



The Third Sunday in Lent

19 March AD 2017

11:15 a.m. Holy Eucharist

(The Rev.) Randy Lord-Wilkinson, *Rector*
The Rev. Javier García Ocampo, *Assistant to the Rector*
Jason Cutshall, *Seminarian*
Jerrold Tidwell, *Minister of Music*

Welcome to Ascension!

For more information about our community, fill out a welcome card, found at either end of the pews, or take one of our welcome packets from a member of the Welcome Team or the table by the Church Office door.

A nursery for children up through age three is available all morning in the Main Building, Room 2.

Please silence your audible devices.

*Within the service, the people read the parts in **bold print**.*

Welcome and Announcements

Gather 539

The Lord is here.
God's Spirit is with us.
Let us pray.

Gather Us In

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. Amen.

Exodus 17:1-7

The whole Israelite community broke camp and set out from the Sin desert to continue their journey, as the LORD commanded. They set up their camp at Rephidim, but there was no water for the people to drink. The people argued with Moses and said, "Give us water to drink." Moses said to them, "Why are you arguing with me? Why are you testing the LORD?" But the people were very thirsty for water there, and they complained to Moses, "Why did you bring us out of Egypt to kill us, our children, and our livestock with thirst?" So Moses cried out to the LORD, "What should I do with this people? They are getting ready to stone me." The LORD said to Moses, "Go on ahead of the people, and take some of Israel's elders with you. Take in your hand the shepherd's rod that you used to strike the Nile River, and go. I'll be standing there in front of you on the rock at Horeb. Hit the rock. Water will come out of it, and the people will be able to drink." Moses did so while Israel's elders watched. He called the place Massah and Meribah, because the Israelites argued with and tested the LORD, asking, "Is the LORD really with us or not?"

Hear what the Spirit is saying to God's people.
Thanks be to God.

Gather 290

Dust and Ashes

The Holy Gospel of our Lord Jesus Christ according to John [4:5-42].
Glory to you, Lord Christ.

Jesus came to a Samaritan city called Sychar, which was near the land Jacob had given to his son Joseph. Jacob's well was there. Jesus was tired from his journey, so he sat down at the well. It was about noon. A Samaritan woman came to the well to draw water. Jesus said to her, "Give me some water to drink." His disciples had gone into the city to buy him some food. The Samaritan woman asked, "Why do you, a Jewish man, ask for something to drink from me, a Samaritan woman?" (Jews and Samaritans didn't associate with each other.) Jesus responded, "If you recognized God's gift and who is saying to you, 'Give me some water to drink,' you would be asking him and he would give you living water." The woman said to him, "Sir, you don't have a bucket and the well is deep. Where would you get this living water? You aren't greater than our father Jacob, are you? He gave this well to us, and he drank from it himself, as did his sons and his livestock." Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks from the water that I will give will never be thirsty again. The water that I give will become in those who drink it a spring of water that bubbles up into eternal life." The woman said to him, "Sir, give me this water, so that I will never be thirsty and will never need to come here to draw water!" Jesus said to her, "Go, get your husband, and come back here." The woman replied, "I don't have a husband." "You are right to say, 'I don't have a husband,'" Jesus answered. "You've had five husbands, and the man you are with now isn't your husband. You've spoken the truth." The woman said, "Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you and your people say that it is necessary to worship in Jerusalem." Jesus said to her, "Believe me, woman, the time is coming when you and your people will worship the Father neither on this mountain nor in Jerusalem. You and your people worship what you don't know; we worship what we know because salvation is from the Jews. But the time is coming—and is here!—when true worshippers will worship in spirit and truth. The Father looks for those who worship him this way. God is spirit, and it is necessary to worship God in spirit and truth." The woman said, "I know that the Messiah is coming, the one who is called the Christ. When he comes, he will teach everything to us." Jesus said to her, "I Am—the one who speaks with you." Just then, Jesus' disciples arrived and were shocked that he was talking with a woman. But no one asked, "What do you want?" or "Why are you talking with her?" The woman put down her water jar and went into the city. She said to the people, "Come and see a man who has told me everything I've done! Could this man be the Christ?" They left the city and were on their way to see Jesus. In the meantime the disciples spoke to Jesus, saying, "Rabbi, eat." Jesus said to them, "I have food to eat that you don't know about." The disciples asked each other, "Has someone brought him food?" Jesus said to them, "I am fed by doing the will of the one who sent me and by completing his work. Don't you have a saying, 'Four more months and then it's time for harvest'? Look, I tell you: open your eyes and notice that the fields are already ripe for the harvest. Those who harvest are receiving their pay and gathering fruit for eternal life so that those who sow and those who harvest can celebrate together. This is a true saying, that one sows and another harvests. I have sent you to harvest what you didn't work hard for; others worked hard, and you will share in their hard work." Many Samaritans in that city believed in Jesus because of the woman's word when she testified, "He told me everything I've ever done." So when the Samaritans came to Jesus, they asked him to stay with them, and he stayed there two days. Many more believed because of his word, and they said to the woman, "We no longer believe because of what you said, for we have heard for ourselves and know that this one is truly the savior of the world."

