

St. Mary's Episcopal Church Welcomes You!



The Third Sunday of Lent

March 8, 2026

8:15 – *Quiet Holy Eucharist*

10:30 AM – *Holy Eucharist with Choir*

Welcome to St. Mary's

Welcome, one and all! Whoever you are, and wherever you find yourself on the journey of faith, you are most welcome here at St. Mary's! We strive to be an LGBTQ safe space and to live out our anti-racist principles in word and deed. The sacrament of Holy Communion is open to all who seek to know God in Christ. Come to the feast!

St. Mary's Staff

The Rev. Sean Lanigan (he/him) - *Rector*
lanigan@stmarysardmore.org

Michelle Germaine (they/them) - *Minister for Children and Families*
germaine@stmarysardmore.org

Leslie Martin (she/her) - *Interim Manager of the Ardmore Food Pantry*
foodpantry@stmarysardmore.org

Francesca Phillips (she/her) - *Director of Operations & Communications*
office@stmarysardmore.org

Dr. Clair Rozier (she/her) - *Director of Music*
rozier@stmarysardmore.org

The Holy Eucharist: Rite II

A warm welcome to worship at St. Mary's this day!

Wherever you see the † in our bulletin, it is customary to stand, as you are able. Please listen to your body and remain seated as often as you need to. If you need a restroom during the service, please exit through the rear doors of the church, walk through the windowed cloister, and enter the Parish House. Bathrooms will be on your left.

Prelude

Wondrous Love

Craig Phillips

† Processional Hymn 495

(The Hymnal 1982)

"Hail, Thou Once Despised Jesus"

Aberystwith

† Salutation

Presider

Bless the Lord who forgives all our sins.

People

God's mercy endures forever.

† Penitential Order

The Presider says

Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these." *Mark 12:29-31*

If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. *1 John 1:8, 9*

Let us confess our sins against God and our neighbor.

Silence is kept

Almighty and merciful God,

we have erred and strayed from your ways.

We have followed too much

the devices and desires of our own hearts.

We have offended against your holy laws.

We have left undone those things which we ought to have done;

and we have done those things which we ought not to have done.

O Lord, have mercy upon us.
 Restore all who are penitent,
 according to your promises.
 And grant, O merciful God,
 that we may live a holy, just, and humble life
 to the glory of your name.
 Amen.

The Presider says

Almighty God have mercy on you, forgive you all your sins
 through our Lord Jesus Christ, strengthen you in all
 goodness, and by the power of the Holy Spirit keep you
 in eternal life. **Amen.**

† Trisagion/Kyrie

(8:15) *The Trisagion is repeated 3 times:*

**Holy God,
 Holy and Mighty,
 Holy Immortal One,
 Have mercy upon us.**

(10:30, S-91, *Kyrie*)

Lord, have mer - cy up - on us. Lord, have mer - cy up -
 on us. Lord, have mer - cy up - on us. Christ, have mer - cy up -
 on us. Christ, have mer - cy up - on us. Christ, have mer - cy up -
 on us. Lord, have mer - cy up - on us.
 Lord, have mer - cy up - on us. Lord, have mer - cy up - on us.

Music: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968). By permission of Oxford University Press.

† Collect of the Day

Presider The Lord be with you.
People **And also with you.**
Presider Let us pray.

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.**

(10:30 only) Children's Dismissal

We're so glad that you have brought your children to worship today! During the 10:30 service, children in grades K-8 are dismissed at this time to participate in our Children's Ministry program. Younger children are also welcome to participate, with an accompanying parent. Children will return to the church prior to Communion.

If you are new to St. Mary's, please feel welcome to accompany your child in order to meet the adults who are leading Children's Ministry today. Children are also welcome to remain in worship, and there is an area for coloring and quiet play in the rear of the church. If your child needs a break from the sanctuary, you are also welcome to take them to the Parish Hall.

The First Lesson Exodus 17:1-7

New Revised Standard Version

Lector 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 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?"

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

The psalm will be read responsively, and the congregation is asked to read the bolded text aloud.

Come, let us sing to the Holy One;
let us shout for joy to the Rock of our salvation.

**Let us come before God's presence with thanksgiving,
and raise a loud shout with psalms.**

For you, O God, are a great God;
you are great above all gods.

**In your hand are the caverns of the earth,
and the heights of the hills are yours also.**

The sea is yours, for you made it,
and your hands have molded the dry land.

