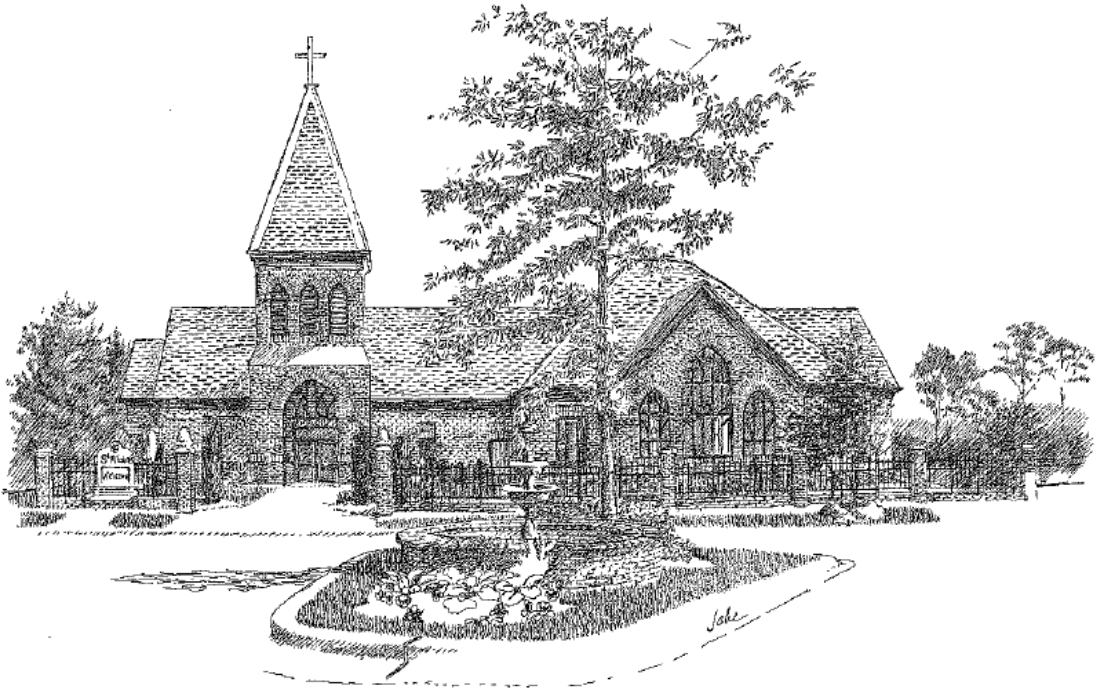


St. Alban's

EPISCOPAL CHURCH

welcomes you



The Third Sunday in Lent

A Penitential Order and Holy Eucharist: Rite II

March 8, 2026

10:30 a.m.

Welcome to St. Alban's Episcopal Church!

If you are new today, we are very glad you are here. There is a Welcome Desk to the right of the front doors, under the blue and gold banner. Look for a friendly Greeter to answer any questions or point you in the right direction. Please complete a newcomer form at the Welcome Desk so that we can be in touch and send you our newsletter. We would love to get to know you and become your spiritual home.

Our Building

Our worship area/sanctuary is called the *nave*, which comes from a Latin word for “ship” because the ceiling of a church resembles the upside-down hull of a boat, and the people within are on a journey together with Christ.

The upstairs lobby area is called the *narthex*. Adjacent is the Reflection Room, which is used for meetings and classes. The hallway off the narthex leads to the office and the stairs.

Upstairs restrooms are located just off the narthex. A gender neutral/family restroom with a changing table is available in the Reflection Room.

You can access the lower floor by staircase or elevator. Once downstairs, turn left to find the nursery, Sunday School classrooms for children, and additional restrooms. Turn right to find the choir room, the youth room, and the parlor, which leads to the Parish Hall and another gender neutral/family restroom.

Worship

Our bulletin will guide you through the service. At times, the congregation will be invited to stand or kneel, but feel free to participate in whatever way is comfortable for you. Responses spoken by the congregation are included in the bulletin, and the full text of any parts not printed in the bulletin can be found in *The Book of Common Prayer* (the book with the cross on the cover) or the hymnal—see your bulletin for the page numbers. Hymnals and prayer books can be found beneath the chairs.

If you are new to Episcopal worship, feel free to simply listen and let the rhythms and cadences of the service wash over you. With time, you will find that many of the words in the service become imprinted on your heart.

Nametags

God calls us each by name, and we want to be able to call one another by name too. We encourage everyone to wear a nametag each time you come to church. If you need a nametag, a Greeter can help you in the narthex. When not in use, we have magnetic storage boards for nametags both upstairs in the narthex and downstairs in the parlor—feel free to pick the station closest to the entrance you tend to use most often.

