

The 3rd Sunday In Lent

March 8, 2026

10:00 AM – Holy Eucharist, Rite II

Before the service, speak to the Lord. (BCP Page 833)

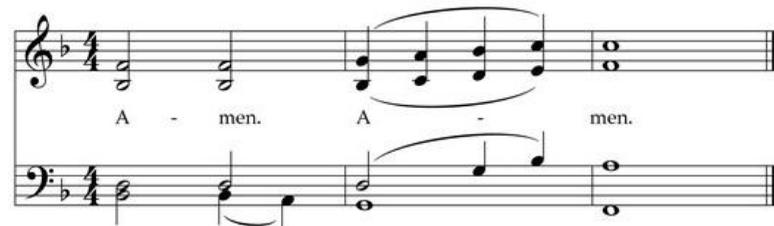
During the service, let the Lord speak to you. After the service, speak to one another.

The Word of God

Voluntary: Air Tendre	Lully
The Processional Hymn #686 – Come Thou Fount Of Every Blessing	Nettleton
Penitential Order, Rite II	Book of Common Prayer Page 351
The Decalogue	Page 350
The Confession & Absolution	Page 352
The Kyrie, S96	Page 356
The Collect for the Day	Page 218
The First Lesson: Exodus 17:1-7	
Psalm 95	Page 724
The Second Lesson: Romans 5:1-11	
Sequence Hymn #691 – My Faith Looks Up To Thee	Olivet
The Gospel: John 4:5-42	
The Sermon	The Rev. Gini DiStanislao
The Nicene Creed	Page 358
The Prayers of the People – Form III	Page 387
The Peace	Page 360
Announcements	

The Great Thanksgiving

Offertory Sentence	
Anthem: Jesu Meine Freude	J. S. Bach
Presentation of Offerings	
The Doxology – Hymn #43 vs. 4	
Our Fathers' God, To Thee – Hymn #717 vs. 4	America
Eucharistic Prayer C	Page 369
The Sanctus: Holy, Holy, Holy, S130	
The Amen	Dresden



The Lord's Prayer	Page 364
The Fraction Anthem: Jesus, Lamb of God, S164	Schubert
The Invitation	
Communion Hymn #343 – Shepherd Of Souls	St. Agnes
#649 – O Jesus, Joy Of Loving Hearts	Dickinson College
Post Communion Prayer	Page 365
The Blessing	
Closing Hymn #685 – Rock Of Ages	Toplady
The Dismissal	
Postlude: A Musical Clock: Minuet	Haydn

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We welcome all family and friends and invite you to join us in Denny Hall after the service for a time of fellowship.

- OFFICIANT** – The Rev. Gini DiStanislao
- LAY READERS** – David Martin & Nancy Nagel
- ACOLYTE** – Liam Harris
- ALTAR GUILD** – Leslie Eckmann, Lea Emory, Sharon LaLiberte, Lynn Novak, Missy Rakes, Becky Vestal
- GREETER** – Valerie Riviere
- CHOIR DIRECTOR/ORGANIST** – Rita Busse Gulliksen
- TELLER** – David Martin
- COFFEE HOUR** – in Denny Hall
- NURSERY** – Jenny Karluk
- USHER** – Mandy & Ian Edwards
- VIDEO STREAMING** – Brent Deekens

When you pray, please remember the following church members:

Susan Seaver, Sue Parsons, Nancy Dawson, Janet Showalter, Lucy & John Goode, Jay Fiedler, Larry Rock, Les Fillgrove, Annette Sherman, Nancy & Connie Aasen, Kathleen Willey, Angela Park, John Mills, Lou Suthard, Ronnie Rice, Janet Darby, Rhett duPont, Trey Harrington, Carol Timmons, Katie Cole, Bob Phillipson, Leah & David Thomas and Dennis LaLiberte.

