

ST BARNABAS

APOSTLE & MARTYR

Welcome.

We are an Anglo-Catholic Parish in the Diocese of Ottawa, celebrating 134 years of worship and service: 1889-2023.

Please use this bulletin with:



Mass Booklet Hymn Book



Jesus and the Samaritan Woman at the Well,
Guercino (1591-1666)

Third Sunday in Lent

12 March 2023

Solemn High Mass

Our Church stands on the unceded traditional territory of the Anishinabe Algonquin Nation.

Organ Prelude

Choral Dorien

Jehan Alain (1911-1940)

Mass Setting

Service of Holy Communion

John Merbecke (c.1510-c.1585)

THE GATHERING OF THE COMMUNITY

Opening Hymn

460 *Lo, God is here : let us adore*

St Finbar

Introit Proper

Mine eyes are ever looking unto the Lord, for he shall pluck my feet
out of the net : look thou upon me, and have mercy upon me, for I
am desolate, and in misery. Ps. Unto thee, O Lord, to I lift up my
soul : my God, in thee have I trusted, let me not be confounded.
Glory be ... Mine eyes are ever looking ...

Salutation

p.1

Kyrie

p.2

Collect

Almighty God, whose Son Jesus Christ gives the water of eternal life,
may we always thirst for you, the spring of life and source of
goodness; through him who lives and reigns with you and the Holy
Spirit, one God, now and for ever. **Amen.**

Almighty and everlasting God, you despise nothing you have made
and forgive the sins of all who are penitent. Create and make in us
new and contrite hearts, that we, worthily lamenting our sins and
acknowledging our brokenness, may obtain of you, the God of all
mercy, perfect remission and forgiveness; through Jesus Christ our
Lord, who lives and reigns with you and the Holy Spirit, one God, for
ever and ever. **Amen.**

THE LITURGY OF THE WORD

First Reading

Exodus 17:1-7

Pew Bible, p. 11

All the congregation of the people of Israel moved on from the wilderness of Sin by stages, according to the commandment of the Lord, and camped at Rephidim, but there was no water for the people to drink. Therefore the people quarreled with Moses and said, "Give us water to drink." And 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 grumbled against Moses and said, "Why did you bring us up out of Egypt, to kill us and our children and our livestock with thirst?" So Moses cried to the Lord, "What shall I do with this people? They are almost ready to stone me." And the Lord said to Moses, "Pass on before the people, taking with you some of the elders of Israel, and take in your hand the staff with which you struck the Nile, and go. Behold, I will stand before you there on the rock at Horeb, and you shall strike the rock, and water shall come out of it, and the people will drink." And Moses did so, in the sight of the elders of Israel. And he called the name of the place Massah and Meribah, because of the quarreling of the people of Israel, and because they tested the Lord by saying, "Is the Lord among us or not?"

**The Word of the Lord
Thanks be to God.**

Psalm 95

Venite, exultemus.

O COME, let us sing unto the LORD: / let us heartily rejoice in the strength of our salvation.

² Let us come before his presence with thanksgiving, / and show ourselves glad in him with psalms.

³ For the LORD is a great God, / and a great King above all gods.

⁴ In his hand are all the corners of the earth: / and the strength of the hills is his also.

⁵ The sea is his, and he made it: / and his hands prepared the dry land.

⁶ O COME, let us worship, and fall down, / and kneel before the LORD our Maker.

⁷ For he is the Lord our God; / and we are the people of his pasture, and the sheep of his hand.

⁸ TO-DAY, O that ye would hear his voice: / 'Harden not your hearts as in the Provocation, and as in the day of Temptation in the wilderness;

⁹ When your fathers tempted me, / proved me, and saw my works.

¹⁰ Forty years long was I grieved with that generation, and said, / "It

is a people that do err in their hearts, for they have not known my ways”;
¹¹ Unto whom I sware in my wrath, / that they should not enter into my rest.’

Second Reading

Romans 5:1-11

Pew Bible, p. 942

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit who has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person – though perhaps for a good person one would dare even to die – but God shows his love for us in that while we were still sinners, Christ died for us. Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. More than that, we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.

The Word of the Lord
Thanks be to God.

Gradual Hymn

421 *Lord of our life, and God of our salvation* **Iste Confessor**

Gradual Proper

Up, Lord, and let not man have the upper hand : let the heathen be judged in thy sight. ¶ While mine enemies are driven back : they shall fall and perish at thy presence.