**Come, let us bow down and bend the knee,
and kneel before God, our Maker,**

For you are our God,
and we are the people of your pasture and the sheep of your hand.
Oh, that today we would hearken to your voice!

**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.**

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."**

Lector A reading from the Letter of Paul to the Romans.

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.

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

People **Thanks be to God.**

† **Sequence Hymn 455**

(The Hymnal 1982)

"O Love of God, How Strong and True"

Dunedin

† **The Gospel**

John 4:5-42

New Revised Standard Version

Presider The Holy Gospel of Our Lord Jesus Christ according to John.

People **Glory to you, Lord 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 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."

Presider The Gospel of the Lord.
People **Praise to you, Lord Christ.**

The Sermon

The Rev. Dr. Barbara Abbott

After the sermon, a time of reflective silence is kept.

I believe in Almighty God,
who guided the people in exile and in exodus,
the God of Joseph in Egypt and Daniel in Babylon,
the God of foreigners and immigrants.

I believe in Jesus Christ,
a displaced Galilean,
who was born away from his people and his home,
who fled his country with his parents when his life was in danger,
and returning to his own country suffered the oppression
of the tyrant Pontius Pilate, the servant of a foreign power,
who then was persecuted, beaten, and finally tortured,
accused and condemned to death unjustly.

But on the third day, this scorned Jesus rose from the dead,
not as a foreigner but to offer us citizenship in heaven.

I believe in the Holy Spirit,
the eternal immigrant from God's kingdom among us,
who speaks all languages, lives in all countries,
and reunites all races.

I believe that the church is the secure home
for the foreigner and for all believers who constitute it,
who speak the same language and have the same purpose.

I believe that the communion of the saints begins
when we accept the diversity of the saints.

I believe in the forgiveness of sin, which makes us all equal,
and in reconciliation, which identifies us more
than does race, language, or nationality.

I believe that in the resurrection
God will unite us as one people
in which all are distinct
and all are alike at the same time.

Beyond this world, I believe in life eternal
in which no one will be an immigrant
but all will be citizens of God's kingdom,
which will never end. Amen.

Presider

O God, you are our God; eagerly we seek you, as in a barren and dry land where there is no water. Guide us with your mighty hand and outstretched arm, as we seek to become answers to one another's prayers.

Intercessor

We pray for your church throughout the world. With Christ as the rock beneath our feet and our citizenship assured in heaven, help us who bear your name to live with integrity, bringing forth fruit to nourish a hungry world.

Lord, in your mercy, **hear our prayer.**

We pray for this nation, and for all the nations of your world; wherever we are living in righteousness, strengthen us; wherever we have lost our way, guide us and make us repentant.

Lord, in your mercy, **hear our prayer.**

We pray for your world, fractured by greed, fear, and discrimination; through your Christ make us one with yourself, that we, your image bearers, would be transformed into the righteousness of God.

Lord, in your mercy, **hear our prayer.**

We pray for our family, friends, and neighbors who are laboring beneath burdens too heavy to bear: for refugees and immigrants, for those without homes or adequate employment; merciful God, help us to befriend and assist all who are in need,

Lord, in your mercy, **hear our prayer.**

We pray for all those who have asked us to pray for them, and we pray for the many cares and concerns of our hearts. (*A silence is kept, and prayers may be spoken aloud.*) Forge a way through the wilderness, O God, and be for us a river in the desert.

Lord, in your mercy, **hear our prayer.**

We pray for those who have died. (*A silence is kept, and names may be spoken aloud.*) May everything that has passed away be gathered into Christ's new creation, that all may see your goodness in the land of the living.

Lord, in your mercy, **hear our prayer.**

Presider

Gracious God, our refuge and stronghold, the God in whom we put our trust; guide your people through our Lenten wilderness, have mercy on us and answer us as we call, through Christ the Lord of all, who is generous to everyone who calls upon him. **Amen.**

† The Peace

Presider

The peace of the Lord be always with you.

People

And also with you.

Welcome & Announcements

You are most welcome here at St. Mary's! If you are new, please fill out the Contact Card on the back of the bulletin and place it in the Offering Plate. We'll add you to our e-newsletter, and Rev. Sean will reach out with a personal welcome and to answer any questions you might have about St. Mary's.

Invitation to Offering

Presider Walk in love as Christ loves us and gives himself for us,
an offering and sacrifice to God.

