

**A Service of Morning Prayer  
Third Sunday in Lent  
March 8, 2026**



**Jesus and the Samaritan Woman at the Well  
by Guercino in 1641, held by Thyssen-Bornemisza Museum, Madrid, Spain**

**Lord, you are indeed the Saviour of the world. Give us living water, that we may not thirst.**

**CP 70 Jesus, the Joy of Loving Hearts**

1 Jesus, the joy of loving hearts,  
true source of life, our lives sustain;  
from the best bliss that earth imparts,  
we turn unfilled to you again.

2 Your truth unchanged has ever stood;  
you rescue those who on you call:  
to those yet seeking, you are good;  
to those who find you, all in all.

3 We taste of you, the living bread,  
and long to feast upon you still.  
We drink from you, the fountain-head,  
our thirsty souls from you we fill.

4 Our restless spirits long for you,  
however may our lot be cast,  
glad when your gracious smile we view,  
blessed when our faith can hold you fast.

5 Jesus, forever with us stay:  
make all our moments calm and bright;  
chase the dark night of sin away;  
shed through the world your holy light.

The grace of our Lord Jesus Christ,  
And the love of God,  
And the fellowship of the Holy Spirit,  
Be with you all.

**And also with you.**

May his grace and peace be with you.

**May he fill our hearts with joy.**

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.**

**Psalm 95    *Refrain: Oh, that today you would hearken to his voice: harden not your hearts.***

95:1 O come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!

95:2 Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!

95:3 For the LORD is a great God and a great King above all gods.

95:4 In his hand are the depths of the earth; the heights of the mountains are his also.

95:5 The sea is his, for he made it, and the dry land, which his hands have formed.

95:6 O come, let us worship and bow down; let us kneel before the LORD, our Maker!

95:7 For he is our God, and we are the people of his pasture and the sheep of his hand. O that today you would listen to his voice!

95:8 Do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness,

95:9 when your ancestors tested me and put me to the proof, though they had seen my work.

95:10 For forty years I loathed that generation and said, "They are a people whose hearts go astray, and they do not regard my ways."

95:11 Therefore in my anger I swore, "They shall not enter my rest."

**A Reading from Exodus 17:1-7**

17:1 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.

17:2 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?"

17:3 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?"

17:4 So Moses cried out to the LORD, "What shall I do for this people? They are almost ready to stone me."

17:5 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.

17:6 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.

17:7 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.

**Thanks be to God.**

CP 394 Eternal Unchanging

1 Eternal, Unchanging, we sing to your praise;  
 your mercies are endless, and righteous your ways;  
 your servants proclaim the renown of your name.  
 You rule in omnipotence, ever the same.

2 Again we rejoice in the world you have made,  
 your mighty creation in beauty arranged;  
 we thank you for life and we praise you for joy,  
 for love and for hope that no power can destroy.

3 We praise you for Jesus, our Master and Lord,  
 the might of his Spirit, the truth of his word,  
 his comfort in sorrow, his patience in pain,  
 the faith sure and steadfast that Jesus shall reign.

A Reading from Romans 5:1-11

5:1 Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ,

5:2 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.

5:3 And not only that, but we also boast in our afflictions, knowing that affliction produces endurance,

5:4 and endurance produces character, and character produces hope,

5:5 and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

5:6 For while we were still weak, at the right time Christ died for the ungodly.

5:7 Indeed, rarely will anyone die for a righteous person--though perhaps for a good person someone might actually dare to die.

5:8 But God proves his love for us in that while we still were sinners Christ died for us.

5:9 Much more surely, therefore, since we have now been justified by his blood, will we be saved through him from the wrath of God.

5:10 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.

5:11 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.

**Thanks be to God.**

## CP Amazing Grace

1 Amazing grace! How sweet the sound  
that saved a wretch like me!  
I once was lost, but now am found:  
was blind, but now I see.

2 'Twas grace first taught my heart to fear  
and grace my fears relieved;  
how precious did that grace appear  
the hour I first believed!

3 The Lord has promised good to me,  
his word my hope secures;  
he will my shield and portion be  
as long as life endures.

4 Through many dangers, toils, and snares,  
I have already come;  
'tis grace that brought me safe thus far,  
and grace will lead me home.