When you pray, please remember the following family & friends:

Graham Lighthiser, Grady Hebert, Dennis McArdle, Katie McFadden, Scott Kirby, Carol Perenzin, Dawn McAnanaey, Barry Akers, Brent Hodges, Ed Mulreany, Karl Grotos, Christy Darlington, Connie Rosenbaum, Barbara Anderson, Ann Smith, Mary Ann Harlan, Wesley Ball, Lou Roeder, Dave Woods, George Holmes, Telly Noble, Wyatt Nickle, John DiFiglo, Doug Barnes, Rita Gilpin, Connie Smiley, Dee Dee Mitchell, Timmy Akers, Aaron Spicer, Chip Isbell, Glenn Webster, Martey Longmire, Caren Fields, Bob McCall, Bill Jines, Joelle Cosby, Sandra Barkey, Melissa Esmee Fields, Thomas Murrell, Dennis & Blair Nickle, Penny & Jeff Strack, Suzanne Silek, Robert Keep, RJ Redstrom, Ron Hodges, Elaine Jones, Jim Dawson, Terry Royal, Phillip, Dale Custer, Becky Sido, Jan Sierk, Kjerstin Johnson, Bobby Perkins, Charlie Chitwood, Tom Green, Jerry Lowe, Sue Bland and Emmet Nelson.

Happy Birthday to the following:

Will Horgan	3/9	Nancy Nagel	3/13
David Rich	3/12	Janet Showalter	3/14
Mae Butrico	3/12		

Announcements

- ❖ **Sunday Morning Children's Time at 9:45 AM:** The children will meet in Denny Hall.
- ❖ Vestry Meeting **today** following fellowship time.
- ❖ **Zoom Bible Study: Tuesdays at 9:30 AM.** Join Zoom meeting:
<https://zoom.us/j/97704697365?pwd=TkhIMUtQbXhVMS9TeHVQazl5L0piZz09;>
Meeting ID: 977 0469 7365; Password: 371567.
- ❖ **Men's Bible Study: Wednesdays at 9:15 AM.** Please join us for coffee, doughnuts and lively conversation. Each week we will look at the lectionary readings for the following Sunday. This study is for all levels of learners. We hope that you will join us.
- ❖ **Ladies' Lunch Out: Wednesday, March 11, at 11:30 AM** at Lola's Farmhouse, 1840 Manakin Road, Manakin Sabot. Please contact Beverley Whitley at beverlyrwhitley@gmail.com or 804-499-0886 if you plan to attend.
- ❖ **Lenten Dinner and Program: Wednesday, March 11, at 5:30 PM. Potluck supper.**
- ❖ **Men of the Church breakfast meeting, Saturday, March 14, at 8 AM:** The speaker will be Mr. Fundador Torres, of Good Samaritan Ministries, an organization that Manakin Church donates to annually. Mr. Torres will present "The Good Samaritan Inn," which is the message from Luke 10:25-35. Please bring a friend and come out for the fellowship, the presentation, and of course the great breakfast!

- ❖ **Communications Committee Meeting: Sunday, March 15,** following fellowship time. We will meet in the parlor.
- ❖ **Youth Group: Sunday, March 15, at noon.** We will be having our favorite donuts, playing some games and making Easter gifts and cards to send to our parishioners who are unable to attend church on Sundays.
- ❖ **Easter Lilies:** The Altar Guild appreciates your donations to their flower fund so that they may purchase Easter lilies. The price per plant is \$15. Please make your check payable to Manakin Episcopal Church and write "Easter Lily" in the memo section. Please place your check in the envelope with your order form. Order forms and envelopes are on the table under the bulletin board in Denny Hall. If you are unable to come to church, you may call the church office to place your order. **The deadline for orders is Sunday, March 22.**
- ❖ **Family Forum: Sunday, March 22, at 9 AM in the Nave of the Church.** Gunnar Kohlbeck will be present to share how our sound system works with those who have hearing aids. He will show you how to set up your phone to connect to the system for a better listening experience during our services.
- ❖ **Manakin Book Club** will meet **IN PERSON** in the church parlor on **Tuesday, March 24, at 5 PM** to discuss The Wedding People by Alison Espach. According to online information, this is "a 2024 novel about a woman, Phoebe, who arrives at a Newport, RI wedding alone and is mistaken for a guest, leading to an unexpected and transformative weekend where she connects with the bride and confronts her own grief and life choices." All readers are welcome! Contact Terry Hood with any questions. 804-418-9372 or thhood@hotmail.com. Hope to see you there!
- ❖ **Food Donations:** We continue to accept donations for the Powhatan Food Pantry. The collection bins are at the Denny Hall entrance. They appreciate all donations of nonperishable food items. **Current needs are: cream of mushroom soup, Corned beef hash, canned pineapple, canned greens, butter beans and Lima beans.** If anyone has paper bags from grocery shopping, please add them to the bin. We would also appreciate help getting the donations to the food bank during these times: Monday and Friday -10 AM – Noon, Wednesday, 5 PM – 7 PM and the second and fourth Saturdays from 10 AM – Noon. Please send Mary Kay an email at marykatherinegates@gmail.com if you can help.
- ❖ **Backpacks Of Love:** We will be helping Backpacks of Love by collecting snacks such as fruit cups, applesauce cups, Go Go squeeze applesauce, snack crackers packets and proteins (pop-top cans of beefaroni/ravioli are especially welcome). Please place these items in the marked bin in Denny Hall. **Join us on the 1st & 3rd Fridays of the month.** You can meet us at Manakin at **9 AM** or at the site at **9:30 AM**, 3035 Lower Hill Road, Powhatan. If you have any questions, contact Penny Sawyer at 804-794-5609.

