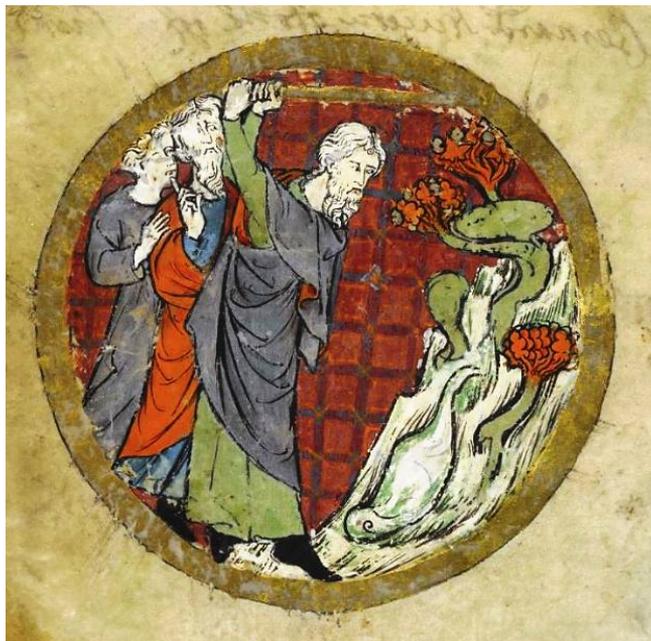


The Third Sunday in Lent

8 March 2026



Choral Holy Eucharist : Rite II

10:00 am

Grace Episcopal Church

385 Essex Street • Salem • Massachusetts 01970

(978) 744-2796

Email: office@gracechurchsalem.org Web: www.gracechurchsalem.org

Welcome!

Welcome to those of you here. Here's some information:

Most Sundays, we have Church School at 10:00 am with trained teachers. The classroom is located through the door at the front right of the chapel and down the hall; please ask if you need help finding it. The children will join us in church at the Peace and for Communion. All baptized children of any age are welcome to receive Communion.

Please join in the singing! Hymnals are in the pew and the numbers are listed in the leaflet. "S" numbered hymns are found in the front of the *Hymnal 1982*. The *Book of Common Prayer* may also be found in the rack in front of you.

This is a self-supporting congregation, so when the plate is passed in the middle of the service, please be generous. Today's collection will support our ministries to the community.

At the Eucharist, God welcomes all to the heavenly banquet.

The Episcopal Church offers the sacraments to anyone baptized in any denomination who, through prayer and thoughtful consideration, desires them. Please come to the communion rail to receive the bread whether you are an Episcopalian or not, or to receive a blessing.

When coming to the rail for Communion, please kneel or stand at the rail from right to left until the rail is full. You may receive the wafer, receive the wine after consuming the wafer (no intinction) or may ask for a blessing. Please let the priest know if you need a gluten free wafer.

If this is your first time here, please sign the book at the entrance of the church. If you want more information, our website is www.gracechurchsaalem.org. Our weekly newsletter, called Grace Notes, can be found there. If you wish to receive the newsletter, simply go to the website, open Grace Notes and subscribe.

May we all find the service meaningful and the embrace of the community inviting. It is a joy to worship together, wherever we are on our journey.

Choral Holy Eucharist: Rite II

10:00 AM

The Opening Rite

Prelude

Air from Orchestral Suite No. 3

Johann Sebastian Bach

Opening Hymn

I, the Lord of sea and sky

WLP, #812

Here I Am, Lord

A Penitential Order

The Book of Common Prayer, page 351

Kyrie

Lord, have mercy upon us

The Hymnal 1982, S91

Healey Willan

The Collect of the Day

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.**

The Word of God

The Lessons *(The people sit)*

The First Lesson

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?”

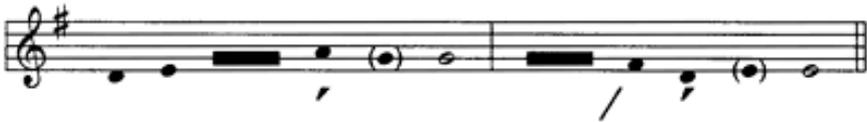
Lector The Word of the Lord.