Tract

Unto thee lift I up mine eyes : O thou that dwellest in the heavens.
¶ Behold, even as the eyes of servants : look unto the hand of their

masters. ¶ And as the eyes of a maiden : unto the hand of her mistress. ¶ Even so our eyes wait upon the Lord our God : until he have mercy upon us. ¶ Have mercy upon us, O Lord : have mercy upon us.

Gospel

John 4:5-26

Pew Bible, p. 888

The Lord be with you.

And with thy spirit.

¶ The Holy Gospel is written in the fourth chapter of the Gospel of our Lord Jesus Christ according to St John, beginning at the fifth verse.

Glory be to thee, O Lord.

So Jesus came to a town of Samaria called Sychar, near the field that Jacob had given to his son Joseph. Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour.

A woman from Samaria came to draw water. Jesus said to her, "Give me a drink." (For his disciples had gone away into the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask for a drink from me, a woman of Samaria?" (For Jews have no dealings 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 nothing to draw water with, and the well is deep. Where do you get that living water? Are you greater than our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock." Jesus said to her, "Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I will not be thirsty or have to come here to draw water."

Jesus said to her, "Go, call your husband, and come here." 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 now have is not your husband. What you have said is true." The woman said to him, "Sir, I perceive that you are a prophet. Our fathers worshiped on this mountain, but you say that in Jerusalem is the place where people ought to worship." Jesus said to her, "Woman, believe me, the hour is coming when neither on

this mountain nor in Jerusalem will you worship the Father. 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 is seeking such people 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 (he who is called Christ). When he comes, he will tell us all things." Jesus said to her, "I who speak to you am he."

The Gospel of the Lord.

Praise be to thee, O Christ.

Sermon

Creed p. 5

Prayers of the People p. 6

Confession and Absolution pp. 6-8

The Peace p. 8

Offertory Proper

The statutes of the Lord are right, and rejoice the heart : sweeter also than honey and the honeycomb, moreover by them is thy servant taught.

Offertory Hymn

118 Come, let us to the Lord our God

St Bernard

Prayer over the Gifts

Spring of life and Source of goodness, receive all we offer you this day, and bring us to the living water, Jesus Christ, your Son our Lord.
Amen.

THE CANON OF THE MASS

Sanctus and Benedictus p. 10

Eucharistic Prayer pp. 10-12

The Lord's Prayer p. 15

The Fraction	p. 15
Agnus Dei	p. 16
Communion Proper	

The sparrow hath found her an house, and the swallow a nest where she may lay her young : even thine altars, O Lord of hosts, my King and my God. Blessed are they that dwell in thy house : they will be alway praising thee.

Music at Communion

Never weather-beaten Saile Thomas Campion (1567-1620)

Prayer after Communion

God of our pilgrimage, we have found the living water. Refresh and sustain us as we go forth on our journey, in the name of Jesus Christ the Lord. **Amen.**

Thanksgiving and Dismissal pp.16-18

Post-Communion Hymn

406 *Guide me, O thou great Jehovah* **Cwm Rhondda**

The Angelus p. 22

Organ Postlude

Canonic Study in C major, Op. 56, No. 1

Robert Schumann (1810-1856)

Cantor: Catherine Schwartz

DEDICATION

The Light before the Blessed Sacrament is given to the Glory of God in Remembrance of John Gazeley by Ronald Bentley.

NOTES AND NOTICES

Join us for Solemn Evensong and Benediction this evening beginning at 7pm.

Stations of the Cross will be held on Friday March 31.

The Mothering Sunday Tea will be held next Sunday March 19 (Lent IV) following the High Mass. Sign up sheets for food contributions to the Tea are in the Narthex of the church. We hope to have a good turn out for this special event.

Quiet prayer with Jesus in the Blessed Sacrament will take place Thursday March 23 from 11am to noon, followed by Mass at 12:15pm.

UPCOMING SERVICES

Tuesday, March 14

9:30 am: Morning Prayer • 10:00 am: Mass, Book of Common Prayer

Thursday, March 9

12:15 pm: Mass, Book of Common Prayer

Friday, March 10

7:00 am: Morning Prayer • 7:30 am: Mass, Book of Common Prayer

READINGS FOR NEXT SUNDAY

1 Samuel 16:1-13 • Psalm 23 • Ephesians 5:8-14 • John 9:1-41

CHURCH OF ST BARNABAS, APOSTLE AND MARTYR

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OFFICE HOURS

Tuesday & Thursday mornings
from 9 am to 12 noon

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