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- ❖ **Powhatan Animal Shelter** gladly accepts donations of dog food wet/dry Pedigree or Purina Adult (“Kongs”), treats, medium collars, harnesses, leashes and peanut butter. Please put these items in the marked bin in Denny Hall. You can also support them with a monetary donation to their medical fund at Claws and Paws by phone at 804-598-8030 or send your donation to Claws and Paws with the note “Powhatan Animal Control Medical Fund” to 4313 Anderson Highway, Powhatan, VA 23139. Thank you!
- ❖ **Plastic Bag Recycle Program:** We have joined The Salisbury Garden Club to collect plastic bags now through November 2026 or until our goal is met. Our goal is to collect 1,000 pounds of plastic! Drop off at church can be in the bin located in room number 5 in Denny Hall. Any questions? Please contact Jean Hillsman at jmhillsman56@gmail.com. Thank you for your help in reducing trash and protecting our environment while we gain another beautiful new bench for an organization in need. **What can be recycled?** Grocery bags, shipping envelopes, bread bags, Ziploc and other reclosable food storage bags, bubble wrap, cereal bags, dry cleaning bags, case overwrap (such as paper towels and toilet paper), newspaper sleeves, produce bags, ice bags. **No plastic bottles please.**

WEDNESDAYS IN LENT

Each Wednesday during Lent we will offer Morning Prayer in the Nave at 8:45 AM.



Last year we had such great success with watching C. S. Lewis’ The Chronicles of Narnia - The Lion, the Witch and the Wardrobe that we decided to continue with that momentum. This year our movie will be a continuance with The Chronicles of Narnia – Prince Caspian (Rated PG). We will watch segments of this movie each week and discuss the Christian themes. This is a great movie for all ages!

March 11 – Lenten Supper and Movie - Potluck – bring a dish to share

March 18 – Lenten Supper and Movie - Dinner will be provided

March 25 – Lenten Supper and Movie - Potluck – bring and dish to share

The Collect

Contemporary

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.*

Traditional

Almighty God, who seest that we have no power of 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 liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. *Amen.*

Old Testament: Exodus 17:1-7

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?”

The Psalm

Psalm 95

Venite, exultemus

- 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."

The Epistle: Romans 5:1-11

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.

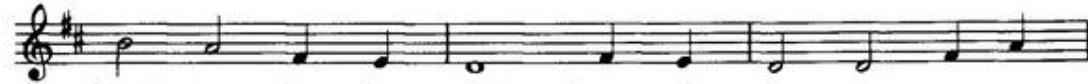
The Gospel: John 4:5-42

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."