People Thanks be to God.

Psalm 95

Venite, exultemus

Tone II.1



- 1 *Come, let us sing to the LÓRD; **
let us shout for joy to the Rock of our / salvátion.
- 2 Let us come before his presence with thanksgíving *
and raise a loud shout / to him with psalms.
- 3 For the LORD is a gréat God, *
and a great King a/bove áll gods.
- 4 In his hand are the caverns of the éarth, *
and the heights of the hills are / his álso.
- 5 The sea is his, for he máde it, *
and his hands have molded / the drý land.
- 6 Come, let us bow down, and bénd the knee, *
and kneel before the LORD / our MÁker.
- 7 For he is our God,
and we are the people of his pasture and the sheep of his hánd. *
Oh, that today you would hear/ken tó his voice!
- 8 Harden not your hearts,
as your forebears did in the wílderness, *
at Meribah, and on that day at Massah,
when / they témped me.

9 They put me to the t^est, *
though they / had s^een my works.

10 Forty years long I detested that generation and s^aid, *
"This people are wayward in their hearts;
they do / not kn^ow my ways."

11 So I swore in my wr^ath, *
"They shall not enter / int^o 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.

Lector The Word of the Lord.

People Thanks be to God.

The Sequence Hymn

I heard the voice of Jesus say

The Hymnal 1982, #692

The Third Tune

The Gospel

John 4:5-32

Gospeller 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.”

Gospeller The Gospel of the Lord.

People Praise to you, Lord Christ.

The Sermon

The Reverend Sarah A. Conner

The Nicene Creed

The Book of Common Prayer, page 358

The Prayers of the People: Form II

BCP, page 385

The Peace

Welcome and Announcements

The Holy Communion

The Offertory Anthem

Richard Farrant

Hide not thou thy face

*Hide not thou thy face from us, O Lord,
and cast not off thy servant in thy displeasure;
for we confess our sins unto thee
and hide not our unrighteousness.
For thy mercy's sake,
deliver us from all our sins.*

The Hymn at the Presentation

The Hymnal 1982, #470

There's a wideness in God's mercy

Beecher

The Great Thanksgiving: Eucharistic Prayer A

BCP, page 361

Sanctus

Holy, holy, holy

The Hymnal 1982, S124

New Plainsong

The Lord's Prayer

BCP, page 364

The Fraction Anthem

O Lamb of God

The Hymnal 1982, S159

Missa Marialis

Communion

All present are invited to reverently receive the Holy Sacrament

Hymn at Communion

O Lord, hear my prayer

WLP, #827

Berthier

Postcommunion Prayer

BCP, page 365

Postcommunion Hymn

Lord, dismiss us with thy blessing

The Hymnal 1982, #344

Sicilian Mariners

Blessing and Dismissal

Postlude

Vater unser im Himmelreich

Johann Sebastian Bach

— Worship Leaders —

The Reverend Sarah A. Conner

Presider and Preacher

Joanne Moar

Verger

Gavin Watson-Bertrand

Acolyte

Maureen Bingham

Lector

Lisa Duffy

Chalicer

Peggy Carter and Jim Duffy

Ushers

Our Prayers are offered for

Mary Brown, Robert Borden, Linda Abbene, Deven Manthorne, Margarette Connor, Chuck Manck, Barbara Dwyer, Lilyann, John Gilbo, Vance Gilbert, Reny Sparapani, Laurel, Gary Young, Amy, Paul, Heather and Prescott, Ariana, Sheridan, Javy, Faith Aroko and Family, Jesse Hurst and Family, Maureen Joyce, Arthur, Deb Young, Cindy Rhodes, Ron, Allison Mascolo, Melissa Glassman, Max Joyce, Marc Britt, those battling cancer, Mel, Corey MacNeil, Dianne, Jenny, Loretta and Kris, Priscilla Lemons, Deb Papps, Derek Fuller and Family, for the peaceful repose of the soul of Smadar and all victims of war the Episcopal Diocese of Jerusalem and their ministries; the Boys and Girls Club of Greater Salem, the Salem Public Schools and for an end to racism, war, anti-Semitism, Islamophobia, gun violence and oppression. In thanksgiving, we pray for the ministry of The Reverend Debbie Phillips and her husband, Eric Wagner, this community of faith, for God's grace and forgiveness, for those with the courage to stand up to tyranny, for creation, for the diversity of people, and for all the blessings of this life.