Offertory Anthem

Since By Man Came Death (from *Messiah*)

G. F. Handel

Since by man came death,
By man came also the resurrection of the dead.
For as in Adam all die.
Even so in Christ, shall all be made alive.

---1 Corinthians 15:21

† Doxology

All Things Are Thine

Gardiner

All things are thine; no gift have we, Lord of all

gifts, to offer thee; And hence with grateful hearts to -

day Thine own before thy feet we lay. A - men.

† Eucharistic Prayer A

Presider The Lord be with you.
People **And also with you.**
Presider Lift up your hearts.
People **We lift them to the Lord.**
Presider Let us give thanks to the Lord our God.
People **It is right to give our thanks and praise.**

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

For in these forty days you lead us into the desert of repentance that through a pilgrimage of prayer and discipline we may grow in grace and learn to be your people once again. Through fasting, prayer, and acts of service you bring us back to your generous heart. We bless you for your mercy, and so we join with saints and angels for ever praising you and singing:

(8:15)

**Holy, Holy, Holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is the one who comes in the name of the Lord.

Hosanna in the highest.

(10:30, S-114, *Sanctus*)

Ho - ly, ho - ly, ho - ly, Lord God of
Hosts: Hea - ven and earth are full of thy glo - ry. Glo -
- ry be to thee, O Lord Most High. Bless - ed is he that com - eth
— in the name of the Lord. Ho - san - na in the high - est.

Music: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968). By permission of Oxford University Press.

[the prayer continues on page 361 of the Book of Common Prayer]

...Therefore we proclaim the mystery of faith:

**Christ has died.
Christ is risen.
Christ will come again.**

[the prayer continues]

...All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. *AMEN.*

† The Lord's Prayer

The Presider says

And now, as our Savior 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,
and the power, and the glory,
for ever and ever. Amen.**

† The Fraction

The Presider breaks the bread in silence

(8:15) *Presider* Christ our Passover is sacrificed for us;
 People **Therefore let us keep the feast.**

(10:30, S-158, *Agnus Dei*)

O Lamb of God, that ta - kest a -
way the sins of the world, have mer - cy up -
on us. O Lamb of God, that
ta - kest a - way the sins of the world, have
mer - cy up - on us. O Lamb of
God, that ta - kest a - way the sins of the
world, grant us thy peace.

Music: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968). By permission of Oxford University Press.

† The Presentation and Invitation

The Presider, joined by those others distributing, raises the elements and says

Presider The gifts of God for the people of God. Whoever you are, and wherever you find
 yourself on the journey of faith, there is a place for you here, at Christ's table.

You may be seated.

Communion of the People and Healing Prayer

All are most welcome to partake in Holy Communion, including children of any age. We believe that desire to commune with God precedes understanding and that understanding grows over time. Even for those who are advanced in years and in wisdom, the mystery of the sacrament remains. If you wish to deepen your connection to this mystery and have not yet been baptized, please consider speaking with Rev. Sean about participating in that sacrament of belonging.

If you are receiving Communion, please allow the priest or deacon to drop bread into your cupped and outstretched hands. Wine or grape juice may then be consumed by sipping or by intinction (dipping): the chalice containing wine is silver and will be on your left; the goblet containing juice is crystal and will be on your right. You may switch Communion lines if you prefer to receive wine rather than juice, or vice-versa.

If you are not receiving Communion, you are still most welcome to come forward for a blessing. Simply cross your arms over your chest to communicate a desire for a blessing.

If you wish to receive healing prayer and the laying on of hands, please proceed to the side chapel after receiving Communion. You may request prayer for yourself or on behalf of others – for any reason. All prayer requests will be held in confidence by those who are offering healing prayer today

Communion Hymn 439
(The Hymnal 1982)

“What Wondrous Love is This”

Wondrous Love

† Post-Communion Prayer

Enriching Our Worship 2

**Faithful God,
in the wonder of your wisdom and love
you fed your people in the wilderness
with the bread of angels,
and you sent Jesus to be the bread of life.
We thank you for feeding us with this bread.
May it strengthen us
that by the power of the Holy Spirit
we may embody your desire
and be renewed for your service
through Jesus Christ our Savior.
Amen.**

† Blessing

Enriching Our Worship 2

May the God who goes before you
through desert places by night and by day
be your companion and guide;
may your journey be with the saints;
may the Holy Spirit be your strength,
and Christ your clothing of light;
and may the blessing of God,
Source, Son, and Spirit
be upon you this day
and remain with you always.
Amen.