Processional Hymn #686 – Come Thou Found Of Every Blessings



1 Come, thou fount of every blessing, tune my
 2 Here I find my greatest treasure; hith-er,
 3 Oh, to grace how great a debt-or dai-ly



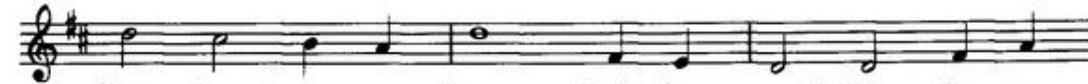
heart to sing thy grace! Streams of mer-cy nev-er
 by thy help, I've come; and I hope, by thy good
 I'm con-strained to be! Let thy good-ness, like a



ceas-ing, call for songs of loud-est praise.
 plea-sure, safe-ly to ar-rive at home.
 fet-ter, bind my wan-dering heart to thee:



Teach me some me-lo-dious son-net, sung by
 Je-sus sought me when a stran-ger wan-dering
 prone to wan-der, Lord, I feel it, prone to



flam-ing tongues a-bove. Praise the mount! Oh, fix me
 from the fold of God; he, to res-cue me from
 leave the God I love; here's my heart, oh, take and

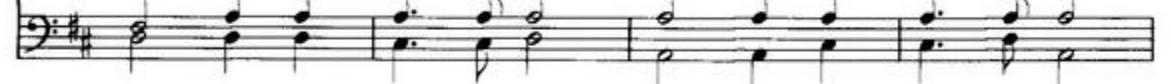


on it, mount of God's un-chang-ing love.
 dan-ger, in-ter-posed his pre-cious blood.
 seal it, seal it for thy courts a-bove.

Sequence Hymn #691 – My Faith Looks Up To Thee



1 My faith looks up to thee, thou Lamb of Cal-va-ry,
 2 May thy rich grace im-part strength to my faint-ing heart,
 3 While life's dark maze I tread, and griefs a-round me spread,



Sa-vior di-vine! Now hear me while I pray, take all my
 my zeal in-spire; as thou hast died for me, O may my
 be thou my guide; bid dark-ness turn to day; wipe sor-row's



guilt a-way; O let me from this day be whol-ly thine.
 love to thee pure, warm, and change-less be, a liv-ing fire.
 tears a-way, nor let me ev-er stray from thee a-side.



Communion Hymn #343 – Shepherd Of Souls

1 Shep - herd of souls, re - fresh and bless thy cho - sen
 2 We would not live by bread a - lone, but by thy
 3 Be known to us in break - ing bread, and do not
 4 Lord, sup with us in love di - vine thy Bo - dy

pil - grim flock with man - na in the
 word of grace, in strength of which we
 then de - part; Sa - vior, a - bide with
 and thy Blood, that liv - ing bread, that

wil - der - ness, with wa - ter from the rock.
 trav - el on to our a - bid - ing - place.
 us, and spread thy ta - ble in our heart.
 heaven - ly wine, be our im - mor - tal food.

Communion Hymn #649 – O Jesus, Joy O Loving Hearts

1 O Je - sus, joy of lov - ing hearts, the fount of
 2 We taste in you our liv - ing bread, and long to
 3 For you our rest - less spi - rits yearn wher - e'er our
 4 O Je - sus, ev - er with us stay; make all our

life and our true light, we seek the peace your love im -
 feast up - on you still; we drink of you, the foun - tain -
 chang - ing lot is cast; glad, when your pres - ence we dis -
 mo - ments calm and bright; oh, chase the night of sin a -

parts, and stand re - joic - ing in your sight.
 head, our thirst - ing souls to quench and fill.
 cern, blest, when our faith can hold you fast.
 way, shed o'er the world your ho - ly light.

Closing Hymn #649 – Rock Of Ages

1 Rock of a - ges, cleft for me, let me hide my - self in thee;
2 Should my tears for ev - er flow, should my zeal no lan - guor know,
3 While I draw this fleet-ing breath, when mine eye - lids close in death,

let the wa - ter and the blood from thy wound - ed side that flowed,
all for sin could not a - tone: thou must save, and thou a - lone;
when I rise to worlds un - known and be - hold thee on thy throne,

be of sin the dou-ble cure, cleanse me from its guilt and power.
in my hand no price I bring, sim - ply to thy cross I cling.
Rock of a - ges, cleft for me, let me hide my - self in thee.