If you have additions or deletions to the prayer list, please email prayerlist@gracechurchsalem.org by Tuesday at noon for publication in that week's e-news. The Parish Prayer List is read aloud each Wednesday at Morning Prayer.

Permissions for livestreaming

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***By the end of epiphany our
true love gives to thee,***

200

Band-aids

25

Packages of wipes

60

Bars of Soap

24

Dental floss

53

Toothbrushes

15

Winter hats

47

Chapsticks

12

Deodorants

40

**Tubes of
toothpaste**

3

Pairs of gloves

29

Pairs of socks

**And over 100 individual
servings of food!**

The church school would like to thank all who helped gather the listed necessities along with tissues, shaving items, feminine products, hand cream, and ponchos. All items have been given to our neighbors at lifebridge as our expression of love, and were received with gratitude and grace.



**Faithfully,
Melissa Barnes**



Knitting News

Red Hats: Some Episcopalians are knitting or crocheting red hats in opposition to the aggressive actions of federal agents in Minnesota. For more information, visit this web address:

<https://episcopalnewsservice.org/2026/02/06/episcopalians-among-knitters-crocheters-making-melt-the-ice-red-hats/>.

Also, here is a link to the pattern.

<https://www.ravelry.com/patterns/library/melt-the-ice-hat>.

If you are interested in your own red hat and don't know how to knit, join the knitting group on **Tuesday evenings (7 – 8:30 PM)**. Among other forms of knitting, we teach loom knitting which can be learned in a single evening or two. If you let us know in advance, we will be sure to have the necessary supplies.

If you are eager for a red hat but can't come on Tuesday evenings, there are some extra hats in the back of the church. There is no charge, but we ask that you consider a donation to the Diocese's Immigrant Legal Emergency Fund. <https://www.diomass.org/give-now>. If there are no hats left, speak to a member of the Knitting Group.

~ Peggy Carter

UPCOMING Events

Antiracism Team News

Monday, March 9th – All are welcome to attend the monthly meeting of the antiracism team at 9:00 a.m. You may also want to come for Morning Prayer at 8:30 a.m.

Sunday, March 15th – The team will offer its next forum after the 10:00 a.m. service, toward the end of coffee hour.

Lenten Learning

Journeying with the Mystics

offered by Cliff

Meets in person at Grace for five Thursdays
starting February 26th

Each session begins at 7:00 p.m. and concludes by 8:00 p.m.

Every meeting includes an 8-minute presentation of a mystic followed by discussion. The course's purpose is not to make you an expert on the mystics presented, but to utilize these mystics to enhance each participant's capacity for their own spirituality, to awaken wonder and enchantment in daily life.

- March 5: Ibn 'Arabi, Sufi mystic
- March 12: ETTY HILLESUM, a mystic in the Holocaust
- March 19: John O'Donohue, contemporary Celtic mystic
- March 26: Melangell, ancient Celtic mystic

Episcopal 101

offered by Sarah

This class serves as an introduction to the Episcopal Church for those who are new to it, or as a refresher for those who have been in the church for a while. It also prepares adults for baptism, confirmation, or reception into the Episcopal Church. We'll meet via Zoom on four Tuesday evenings from 7:00 p.m. to 8:00 p.m., and on one Sunday after church, according to the schedule below:

- Tuesday, February 24th: The Nicene Creed
- Tuesday, March 3rd: How the Episcopal Church is Governed
- Tuesday, March 10th : The Book of Common Prayer
- Tuesday, March 17th: The Eucharist
- Sunday, March 22nd: A Guided Tour of the Church (*in person, offered after both services*)

Please let Sarah know in advance if you'd like to participate so I can send you the Zoom link. And please let me know, too, if you want to take the class in order to prepare for baptism, confirmation, or reception.