The Gospel of the Lord.
Praise to you, Lord Christ.

Meditation

(The Rev.) Randy Lord-Wilkinson

The Affirmation of Faith

You, O God, are supreme and holy,
You create our world and give us life.
Your purpose overarches everything we do.
You have always been with us.
You are God.

You, O God, are infinitely generous,
Good beyond all measure.
You came to us before we came to you.
You have revealed and proved
Your love for us in Jesus Christ,
Who lived and died and rose again.
You are with us now.
You are God.

You, O God, are Holy Spirit.
You empower us to be your gospel in the world.
You reconcile and heal; you overcome death.
You are our God. We worship you.

The Prayers of the People

Prayers are invited, either silently or aloud. After each spoken prayer, a gong will sound.

Concluding Prayer

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.*

Gather 598

Shepherd of Our Hearts

The Holy Communion

The Lord is here.
God's Spirit is with us.
Lift up your hearts.
We lift them to the Lord.
Let us give thanks to the Lord our God.
It is right to give God thanks and praise.

It is right indeed to give you thanks most loving God, through Jesus Christ, our Redeemer, the first born from the dead, the pioneer of our salvation, who is with us always, one of us, yet from the heart of God.

For with your whole created universe, we praise you for your unfailing gift of life. We thank you that you make us human and stay with us even when we turn from you to sin.

God's love is shown to us: While we were yet sinners, Christ died for us.

In that love, dear God, righteous and strong to save, you came among us in Jesus Christ, our crucified and living Lord. You make all things new. In Christ's suffering and cross you reveal your glory and reconcile all peoples to yourself, their true and living God.

In your mercy you are now our God. through Christ you gather us, new-born in your Spirit, a people after your own heart. We entrust ourselves to you, for you alone do justice to all people, living and departed.

Now is the acceptable time, now is the day of salvation.

Therefore with saints and martyrs, apostles and prophets, with all the redeemed, joyfully we praise you and sing:

Sanctus (Gather 168)

Marty Haugen

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and
might, heav'n and earth are full of your glo-ry. Ho -
san - na in the high - est. Bless - ed is he who
comes in the name of the Lord. Ho - san - na in the
high - est. Ho - san - na in the high - est!

The Celebrant continues

All glory to you, Giver of life sufficient and full for all creation. Accept our praises, living God, for Jesus Christ, the one perfect offering for the world, who in the night that he was betrayed, took bread, and when he had given thanks, broke it, gave it to his disciples, and said: Take, eat, this is my body which is given for you; do this to remember me.

After supper he took the cup; 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, to forgive sin. Do this as often as you drink it to remember me.

Therefore, God of all creation, in the suffering and death of Jesus our redeemer, we meet you in your glory. We lift up the cup of salvation and call upon your name. Here and now, with this bread and wine, we celebrate your great acts of liberation, ever present and living in Jesus Christ, crucified and risen, who was and is and is to come.

Amen! Come Lord Jesus.

May Christ ascended in majesty be our new and living way, our access to you, Father, and source of all new life. In Christ we offer ourselves to do your will.

Empower our celebration with your Holy Spirit, feed us with your life, fire us with your love, confront us with your justice, and make us one in the body of Christ with all who share your gifts of love.

Through Christ, in the power of the Holy Spirit, with all who stand before you in earth and heaven, we worship you, Creator God. Amen.

The Lord's Prayer

As our Savior Christ has taught us,
we now pray:

Eternal Spirit,
Earth-Maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all.
Loving God, in whom is heaven:
The hallowing of your name echoes through the universe!
The way of your justice be followed by the peoples
of the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom
sustain our hope and come on earth.
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love,
now and forever. Amen.

From *A New Zealand Prayer Book*, p. 181

The Celebrant breaks the consecrated Bread, and a period of silence is kept.

We break this bread to share in the Body of Christ.
We who are many are one body, for we all share in the one bread.

The Gifts of God for the People of God. Take them in remembrance that Christ died and lives in you, and feed on him in your hearts by faith, with thanksgiving.

*The ministers receive the Sacrament in both kinds, and then immediately deliver it to the people.
The Bread and the Cup are given with these words*

The Body of Christ, the bread of heaven.
The Blood of Christ, the cup of salvation.

