

Third Sunday in Lent

Holy Eucharist Rite Two



“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, give me this water.’”

March 8, 2026 ~ 10:30 AM

Trinity Episcopal Church

310 E. Noble Ave., Guthrie, OK

(Daylight Saving Time Begins: 2 a.m. Sunday. Don't forget to “Spring Ahead” your clocks Saturday night (March 7th) before going to bed.)

LIGHTING OF THE ALTAR CANDLES

(Holy Silence: At this moment, you are invited to be thoughtful, silent, and reverent.)

PRELUDE

LINDA TRAMMELL

WELCOME & ANNOUNCEMENTS

THE WORD OF GOD

OPENING ACCLAMATION

BCP 355

(At the sound of the bell, please stand if able, turn, and face the Baptismal Font.)

Celebrant Bless the Lord who forgives all our sins.

People His mercy endures forever.

Celebrant Jesus said, “The first commandment is this: Hear, O Israel: The Lord our 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 other commandment greater than these. (Mark 12:29-31)

SILENT PROCESSION

(The congregation is invited to follow the Ministers of the Liturgy to the front, deposit your “confession stones” into the Lenten basket, and then return to your seat.)

Celebrant If we say 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)*

THE KYRIE

HYMN S-91

(Please kneel or stand, if able.)

**Lord, have mercy upon us. Lord, have mercy upon us. Lord, have mercy upon us.
Christ, have mercy upon us. Christ, have mercy upon us. Christ, have mercy upon us.
Lord, have mercy upon us. Lord, have mercy upon us. Christ, have mercy upon us**

Celebrant Let us confess our sins against God and our neighbor.

(Silence may be kept.)

All 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 neighbors 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.

(The Priest stands and 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.

THE COLLECT OF THE DAY

Celebrant The Lord be with you.

People And also with you.

Celebrant Let us pray.

Celebrant: 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.**

CHILDREN'S MOMENT

DIANE FOSMIRE

Children are invited to come forward for a brief scripture reflection.

FIRST READING:

(The people sit.)

Exodus 17:1-7

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 The Word of the Lord.

People **Thanks be to God.**

THE PSALM

Psalm 95

Lector The psalm is read responsively by half verse.

- 1 Come, let us sing to the LORD; *
let us shout for joy to the Rock of our salvation.
- 2 Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.
- 3 For the LORD is a great God, *
and a great King above all gods.
- 4 In his hand are the caverns of the earth, *
and the heights of the hills are his also.
- 5 The sea is his, for he made it, *
and his hands have molded the dry land.
- 6 Come, let us bow down, and bend the knee, *
and kneel before the LORD our Maker.
- 7 For he is our God,
and we are the people of his pasture and the sheep of his hand. *
Oh, that today you would hearken to his voice!

8 Harden not your hearts,
as your forebears did in the wilderness, *
**at Meribah, and on that day at Massah,
when they tempted me.**

9 They put me to the test, *
though they had seen my works.

10 Forty years long I detested that generation and said, *
**"This people are wayward in their hearts;
they do not know my ways."**

11 So I swore in my wrath, *
"They shall not enter into my rest."

SECOND READING:

Romans: 5:1-11

(The people sit.)

Lector A reading from St. Paul's letter 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 The Word of the Lord.

People **Thanks be to God.**

SEQUENCE HYMN

HYMN 658

*"As Longs the Deer for Cooling Streams"
(verse 1-2 before Gospel; verses 3-4 after Gospel)*

(All stand if able, turn, and face the Gospel)

Deacon 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."

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

THE SERMON

THE REV. ROBBY TRAMMELL

(Silence may follow.)

THE NICENE CREED

BCP 358

(All stand, if able.)

**All: We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,**

begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.

For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.
We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

THE PRAYERS OF THE PEOPLE

FORM I, BCP 383

Celebrant With all our heart and with all our mind, let us pray to the Lord, saying, “Lord, have mercy.”

Reader For the peace from above, for the loving kindness of God, and for the salvation of our souls, let us pray to the Lord.

People **Lord, have mercy.**

Reader For the peace of the world, for the welfare of the holy Church of God, and for the unity of all peoples, let us pray to the Lord.

People **Lord, have mercy.**

Reader For Sean, our Presiding Bishop; Poulson, our bishop; Rocio, our deacon; Diane, our diaconal intern, and Robby, our priest, let us pray to the Lord.