Holy Week and Easter at Grace

Palm Sunday - March 29

- 10:00 a.m.** Choral Eucharist with Blessing of the Palms and Reading of the Passion Gospel
- 4:00 p.m.** Blessing of the Palms and Reading of the Passion Gospel

April 2 - Maundy Thursday

- 7:00 p.m.** Choral Eucharist with Stripping of the Altar

April 3 - Good Friday

- 7:00 p.m.** Proper Liturgy of the Day, Passion Gospel, and Veneration of the Cross

April 4 - Easter Eve

- 7:00 p.m.** Choral Eucharist with Lighting of the Paschal Candle, Renewal of Baptismal Vows, and Prayers from the Celtic Tradition

April 5 - Easter Sunday

- 10:00 a.m.** Festal Choral Eucharist

Suggestions for Keeping a Holy Lent



Pray

Prayer is our conversation with God, spoken and unspoken; to pray is to place ourselves in God's presence. Some ways to pray:

- Attend church each Sunday in Lent.
- Attend an Ash Wednesday service and as many of the Holy Week services as you can.
- Say grace before meals.
- Pray one of the Daily Devotions for Individuals and Families from the prayer book (these are shortened forms of the Daily Office; you can find them at missionstclare.com).
- Set aside 5-10 minutes each day to sit quietly in God's presence.

Fast

To fast is to refrain from something for a time so that we clear space for a greater awareness of God. The absence of something can help us return our focus to God. Some ways to fast:

- Refrain from – or reduce your consumption of – meat, sugar, or caffeine, etc. Then, at Easter, make a donation to The Salem Pantry or another local hunger-relief organization.
- Fast from noise; schedule some time for silence each day, preferably at the same time so it's part of your routine.
- Do a “digital fast” – schedule time in which you do not use your digital devices. You might commit to a digital fast each evening, or for a day or two each week, etc.

Read

Spiritual reading can help recenter us and return our attention to our spiritual life. It also gives us something to reflect on throughout the day. Here are some suggestions:

- Read one of the gospels all the way through, a chapter each day. You might try reading Matthew's gospel, since our Sunday gospel readings this year are mostly taken from Matthew.
- Read one or two psalms each day.
- Do some spiritual reading (e.g., a book of Lenten devotions; *Forward Day by Day*; a book on prayer or the spiritual life).
- Go to episcopalrelief.org/lent and sign up to receive a daily Lenten email from Episcopal Relief & Development, focused on the holy habits of prayer, worship, and engagement with Scripture.
- Reading can include taking a class – consider attending one of the classes offered at Grace during Lent: “Journeying with the Mystics” and “Episcopal 101,” as well as the monthly forum offered by our antiracism team on March 15.

Serve

Thomas Merton wrote, “Action is the stream, and contemplation is the spring.” Our life of prayer and worship flows naturally into service to others. Here are some ways to consider serving:

- Spend some time reflecting on your gifts and skills, and who might need them.
- If you're seeking ways to volunteer, consider a local organization that helps people in need, such as Lifebridge, The Salem Pantry, etc.
- Make a donation to our diocese's [Immigrant Legal Emergency Fund](#).
- Explore [Episcopal City Mission's Emergent Action Network](#) to find resources for immigration and racial justice.

Grace Episcopal Church



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The Mission of Grace Church is to unconditionally invite all people to join us in building a faithful Episcopal congregation that goes out into the community and through prayer, presence, and partnering improves the quality of life by bringing everyone closer to God.

— Grace Episcopal Church —

A parish in the Episcopal Diocese of Massachusetts

The Most Reverend Sean Rowe
The Right Reverend Julia Whitworth
The Reverend Sarah A. Conner
The Reverend E. Clifford Cutler
The Reverend Manny Faria
Mark N. Peterson
Tom and Karen Tucker
Jenny Connors

Presiding Bishop
Bishop Diocesan
Interim Priest
Assisting Clergy
Assisting Clergy
Music Director
Property Stewards
Parish Administrator

— Vestry —

Ryan Patten
Lisa Duffy
Joanna Troy
Katie Scott
Javy Awan, Kai Freyleue, Christine Reichert,
Susan Tweed, Caroline Watson-Felt, Holly Willis

Senior Warden
Junior Warden
Clerk
Treasurer
Members of Vestry