Children

Children of all ages are always welcome in worship. The sounds of children in church are the sounds of a living, thriving church! Sitting close to the front can help little ones be more engaged in the service. Crayons and a coloring page are available just outside the nave. Sometimes kids (and adults!) need a little break, so feel free to visit the narthex or Reflection Room for more wiggle space if that would be helpful.

If desired, our nursery (for ages 3 and under) is open from 10:15 a.m. to 11:45 a.m. It is located downstairs in the Sunday School area. The nursery is staffed by a mix of volunteers and paid attendants, often Davidson College students. All nursery attendants have had background checks and follow safe church procedures.

Sunday School for ages 4 - 12th grade begins at 10:15 a.m. downstairs. Students will return to the nave during the Passing of the Peace, so that families can be together for Communion.

Refreshments & Fellowship

Following the service, all are invited to the Parish Hall for coffee, snacks, and friendly conversation. Whether you're a newcomer or a longtime member, you are encouraged to find someone you haven't met before and say hello!

The Word of God

*Thank you for worshiping with us today. In order to allow for private prayer, we ask that you refrain from loud conversation upon entering the nave. *The congregation is invited to stand as able when indicated by an asterisk.*

The Prelude: Blessed Assurance

Jan Sanborn

***The Processional Hymn: 343, Shepherd of souls, refresh and bless**

ST. AGNES

***The Opening Acclamation**

Book of Common Prayer (BCP) p. 351

Celebrant: Bless the Lord who forgives all our sins.

People: His mercy endures forever.

The Confession

BCP p. 352

The congregation is invited to remain kneeling as able.

Deacon: Let us confess our sins against God and our neighbor. *Silence is kept.*

Celebrant and People

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 Absolution

BCP p. 353

***The Kyrie: S 91**

Lord, have mercy

Healey Willan

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.

*The Collect of the Day

Celebrant: The Lord be with you.

People: And also with you.

Celebrant: 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.**

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?"

Reader: The Word of the Lord.

People: Thanks be to God.

Psalm 95 *Read responsively by half verse.*

Come, let us sing to the LORD; *

let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving *

and raise a loud shout to him with psalms.

For the LORD is a great God, *

and a great King above all gods.

In his hand are the caverns of the earth, *

and the heights of the hills are his also.

The sea is his, for he made it, *

and his hands have molded the dry land.

Come, let us bow down, and bend the knee, *

and kneel before the LORD our Maker.

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!

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."

The Second Lesson

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.

Reader: The Word of the Lord.

People: Thanks be to God.

***The Sequence Hymn: 673, The first one ever, oh, ever to know**

BALLAD

Stanzas 1-2 are sung before the Gospel, stanza 3 is sung following the Gospel.

***The Gospel**

John 4:5-42

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

Jerry Landry

*The Nicene Creed

BCP p. 358

Celebrant and People

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**

The congregation is invited to stand or kneel as able. Please read together the names on our prayer list when prompted.

Deacon

As sinners created from dust and destined for dust, but also as disciples created from love and destined for love, we lift our prayers to God, saying: "O Savior, hear us, help us, send us."

Intercessor

Holy God, in this Lenten season, draw your Church more deeply into the words and ways of Jesus. Teach us to live like him and love like him. O Savior, **hear us, help us, send us.**

Give wisdom and compassion to the leaders of our nation and of all nations, that they might join you in the work of creating the world you intend for all your people. O Savior, **hear us, help us, send us.**

Show your mercy to those who are fearful, grieving, or suffering. May your healing presence abide with those who are in need. Together, we pray for... Are there others? O Savior, **hear us, help us, send us.**

We pray also for all those who have died. O Savior, **hear us, help us, send us.**

Celebrant

As your imperfect yet beloved disciples, O God, lead us from despair to hope, from fear to trust, from falsehood to truth, from war to peace, from hatred to love, from death to life. Send us forth to proclaim with boldness the truth of your mercy and the depths of your Son's love. **Amen.**

***The Exchange of the Peace**

BCP p. 360

The people greet one another in the name of the Lord.

The Greeting and Announcements

The Holy Communion

The Offertory Anthem: O Taste and See

Richard Horn

Let us with gladness present the offerings and oblations of our life and labor to the Lord. To utilize our text-to-give option, simply text "ALBANS" to 73256.

***The Presentation of Gifts**

O Father, Son, and Spirit Blest,
to Thee be every prayer addressed,
who art in three-fold name adored,
from age to age, the only Lord.