5 When we've been there ten thousand years  
bright shining as the sun,  
we've no less days to sing God's praise  
than when we'd first begun.

## The Gospel

The Lord be with you.

**And also with you.**

The Holy Gospel of our Lord Jesus Christ according to John  
**Glory to you, Lord Jesus Christ.**

### John 4:5-42

4:5 So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph.

4:6 Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

4:7 A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink."

4:8 (His disciples had gone to the city to buy food.)

4:9 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.)

4:10 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."

4:11 The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water?"

4:12 Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?"

4:13 Jesus said to her, "Everyone who drinks of this water will be thirsty again,

4:14 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."

4:15 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."

4:16 Jesus said to her, "Go, call your husband, and come back."

4:17 The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband,'

4:18 for you have had five husbands, and the one you have now is not your husband. What you have said is true!"

4:19 The woman said to him, "Sir, I see that you are a prophet.  
4:20 Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem."  
4:21 Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem.  
4:22 You worship what you do not know; we worship what we know, for salvation is from the Jews.  
4:23 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.  
4:24 God is spirit, and those who worship him must worship in spirit and truth."  
4:25 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."  
4:26 Jesus said to her, "I am he, the one who is speaking to you."  
4:27 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?"  
4:28 Then the woman left her water jar and went back to the city. She said to the people,  
4:29 "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?"  
4:30 They left the city and were on their way to him.  
4:31 Meanwhile the disciples were urging him, "Rabbi, eat something."  
4:32 But he said to them, "I have food to eat that you do not know about."  
4:33 So the disciples said to one another, "Surely no one has brought him something to eat?"  
4:34 Jesus said to them, "My food is to do the will of him who sent me and to complete his work.  
4:35 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.  
4:36 The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together.  
4:37 For here the saying holds true, 'One sows and another reaps.'  
4:38 I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor."  
4:39 Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done."  
4:40 So when the Samaritans came to him, they asked him to stay with them, and he stayed there two days.  
4:41 And many more believed because of his word.  
4:42 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 Christ  
**Praise to you, Lord Jesus Christ.**

Sermon by the Rev. Alison Westervelt

CCLI 7001604 Ask

1 What do you need  
 What fears do you hide  
 When you're on your knees  
 What tears do you cry

***Pre-Chorus***

Our Father knows your deepest hurt  
 Before you've ever said a word  
 But still He wants to hear your voice

***Chorus 1***

***There is a purpose in our seeking  
 There is a light beyond this door  
 We have a promise in our knocking  
 He wants to give us so much more  
 If we just ask ask (X 2)***

2 What's on your heart  
 What dreams do you hold  
 When do you start  
 How do you let go

***Bridge***

We'll find what we're looking for  
 We'll walk through the open door  
 His promise His presence  
 Of this we can be sure

***Chorus 2***

***We will find purpose in our seeking  
 There is a light beyond this door  
 We have a promise in our knocking  
 We will find all we need and more  
 If we just ask ask (X 4)***

***Ending***

When you're on your knees  
 What tears do you cry

Affirmation of Faith (The Apostles' Creed)

**I believe in God, the Father almighty,  
 creator of heaven and earth.  
 I believe in Jesus Christ, his only Son, our Lord.  
 He was conceived by the power of the Holy Spirit  
 and born of the Virgin Mary.  
 He suffered under Pontius Pilate,  
 was crucified, died, and was buried.  
 He descended to the dead.  
 On the third day he rose again.  
 He ascended into heaven.  
 and is seated at the right hand of the Father.  
 He will come again  
 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.**

Prayers of the People compiled and led by the Rev. Alison Westervelt

God our Father, be with us in this time of prayer, as we say, Lord in your mercy, hear our prayer.

**Hear our prayer**

We pray, give us an insight of your Kingdom, a vision of your purpose, and the guidance of your wisdom and grace, to be fellow workers with you in doing your just and loving will. During this period of Lent, give us an awareness of your unique sacrifice on our behalf and teach us to be humble in acknowledging that all our gifts come from you for the service of people and the spread of your Kingdom. May you live in us so that in all our little acts of sacrifice, the light of your resurrection may shine through and give them meaning. Lord, in your mercy,

**Hear our prayer.**

We pray for the church throughout the world, and in this country.

