

Rector's Message

Welcome everyone. On this third Sunday in Lent, we are given the story of the Samaritan Woman and Jesus meeting at a well. In the Gospel, walls of hatred and division are broken down, to offer a spiritual life giving water to a thirsty soul.

Jesus breaks down three barriers: racial, social and religious. First to come down are the outer walls built up by deep-rooted cultural prejudices and religious laws. Women were regarded as second-class citizens and men and woman did not speak in public. That Jesus would engage her in conversation was unheard of.

Second, she was a Samaritan and he was a Jew. Jews and Samaritans despised one another, believing the other to have corrupted the true religion. Third, Jesus asks her for a drink of water, which would have made him unclean according to Jewish laws.

Similar barriers continue to exist in our own day and age. Jesus is not finished with taking down the walls. After he gains her trust, Jesus gently chips away at the walls that she has built up inside. As they talk, notice how she changes the subject. Jesus challenges her to look at her relationships and instead she starts to talk about the proper place to worship. And yet, ever so gently, he leads her past her walls, beyond her doubts and insecurities, and into an authentic relationship of faith. Indeed, she experiences the new life of God gushing up within her like a fountain of water. She runs off and shares with others her experience and brings them to know Jesus for themselves. She is a true apostle and evangelist.

As we continue our Lenten journey, may we be mindful of the walls in our own lives that keep us from entering into a deeper, more intimate relationship with God. With the Samaritan woman as our guide, let us open ourselves in honesty and truth to the One who is indeed Living Water.

Have a great week. *Father Michael+*

St. John's Anglican Church
Lunenburg, Nova Scotia

Rector: Archdeacon Michael H. Mitchell

*To all who mourn or need comfort,
To all who are weary and need rest,
To all who seek friendship,
To all who desire to grow in relationship with God
To all who yearn to pray,
To all who need a Saviour, And to all who ever will worship,
This Church of St. John's opens wide its doors
and in the name of Christ our Lord, says - WELCOME.*

LAY MINISTERS TODAY
Lay Readers: **8:30 am** Barbara Eisenhauer
10:30 am Heather Hyson, Robert MacMillan, Susan MacMillan
Lectors: **8:30 am** Sandra Jordan, Roxie Smith
10:30 am Bruce Holdbrook, Heather Hyson; **Server:** Aisling Curtin
Sidespersons: **10:30 am** Catherine Hanhams, Lillian Keeping

NEXT SUNDAY MARCH 30TH
Lay Readers: **8:30 am** Barbara Eisenhauer
10:30 am Roger Demone, Charlene Demone, Sharon Green
Lectors: **8:30 am** Jo Eisenhauer, Christina Pottie; **Server:** Aisling Curtin
10:30 am Sunday School; **Sidespersons:** **10:30 am** Angie & Alex Payne

The Holy Eucharist

Prelude: O Mensch, bewein' dein' Sünde gross - J. S. Bach

Welcome and Announcements

Please stand for Processional Hymn

Hymn #442 'Great God, Your Love Has Called Us Here'

The Gathering of the Community

Celebrant The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

People **And also with you.**

All 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.



The Collect of the Day

Celebrant Let us pray. *The community prays silently. The celebrant then says the collect.*

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 Proclamation of the Word

A READING FROM THE BOOK OF EXODUS

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?"

The Word of the Lord. **Thanks be to God.**

EXODUS 17:1-7

Psalm Refrain:



Come, let us sing to the Lord; let us shout for joy to the rock of our salvation. Let us come before his presence with thanksgiving and raise a loud shout to him with psalms. **R**

For the Lord is a great God, and a great king above all gods. In his hand are the caverns of the earth, and the heights of the hills are his also. **R** The sea is his, for he made it, and his hands have molded the dry land. Come, let us bow down, and bend the knee, and kneel before the Lord our Maker. **R**

For he is our God, and we are the people of his pasture and the sheep of his hand. Oh, that to-day you would hearken to his voice! **R**

Harden not your hearts, as your forebears did in the wilderness, at Meribah, and on that day at Massah, when they tempted me. They put me to the test, though they had seen my works. **R**

Forty years long I detested that generation and said, "This people are wayward in their hearts; they do not know my ways." So I swore in my wrath, "They shall not enter into my rest." **R**

PSALM 95

A READING FROM THE LETTER OF PAUL TO THE ROMANS

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.

ROMANS 5:1-11

The Word of the Lord. **Thanks be to God.**

Gospel Acclamation

HYMN #471 'Let My People Seek Their Freedom'

The Gospel

Reader The Lord be with you. **People** And also with you.

THE HOLY GOSPEL OF OUR LORD JESUS CHRIST ACCORDING TO JOHN. People 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 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." The Gospel of Christ. **Praise to you, Lord Jesus Christ**

JOHN 4:5-42

Sermon

The Prayers of the People

Please kneel or sit for the prayers. **Response: Lord, have mercy.**

Confession and Absolution

Dear friends in Christ,
 God is steadfast in love and infinite in mercy;
 God welcomes sinners and invites them to the table.
 Let us confess our sins, confident in God's forgiveness.