† Sending Hymn 523
(The Hymnal 1982)

“Glorious Things of Thee are Spoken”

Abbot's Leigh

† Dismissal

<i>Presider</i>	Into your hands, O Lord, I commend my spirit.
<i>People</i>	For you have redeemed me, O God of truth.
<i>Presider</i>	Go in peace to love and serve the Lord.
<i>People</i>	Thanks be to God.

Postlude

Prelude in B Minor, BWV 544

J. S. Bach

The St. Mary's Prayer List

Cidney Falcone (Schofield), Jason Louden, Sara Pilling, Leo Schick,
Nathan Tullio, Ethan Vasquez, Judith Whitcomb

We pray also for our neighborhood and wider community, especially those with whom we share space and ministry: the guests and volunteers of the Ardmore Food Pantry; the families served by Family Promise of the Main Line; the children, parents, and teachers of Play & Learn.

Should there be someone you would like to have added to the published Prayer List, please email Francesca (office@stmarysardmore.org) who will send you a link to a brief form. Names will remain on the new list for two months. If you'd like someone to remain on the prayer list for longer than 2 months, you can always re-submit their name. Thank you for continuing to keep our St. Mary's community aware of those needing our prayers and support.

Introduce Yourself
Link to Contact Card



Give Online
Link to Simple Give



Serve on Sundays
Link to sign-up



Happenings at St. Mary's – Get Involved!

There's always something going on at St. Mary's, and we'd love for you to be a part of it!
From community gatherings to special events, everyone is welcome to join in.

Recurring Weekly Events

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Event</u>
Every Tuesday	5:30 PM	Zoom	Centering Prayer Group

Other Events & Activities

March 8 to 22	All Day	Upstairs Rectory	Family Promise
March 10	7 PM	Contact Bill FitzGerald	Spirituality and the State
March 14	1 PM	Church	Tyler Flynn Memorial Service
March 18	5:30 PM	Zoom	Property Committee
March 18	7 PM	Small Hall	Spiritual Reflection
March 21	2 PM	Church	Bach Birthday Festival

Kids, Youth & Families Events & Activities

Sundays	9:30 AM	Upstairs Classroom	Youth Choir
Sundays	6 PM	Upstairs Rectory	Youth Group
March 8	6 PM	Reach Climbing	Family Rock Climbing <i>Email Michelle if interested</i>
March 15	5 PM	Parish Hall Kitchen	Cook Dinner for Family Promise

Scan the QR Code to read Tidings and learn more about these activities!



Have an idea? Planning something? Need to get it on the calendar?
Reach out to Francesca at office@stmarysardmore.org.

We're so glad you're here! Thank you for joining us at St. Mary's today. We know it can be intimidating to walk into a new place where most people seem to already know what's going on. Many of us have been in your shoes, and we'd love to help you connect here. We have come to St. Mary's from a wide variety of religious and non-religious traditions. We've stayed because we want to be part of a community of shared values – of shared hopes and dreams for being human together on this fragile Earth – and because we've found deep meaning in the life, death, and resurrection of Jesus.

HELLO

WELCOME

St. Mary's is a church with a special history of caring for one another and for our neighbors. Founded in 1883 to serve the mill workers of Ardmore, some wealthier neighbors joined the parish, too. Later in our history, St. Mary's was on the vanguard of explicitly welcoming LGBTQ+ people. We seek to grow continually in our inclusivity and diversity, desiring particularly to become a community ever more deeply committed to anti-racist thought and action. Children are very welcome in every aspect of our life together as full and valued members – fussy babies and talkative toddlers included.

St. Mary's is also a church that strives to walk its talk. We founded, fund, and operate the Ardmore Food Pantry. We regularly provide housing for families – in partnership with Family Promise of the Main Line – as they seek stable, secure permanent housing. We also care deeply about welcoming immigrants and refugees, working against gun violence, and ensuring equal access to quality education. **We hope you'll continue to join us in our work and worship!**

Newcomer Contact Card – We Look Forward to Getting to Know You!

Your Name(s)

Your Email Address(es)

Your Phone Number(s)

Your Home Address

Questions, Comments, and/or Doodles?

Would you like to subscribe to our weekly e-newsletter? Yes No

Please Place in the Offering Plate or Give Directly to the Priest or Deacon