- The Episcopal Church in Jerusalem & The Middle East
- the Diocese of Moosonee: the Rt. Rev. Rod BrantFrancis, Bishop.
- for St. Mark-Jieng, Edmonton: Akon Lual Akon, Rector.
- the Chaplain at Buyé High School: Jerome Rivuzimana.
- the people and community of the Saddle Lake Cree Nation.
- for the Diocese o Edmonton and her Bishop, Stephen.
- We pray for our church here at St. Peter's, and for Arthur, Alison, Nadine, all readers, all prayer leaders, all who work for God's kingdom. We give thanks for all who offer their time and talents in the service of Christ, particularly for the vestry, the leadership team, and all who do various other duties in this church for the service of Christ. Lord, in your mercy,

**Hear our prayer.**

Creator God, we pray for all in authority that they may not be tempted to abuse or misuse their power. Help and guide them to show wisdom and resolve in the search for reconciliation and peace and so bring peace and prosperity to every corner of the world. Lord, in your mercy:

**Hear our Prayer**

Heavenly Father, we thank you for our neighbours and for the people around us with whom we work or share our daily lives. Remind us that we all share your world with each other. Help us to make our homes patterns of your love, places of mutual trust and forgiveness, places of true sharing and caring, places of deep joy and peace, and unite us all one to another in the circle of your love. Lord, in your mercy.

**Hear our prayer.**

Loving Father, from whose mighty hands all life and healing come, we pray for all who are in pain or are suffering at this time. We name those who have requested our prayers: Sandra..... Merle..... Mary..... Irene ..... Tony and Mary Jean..... Florence..... Lisa and Joe..... Marijke..... Diane..... Janelle..... Sandy..... Evelyn..... Sarah..... Terry..... Ken..... Monica..... Julie.....

Lucas..... Helen..... Cody..... Judy..... Ruth..... Jody and Michael..... David L..... Kathy..... Joy..... Melody and her family..... Pauline.....Jorges and Janine..... Michael S..... Larry..... Christena..... Elsie..... Irvin and Margaret..... Ashley..... Emily..... Zaldy..... those we hold close in our hearts and those known to you alone. We remember especially those who are facing long or incurable illnesses. In a moment of quietness we pray for them, and any we know who are in any kind of need at this time.

Your healing of people was the centre of your earthly message. May that healing continue, and we pray that they may find encouragement and peace, that their sorrow be transformed into comfort, and their loneliness into fellowship with you. Lord, in your mercy,

**Hear our prayer.**

O Father of all, we pray to you for those we love but see no longer. Grant them your peace, let light perpetual shine upon them, and in your loving wisdom and almighty power, work in them the good purpose of your perfect will. Jesus Christ is the light of the world, a light which no darkness can quench. We remember before God those who have died. You turn our darkness into light. In your light shall we see light. Lord, in your mercy,

**Hear our prayer.**

Merciful Father, accept these prayers for the sake of your Son, our Saviour, Jesus Christ.

**Amen.**

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.

**And now, as our Saviour Christ has taught us, we are bold to say,**

**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.**

### CP I Heard the Voice of Jesus Say

1 I heard the voice of Jesus say, "Come unto me and rest;  
lay down, thou weary one, lay down thy head upon my breast."  
I came to Jesus as I was, so weary, worn, and sad;  
I found in him a resting place, and he has made me glad.

2 I heard the voice of Jesus say, "Behold, I freely give  
the living water; thirsty one, stoop down and drink and live."  
I came to Jesus and I drank of that life-giving stream;  
my thirst was quenched, my soul revived, and now I live in him.

3 I heard the voice of Jesus say, "I am this dark world's light;  
look unto me, thy morn shall rise, and all thy day be bright."  
I looked to Jesus and I found in him my star, my sun;  
and in that light of life I'll walk till travelling days are done.

### The Dismissal

**Lord, you are indeed the Saviour of the world. Give us living water, that we may not thirst.**

Let us bless the Lord

**Thanks be to God.**

May the God of peace enable us to do His will in every kind of  
goodness working in us what pleases Him, through Jesus Christ,  
to whom be the glory for ever and ever. Amen.

My dear friends, be swift to love, make haste to be kind, and go in peace  
to love and serve the Lord. **Thanks be to God.**