People **Lord, have mercy.**

Reader For our President, for the leaders of the nations, and for all in authority, let us pray to the Lord.

People Lord, have mercy.

Reader For this City of Guthrie, for every city and community, and for those who live in them, let us pray to the Lord.

People Lord, have mercy.

Reader For this congregation and on the Diocesan cycle of prayer: St. John's, Norman; St. Anselm Canterbury – OU campus ministry; The Episcopal Church in Jerusalem & The Middle East, let us pray to the Lord.

People Lord, have mercy.

Reader For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.

People Lord, have mercy.

Reader For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord.

People Lord, have mercy.

Reader For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.

People Lord, have mercy.

Reader For all who have died in the hope of the resurrection, (especially) and for all the departed, let us pray to the Lord.

People Lord, have mercy.

Reader For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.

People Lord, have mercy.

Reader For the absolution and remission of our sins and offenses, let us pray to the Lord.

People Lord, have mercy.

Reader For those on our church prayer list: Jeanie, Mthr. Lynn, Melanie, Luann, Rick, Crickett, John, Ann, Amanda, Josh, Parker, Shelby, Maxine, Howard, Susan, Kathy, Claire, Louise, Hope House and Harbor Home, let us pray to the Lord.

People Lord, have mercy.

Celebrant Almighty and eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord.
Amen.

THE PEACE

BCP 360

(All stand.)

Celebrant The peace of the Lord be always with you.

People **And also with you.**

(Then the Ministers and the People may greet one another in the name of the Lord.)

SPECIAL PRAYERS: BIRTHDAYS, ANNIVERSARIES, OTHER PETITIONS

All: O God, our days are in your hand: Look with favor, we pray, on those who begin another year. Grant that your wisdom, grace, love, and strength may continue to be with them all the days of their lives, through Jesus Christ our Lord. Amen.

THE OFFERTORY

Celebrant "Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God. *(Ephesians 5:2)*

OFFERTORY HYMN

HYMN 150

"Forty Days and Forty Nights"

PRESENTATION HYMN

HYMN 380

Perry Gleeson, recorder

(verse 3)

Praise God, from whom all blessings flow; Praise Him, all creatures here below, Praise Him above, ye heav'nly host, Praise Father, Son, and Holy Ghost. Amen.

THE HOLY COMMUNION

THE GREAT THANKSGIVING

EUCHARISTIC PRAYER C, BCP 369

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Lift up your hearts.

People **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.

People **It is right to give him thanks and praise.**

Celebrant God of all power, Ruler of the Universe, you are worthy of glory and praise.
People **Glory to you for ever and ever.**

Celebrant At your command all things came to be: the vast expanse of interstellar space,
People galaxies, suns, the planets in their courses, and this fragile earth, our island home.
By your will they were created and have their being.

Celebrant From the primal elements you brought forth the human race, and blessed us with
People memory, reason, and skill. You made us the rulers of creation. But we turned
 against you, and betrayed your trust; and we turned against one another.
Have mercy, Lord, for we are sinners in your sight.

Celebrant Again and again, you called us to return. Through prophets and sages you revealed
People your righteous Law. And in the fullness of time you sent your only Son, born of a
 woman, to fulfill your Law, to open for us the way of freedom and peace.
By his blood, he reconciled us.
By his wounds, we are healed.

Celebrant And therefore we praise you, joining with the heavenly chorus, with prophets,
 apostles, and martyrs, and with all those in every generation who have looked to
 you in hope, to proclaim with them your glory, in their unending hymn:

SANCTUS AND BENEDICTUS

HYMN S-129

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.

(The people stand or kneel. Then the Celebrant continues)

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord. On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." After supper, he took the cup of wine, gave thanks, and said, "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. Whenever you drink it, do this for the remembrance of me." Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

All **We celebrate his death and resurrection,
as we await the day of his coming.**

Lord God of our Fathers: God of Abraham, Isaac, and Jacob; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

All **Risen Lord, be known to us in the breaking of the Bread.**

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. *AMEN.*

Celebrant And now, as our Savior Christ has taught us, we are bold to say,

All: **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 BREAKING OF THE BREAD

Celebrant Christ our Passover is sacrificed for us;

People **Therefore, let us keep the feast.**

AGNUS DEI

HYMN S-158

**O Lamb of God, that takest away the sin of the world, have mercy upon us.
O Lamb of God, that takest away the sin of the world, have mercy upon us.
O Lamb of God, that takest away the sin of the world, grant us thy peace.**

Celebrant The Gifts of God for the People of God

COMMUNION DISTRIBUTION

All baptized, regardless of denomination, are welcome to receive wine and bread from the Lord's table at the altar rail or the standing station near the pulpit.