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.**

The Peace *All stand, and the celebrant addresses the people.*

The peace of the Lord be always with you.

People **And also with you.**

The assembly greets one another in the name of the Lord.

The Celebration of the Eucharist

The Preparation of the Gifts

Offertory Hymn #616 'Father of Heaven, Whose Love Profound'

Representatives of the parish present the gifts of bread and wine for the Eucharist. Each one as they are able, makes an offering to the Lord for the needs and responsibilities of the Church to be placed on the altar.

The Prayer over the Gifts *Read by celebrant*

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.
Amen.

The Great Thanksgiving - Eucharistic Prayer #2

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.

Blessed are you, gracious God, creator of heaven and earth; we give you thanks and praise through Jesus Christ our Lord, who was tempted in every way, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again. Therefore with angels and archangels and all who have served you in every age, we raise our voices to proclaim the glory of your name.

**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.**

Holy and gracious God, accept our praise, through your Son our Saviour Jesus Christ; who on the night he was handed over to suffering and death, took bread and gave you thanks, saying, "Take, and eat: this is my body which is broken for you." In the same way he took the cup, saying, "This is my blood which is shed for you. When you do this, you do it in memory of me."

Let us proclaim the mystery of faith. **#728**
**Dying you destroyed our death, rising you restored our life.
Lord Jesus, come in glory.**

Remembering, therefore, his death and resurrection, we offer you this bread and this cup, giving thanks that you have made us worthy to stand in your presence and serve you. We ask you to send your Holy Spirit upon the offering of your holy Church. Gather into one all who share in these sacred mysteries, filling them with the Holy Spirit and confirming their faith in the truth, that together we may praise you and give you glory through your Servant, Jesus Christ. Through him, with him and in him, in the unity of the Holy Spirit all glory and honour are yours almighty Father, for ever and ever. **Amen.**

The Lord's Prayer

**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, the power, and the glory,
for ever and ever. Amen.**

The Breaking of the Bread

The celebrant breaks the consecrated bread for distribution, and says:

We break this bread,

All: Communion in Christ's body once broken.

Let your Church be the wheat which bears its fruit in dying.

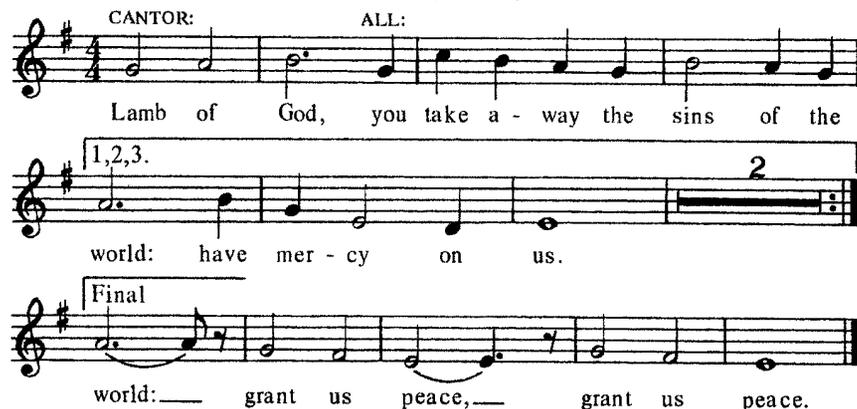
**All: If we have died with him, we shall live with him;
if we hold firm, we shall reign with him.**

The Gifts of God, for the people of God.

All: Thanks be to God.

LAMB OF GOD

CANTOR: ALL:



Lamb of God, you take a - way the sins of the world: have mer - cy on us.

Final
world:— grant us peace,— grant us peace.

The celebrant and people then receive communion.

The body of Christ (given for you). The blood of Christ (shed for you).

The communicant responds each time, Amen.

*This community of faith,
welcomes to the Lord's table
all who are baptized and who wish to be nourished
with the Body and Blood of Christ.*

During Communion, hymns may be sung and silence may be kept.

Anthem during Communion: 'Ave Verum Corpus' - Mozart

English Translation for choir anthem 'Ave Verum Corpus' by Mozart

Jesu, word of God incarnate, of the Virgin Mary born,

On the cross thy sacred body for us with nails was torn.

Cleanse us, by the blood and water streaming from thy pierced side.

Feed us with thy body broken, now, and in death's agony.

MUSIC MOMENT

Verse 1 - 'In the Bulb There is a Flower'

In the bulb there is a flower, in the seed, an apple tree

In cocoons, a hidden promise: butterflies will soon be free!

In the cold and snow of winter there's a spring that waits to be,

Unrevealed until its season, something God alone can see.

Prayer after Communion

Let us pray. *Standing, the community prays in silence.*

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. **Amen.**

Doxology

Celebrant Glory to God,

whose power, working in us,

can do infinitely more than we can ask or imagine.

Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.

Blessing & Dismissal

In this Eucharist God has quenched our thirst by giving us his Son Jesus.

Now we are strong enough again to go our difficult way in the desert, a way of renewal and conversion to God and to others.