Administration of the Sacrament: All are welcome to the Lord's Table at Ascension. To receive communion, come to the communion station. Receive the bread in the palm of your hand. Eat the bread and then drink from the cup when it is offered to you, or you may hold the bread and dip it into the wine when the cup is offered to you.

Gluten-free wafers are also available. Make your need known to the Clergy by holding up three fingers.

*As our Savior Christ has taught us,
we are bold to say:*

Our Father in heaven,
holy is 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.

From *The Book of Common Prayer*, p. 364

If you wish to receive a blessing rather than receive communion, please join in the movement to the communion station and cross your arms over the front of your chest – this will alert the Clergy of your desire to be blessed.

If you need communion brought to you please let a member of the Welcome Team know.

Healing Prayers: If you would like to receive the laying on of hands for healing for yourself or another, go to the prayer annex to the right of the pulpit after receiving communion. A healing minister will be there to pray with you.

When there is a Eucharistic Visitor present

We send you forth bearing these holy gifts that those whom you visit may share with us in the communion of Christ's body and blood.

We who are many are one body because we all share one bread and one cup.

Let us pray.

God of all, we give you thanks and praise, that when we were still far off you met us in Jesus and brought us home. Dying and living, he declared your love, gave us grace and opened the gate of glory. May we who share Christ's body live his risen life; we who drink his cup bring life to others; we whom the Spirit lights give light to the world. Amen.

Gather 642

Healer of Our Every Ill

The Peace

The peace of the Lord be always with you.

And also with you.

The Priest and People greet one another in the name of the Lord, then move to the narthex for refreshment and fellowship.

Pray for Comfort, Healing, Courage, and Hope

We pray for all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, especially Sandy Boynton, Monica Koenig Caphart, John Carman, Abby FitzPatrick, Diane Goldman, Dotty Pfadenhauer, Wilma Joyce Ruppel, Proscovia Senkeeto, Roz Silver-Marcotte, Fran Spina, Suzanne Winterhalter.

We pray for peace in the world and all who are serving our country here and abroad, especially those in harm's way, and their families.

Equip us and empower us to be witnesses to your love – as advocates and as servants, as ministers of welcome and of hope for refugees and all affected by natural disasters, violence, and war.

We pray for all special intentions, and those on our extended Healing Prayer List.

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Worship Leaders

	Today	Next Sunday
Readers	7:45 a.m. Enid Cole 9:00 a.m. Andrew Greene Gordon Donnelly 11:15 a.m. Laura Shay	Leslie Sanya Alvaro Gonzales Marsha Sutherland Kendall Anderson
Prayers	7:45 a.m. Enid Cole 9:00 a.m. Christian Simpson	Leslie Sanya Suzyn Gonzales
Chalicians	7:45 a.m. Sharon Hayden Edna Leake 9:00 a.m. Nancy Carman Cynthia Perley 11:15 a.m. Rimmie Sicard Jason Cutshall	Jason Cutshall David Burton Margaret Tellu Major Clemens Kirk Fitch Anika Lalmansingh
Healing Prayer Ministers	7:45 a.m. Lisa Murdock 9:00 a.m. Paul Whitmore 11:15 a.m. Peg Ruppel	Meredith Horan Jason Cutshall Laura Shay
Acolytes	7:45 a.m. Ron Hayden Aidan Douglas 9:00 a.m. Lisa Dickson Alfred Wasikye Richard McFarland	Raymond chin Aidan Douglas Paul Whitmore Bob Waters Kofi Kwamena-Poh
Welcome Team	7:45 a.m. Florence Sirleaf Jean Cohn 9:00 a.m. Nii Armah Akuete Ruby King Charles Dickson 11:15 a.m. Alex Langley Alice Padmore Kendall Anderson	Herald Douglas Lisa Murdock Swithin Kwamena-Poh Kevin Blanc Algernon Thomas Sciou Broderick Peedy Terry Emmanuel Nwankwo
Altar Guild	7:45 a.m. Leslie Sanya Wadai Dennis 9:00 a.m. Cynthia Perley Liz Lennon 11:15 a.m. Georgana Maines	Georgette Dennis TBA Anika Lalmansingh Avin Lalmansingh
Song Leader	11:15 a.m. Sue Snay	Claire Morin
Hospitality Angels	7:45 a.m. Yvonne Lartey 9:00 a.m. Marjorie Madikoto 11:15 a.m. Peg Ruppel	Don Cohn Betsy Balicao Georgana Maines
Altar Guild Unscheduled Services	11:15 a.m. Team	7:45 a.m. Team
Eucharistic Visitor	Jean Cohn	Bob Mansfield
Flower Delivery	Adoma Baffoe Hawa Clemens	Eliane Dunn-Johnson Alice Padmore



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