(Cross your arms over your chest if you prefer to receive only a blessing. Gluten-free bread is available for those who request it. Please let an usher know if you need communion brought to where you are seated.)

PRAYER CANDLE LIGHTING

After receiving communion, the congregation is invited to say a silent prayer of need or thanksgiving while lighting a candle and then placing it in the sand container at the front.

COMMUNION MUSIC

HYMN 343

"Shepherd of Souls, Refresh and Bless"

POST-COMMUNION PRAYER

BCP 366

Celebrant Let us pray.

All: Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

A SOLEMN PRAYER OVER THE PEOPLE

Deacon Bow down before the Lord.

Celebrant Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore, through Jesus Christ our Lord. ***Amen.***

CLOSING HYMN

HYMN 690

"Guide Me, O Thou Great Jehovah"

DISMISSAL

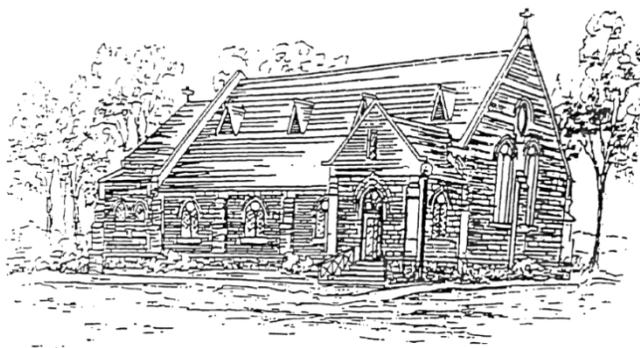
Deacon Let us bless the Lord.
People Thanks be to God.

(Everyone invited into Brooke Hall for food and fellowship!)

SERVING THIS SUNDAY ~ MARCH 8

<i>Celebrant & Preacher</i>	<i>The Rev. Robby Trammell</i>
<i>Deacon</i>	<i>The Rev. Rocio Lopez</i>
<i>Diaconal Intern</i>	<i>Diane Fosmire</i>
<i>Lectors</i>	<i>Harley Campbell, Joe Tripodi, & Linda Pruitt</i>
<i>Altar Guild</i>	<i>Terri Burks</i>
<i>Organist & Music Director</i>	<i>Brenda McCormack</i>
<i>Acolytes</i>	<i>Asher Dahl</i>
<i>Chalice Bearers</i>	<i>Mona Jones, Diane Fosmire, & Linda Pruitt</i>
<i>Ushers</i>	<i>Jody Noerdlinger & Joe Tripodi</i>
<i>BC Committee</i>	<i>Michael McCormack</i>
<i>Counters</i>	<i>Michael McCormack & Jody Noerdlinger</i>
<i>Potluck</i>	<i>Trinity Congregation</i>

Celebrating 137 years of Ministry 1889-2026



SERVING NEXT SUNDAY ~ MARCH 15

<i>Celebrant & Preacher</i>	<i>The Rev. Robby Trammell</i>
<i>Deacon</i>	<i>The Rev. Rocio Lopez</i>
<i>Lectors</i>	<i>Joe Tripodi,, Lacy Dahl, & Linda Pruitt</i>
<i>Altar Guild</i>	<i>Terri Burks</i>
<i>Organist & Music Director</i>	<i>Brenda McCormack</i>
<i>Acolytes</i>	<i>Michael McCormack</i>
<i>Chalice Bearers</i>	<i>Pam Alltizer, Linda Pruitt, & Michael McCormack</i>
<i>Ushers</i>	<i>Joe Tripodi & Terry Runnels</i>
<i>BC Committee</i>	<i>Linda Pruitt</i>
<i>Counters</i>	<i>Buck Adams & Mona Jones</i>
<i>Coffee, Food, & Conversation</i>	<i>Holy Hospitality Ministry</i>



TRINITY EPISCOPAL CHURCH
GUTHRIE, OK

TO MAKE AN ELECTRONIC DONATION:



“Seeing God in all people”



Trinity Service Times:

9:30 a.m. ~ Children Sunday School & Adult Forum

10:30 a.m. ~ Sunday Holy Eucharist

12 noon ~ Wednesday Holy Eucharist

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