lord,
who taught us to 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 GREETING OF PEACE

Christ has reconciled us to God in one body by the cross.

We meet in his name and share his peace.

The peace of the Lord be always with you.

And also with you.

All may exchange a COVID Safe sign of peace.

Offertory Hymn: AHB 420/TiS 499. tune, Hereford or Wareham

- 1. Lord Jesus, joy of loving hearts,
true fount of life, our lives sustain,
from any bliss that earth imparts
we turn unfilled to you again.**
- 2. Your truth unchanged has ever stood,
you save all those who on you call,
to those yet seeking you are good,
to those who find you, all in all.**
- 3. We taste you, Lord, the living bread,
and long to feast upon you still,
we drink of you, the fountainhead,
and thirst our souls from you to fill.**

4. **For you our restless spirits yearn,
whatever comes, until the last,
glad when your presence we discern,
blest when our faith can hold you fast.**
5. **For ever, Jesus, with us stay,
make all our moments calm and bright,
chase the dark night of sin away,
shed on this world your holy light.**

Anon., Latin, 12th cent.
tr. Ray Palmer 1808–87 alt.

THE GREAT THANKSGIVING

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 our bounden duty,
that we should at all times and in all places
give thanks to you, Lord, holy Father,
mighty Creator, and eternal God.

And now we praise you for the love of your only Son
our Lord Jesus Christ who,
though he is one with you and the Holy Spirit,
humbled himself and was obedient to death,
even death on a cross,
that we might have life through him.

Therefore with angels and archangels,
and with the whole company of heaven,
we proclaim your great and glorious name,
evermore praising you, and saying/singing:

**Holy, holy, holy Lord, God of power and might,
heaven 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.**

Lord, you are holy indeed, the source of all holiness;
grant that by the power of your Holy Spirit,
and according to your holy will, these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ; ✠

who, in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me. ✕

In the same way, after supper he took the cup and gave you
thanks; he gave it to them, saying:
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.
Do this, as often as you drink it, in remembrance of me. ✕

In faith we acclaim you, O Christ:

Dying, you destroyed our death.

Rising, you restored our life.

Christ Jesus, come in glory.

And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of the whole world;
rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy
to stand in your presence and serve you.

Send the Holy Spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,
so that we, in the company of Mary, Michael, Paul, George,
and all the saints, may praise and glorify you for ever,
through Jesus Christ our Lord;
by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
we worship you, Father eternal,
in songs of never-ending praise:

**Blessing and honour and glory and power
are your for ever and ever. Amen.**

THE BREAKING OF THE BREAD AND THE COMMUNION

The priest break the bread, saying

Every time we eat this bread and drink this cup,
we proclaim the Lord's death until he comes.

Let us pray

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

The priest gives the Invitation to Communion

Come let us take this holy sacrament
of the body and blood of Christ
in remembrance that he died for us,
and feed on him in our hearts by faith with thanksgiving.



During Communion reflect quietly:

*Faithful, generous, abiding God,
we give you thanks for the Bread of Heaven
and the Cup of Salvation.*

*May the taste of this meal linger
so that we will be strengthened in our Lenten journey.
Give us courage to hear what may seem harsh
so that we can find a deeper relationship with you.
To your glory. Amen.*

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the wicked foe, defend me.
At the hour of my death, call me
and bid me come to you
That with your saints I may praise you
For ever and ever. Amen.

"Anima Christi" (Latin for 'Soul of Christ')
early fourteenth century, possibly written by Pope John XXII,
but authorship remains uncertain.

THE SENDING OUT OF GOD'S PEOPLE

Lord God,
you have renewed us with the living bread from heaven;
by it you nourish our faith, increase our hope,
and strengthen our love:
teach us always to hunger for him
 who is the true and living bread,
and enable us to live by every word
that proceeds from out of your mouth.

**Father, we offer ourselves to you
as a living sacrifice
through Jesus Christ our Lord.
Send us out in the power of your Spirit
to live and work to your praise and glory. Amen.**

Notices

Hymn AHB 115/TiS 52. tune, Sing Hosanna

1. Let us sing to the God of salvation,
let us sing to the Lord our rock!
Let us come to his house with thanksgiving,
let us come before the Lord and sing!

*Praise our Maker,
praise our Saviour,
praise the Lord our everlasting King.
Every throne must bow before him,
God is Lord of everything!*

2. In his hands are the earth's deep places
and the strength of the hills is his;
all the sea is the Lord's, for he made it,
by his hands the dry land was formed.

Praise our Maker, . . .

3. Let us worship the Lord our Maker,
let us kneel to the Lord our God;
for we all are the sheep of his pasture,
he will guide us by his powerful hand.

Praise our Maker, . . .

4. Let today be the time when you hear him!
May our hearts not be hard or cold,
lest we stray from the Lord in rebellion,
as his people did in time of old.

Praise our Maker, . . .

Richard Thomas Bewes 1934–

Blessing

Christ give you strength to overcome all temptation,
to deny yourself, and to 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. **Amen.**

Dismissal

Go in the peace of Christ.
Thanks be to God.

A PRAYER AFTER WORSHIP

*Lord Jesus Christ, we thank you
for all the benefits you have won for us,
for all the pains and insults
you have borne for us.
Most merciful redeemer,
friend and brother,
may we know you more clearly,
love you more dearly
and follow you more nearly,
day by day.*

Prayer of Richard of Chichester

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Compiled by Neil Hicks, February 2023

The Season of Lent

Dates:

Lent is a forty-day period before Easter. It begins on Ash Wednesday and ends on the day before Easter Day. We skip Sundays when we count the forty days, because Sundays commemorate the Resurrection.

Colours:

In most churches, the decorations are purple or blue, royal colours to prepare for the King.

The East:

In Orthodox churches, this season is called the Great Lent. It begins on Clean Monday.

Special Days:

Ash Wednesday
The Annunciation, 25 March

Lent is a season of soul-searching and repentance. It is a season for reflection and taking stock. Lent originated in the very earliest days of the Church as a preparatory time for Easter, when the faithful rededicated themselves and when converts were instructed in the faith and prepared for baptism. By observing the forty days of Lent, the individual Christian imitates Jesus' withdrawal into the wilderness for forty days. All churches that have a continuous history extending before AD 1500 observe Lent. The ancient church that wrote, collected, canonized, and propagated the New Testament also observed Lent, believing it to be a commandment from the apostles. (See *The Apostolic Constitutions*, Book V, Section III.)

Fasting is a spiritual discipline that does not involve starvation or dehydration. Quite often, our bodily appetites control our actions. The purpose of fasting is to make your bodily appetites your servant rather than your master.

Special Days

The purpose of the liturgical calendar is to relive the major events in Jesus' life in real time, which is why Lent is forty days long. If Jesus were born on 25 December, then His conception would have been nine months earlier, on about 25 March. That is when the angel Gabriel would have announced Jesus' birth to Mary. Thus 25 March is known in the historic church as The Annunciation.