*The Great Thanksgiving, Prayer C

BCP p. 369

*The Sursum Corda

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. **Glory to you for ever and ever.**

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

From the primal elements you brought forth the human race, and blessed us with the capacity for 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.**

Again and again, you called us to return. Through prophets and sages you revealed 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.**

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:

*The Sanctus: S 129

Holy, holy, holy

Robert Powell

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and
might, hea - ven and earth are full of your glo - ry. Ho -

san - na in the high - est. Bless - ed is he who
comes in the name of the Lord. Ho - san - na in the high - est. _____

The Celebrant continues. The congregation is invited to stand or kneel as able.

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving, **We celebrate his death and resurrection, as we await the day of his coming.** *The Celebrant continues.*

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. **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.**

***The Lord's Prayer**

BCP p. 364

Celebrant and People

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 Anthem: S 161**

Lamb of God

David Hurd

Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

The Ministration of Communion

BCP p. 365

All are welcome to gather at the Lord's table. At the appropriate time, you may come forward to the altar rail, filling in from right to left. Kneeling is optional. Gluten-free wafers are available; please make your need known to the clergy. Wine is available either by sipping from the common cup (silver chalice) or by intinction (dipping the wafer into the pottery chalice). If you are choosing the common cup, it will be stationed in front of the altar rail in the center – please make your way there after consuming your wafer at the rail. If you choose to intinct, please remain where you are and hold your wafer visibly to indicate that is your preference. Please take utmost care to keep your fingers from touching the wine as you dip. You may choose to receive only the bread or the wine, as either one alone is a full Communion. Please tell an usher if you need Communion brought to you. In the Episcopal Church, it is customary that those receiving Communion have been baptized in any Christian tradition, and no one who comes to the altar in faith is turned away. If you would like to learn more about Baptism at St. Alban's, please be in touch with the clergy. If you are not receiving Communion, we hope you will come forward and cross your arms over your chest, so that we might share a blessing with you.

The Communion Hymns: 685, Rock of ages, cleft for me When, like woman at the well

TOPLADY
WAYNE

1 When, like the wo - man at the well, I
 2 Christ knew my heart, my way - ward ways, yet
 3 I learned I could for - ev - er live and
 4 Each day I lift my cup a - bove and
 5 Since now I am in grace im - mersed, set

lived with bro - ken dreams, _____ Christ came to me, good
 gave me hope, not fear. _____ The God I once thought
 wor - ship God a - right, _____ could trust the power the
 once a - gain re - ceive _____ the liv - ing wa - ter
 free, for - giv - en, whole, _____ I share with those who

news to tell, of ev - er liv - ing streams. _____
 far a - way, I could ap - proach, draw near. _____
 Spi - rit gives to guide me in truth's light. _____
 of God's love, re - vealed for my be - lief. _____
 are a - thirst the well - springs of my soul. _____

Fine

***The Post Communion Prayer**

BCP p. 366

The congregation is invited to stand or kneel as able.

Celebrant and People

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.

The Solemn Prayer over the People

The congregation is invited to kneel as able.

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

***The Recessional Hymn: 690, Guide me, O thou great Jehovah**

CWM RHONDDA

***The Dismissal**

BCP p. 366

Deacon: Let us bless the Lord.

People: **Thanks be to God.**

The Postlude: Fantasia on Cwm Rhondda

John Hughes

Thank you to Lois Buesser, who is serving as our interim organist and choir director during our time of staff transition.

Guest Preacher

Thank you to Jerry Landry for serving as our Preacher today. Jerry completed the Diocesan Lay Preaching Program and is a Licensed Lay Preacher.

Welcome to St. Alban's!

Together We...*Gather to Worship, Scatter to Serve, Love Like Jesus*



We pray that your worship with us will bring you the grace, peace, and joy of Christ. If you are new to our faith community, we would love to connect with you. Please fill out a purple sheet located on the Welcome Center table in the narthex or scan the QR code to the left with the camera on your smart phone which will direct you to an online newcomer form.

St. Alban's is a Parish in the Episcopal Diocese of North Carolina

The Right Reverend Samuel Sewall Rodman, III, Bishop of North Carolina

The Right Reverend Jennifer Brooke-Davidson, Assistant Bishop

The Clergy and Staff

The Reverend Carmen Germino, Rector

The Reverend Kevin Lloyd, Associate Rector

Davidson College Campus Minister

The Reverend Leslie Nuñez Steffensen, Priest Associate

Bob Beckham, Acting Facility Manager

Jessica Ewell, Parish Administrator and Communications Director

Courtney Fossett, Director of Children, Youth, and Family Ministry

Erin Garrett, Director of Finance

Matt Presson, Director of Children's Choir and Stream Team

Nadia Rahaim, Preschool Director

The Vestry of St. Alban's

Denise Badgett, Sandy Beetner, Zee Berl, Elaine Carmann, Gordon Garrett, Sarah Hicks, Mike Kingsley, Mike McDonnell, Kaitlin Mollenkopf, Dave Pylipow, Michael Spivey, Jim Turner



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