Let our thirst never be satisfied unless we become to one another a drink of refreshing water. **Amen.**

And the blessing of God almighty, Father + Son, and Holy Spirit, be with you now and remain with you always. **Amen.**

Go in peace to love and serve the Lord.

Thanks be to God.

Recessional Hymn #508 'I Heard the Voice of Jesus Say'

Postlude: Vater unser im Himmelreich BWV 737 - J. S. Bach

NOTICES

Music Announcements:

Music and Meditation - each Wednesday at noon throughout Lent

March 26 - Sharon Gow-Knickle, piano

Musique Royale events this week at St. John's:

Today at 3:00 pm - Flute Alors

Dynamic and versatile, the Montreal-based ensemble Flûte Alors! is composed of four new-generation recorder players.

Saturday, March 29 at 7:30 pm

'Romantic Journey' with baritone **Dominique Côté** and pianist **Anne Larlee**

Daily Prayer Booklets are available at the back of the church. A donation of \$2.00 will cover the cost of these books.

LENTEN / EASTER NEWSLETTERS

Your Newsletters are ready for pick up at the back of the church. Please try to help with postage costs by taking your Newsletter and that of a neighbour or friend.

LENT IN LUNENBURG

We have several weeks of Lent and invite you to participate in the various events taking place on Wednesdays. Watch for these dates: March 26, April 2 and April 9 for the Lenten Café at Zion Lutheran, Music & Meditation at St. John's and Soup Luncheons at Central United.

Heritage Ministry Chair, Roger Demone is preparing to set up a display for the 100th Anniversary of World War I (1914-1918) in the Interpretive Centre for the upcoming tour season. He would like anyone able to provide artifacts, pictures, newspaper articles, King George V picture to contact him at 543-5753. We would like to loan these items for use in the Interpretive Centre showcase.

CHOWDER LUNCHEON

Six Lunenburg firefighters are entering a team in a fundraiser called **Rope for Hope**. This is to raise funds for the Make-A-Wish Foundation to help grant wishes to children with life-threatening illnesses. The team name is simply, "Lunenburg Firefighters." Provided each team member can raise \$1500.00, or a team average of \$9000.00, they will have the opportunity to rappel 24 stories from Loyola residence at Saint Mary's University; a small challenge compared to the challenges these children face everyday.

Please join them for a Chowder Luncheon on March 30th 11am - 2pm at the Lunenburg & District Fire Station. The meal will include Fish Chowder, roll, pie, tea or coffee for \$7.

A **Palliative Care Volunteer Program** will be held at South Shore Regional Hospital, Bridgewater, Tuesdays or Thursdays, from 6pm to 9pm. The program begins on May 6th and concludes on June 19th. In addition there is an all day Saturday session on May 24th. Pre-registration is required by April 15th. Registration fee is \$65. For more information phone 634-7015.

Anglican Cycle of Prayer: Pray for The Church of the Province of the Indian Ocean, Archbishop Ian Gerald James Ernest, Province of Indian Ocean & Bishop of Mauritius.

Diocesan Cycle: Pray for the **Anglican Churches of Pictou County**, Archdeacon Peter Armstrong and Nancy, Rev Art Bourré, Asst. Priest, and Patricia Bourguignon, Reverend Aidan Kingsbury, Assistant Priest, and Ruth; **Parish of Liscomb with Port Bickerton**, Rev Marilyn Haugen-Strand, Priest-in-Charge, and Lidvald.

Local Ministerial: The Congregation of St. Norbert's Roman Catholic Church and Father James MacDonald, OMI.

Fisheries: Adams & Knickle - Chockle Cap; **Clearwater** - Atlantic Preserver.

Parish Contacts

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Rev. Alvin Westgate • 640-2484

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Wayne Dodge 634-4885 • Bruce Holdbrook 634-3510

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Heather Eisenhauer 634-4713

DIRECTOR OF MUSIC/ ORGANIST

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James Aulenbach

CHIMER Peter Allen 634-4668

TREASURER

Cammy Tibbo 530-6034

ALTAR GUILD

Joyce Creaser 634-4635

PASTORAL VISITATION

PRAYER & HEALING MINISTRY

Holly Mitchell 634-8477

SPIRITUAL DEVELOPMENT

Louis Quennelle 527-0122

HERITAGE Roger Demone 543-5753

MUSIC Jane Ritcey Moore 275-4834

PROPERTY

LADIES' GUILD

Susan MacMillan 634-3019

ACW Barbara Nowe 634-4473

ACW CATERING

Patty Tanner 543-3474

LAY READERS

Roger Demone 543-5753

SERVERS Sheila Morris 634-3713

SUNDAY SCHOOL & NURSERY

Jennifer Green-Heisler 640-2088

TOUR PROGRAM

Peter Allen 634-4668

CONGREGATION DEVELOPMENT

Mary Meisner 634-8429

FOOD BANK

Laura Roblee 521-4823

MEALS ON WHEELS

Hazel Oliver 634-3236

PLANNED GIVING

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PWRDF Katherine Owen 273-2279

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Betty Lou Olivier

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