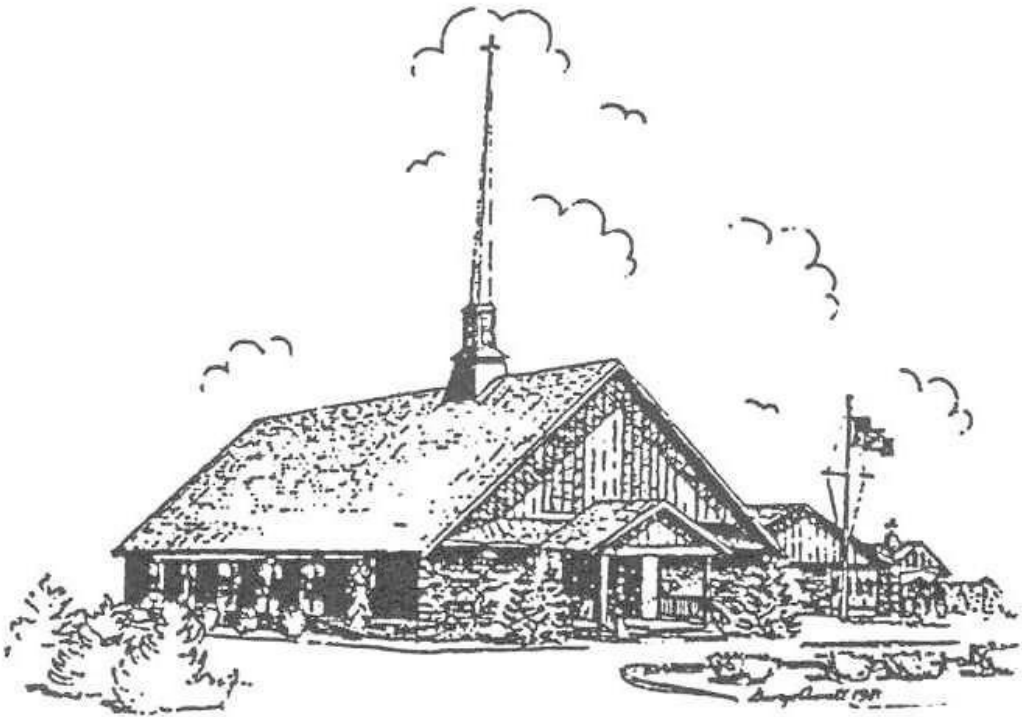


The Holy Eucharist: Rite I

The Third Sunday in Lent



The Episcopal Church of The Holy Innocents
08 March, 2026 ~ 9:30 AM

Welcome! Our service materials are in the Book of Common Prayer or BCP (Red Book); the 1982 Hymnal (Blue Book); and Lift Every Voice and Sing II (hymnal with the red spine.) You'll find the BCP and Hymnals in the pew rack in front of you.

Prelude

Voluntary

Please use this time for quiet prayer and contemplation

Welcome

Entrance Hymn (*Insert*) (*All stand*) *Take Time To Be Holy*

ST. THOMAS

Celebrant Bless the Lord who forgiveth all our sins.

People **His mercy endureth for ever.**

Celebrant:

Hear what our Lord Jesus saith:

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets. Matthew 22:37-40

Celebrant:

Let us humbly confess our sins unto Almighty God.

(Please remain standing, You may also Kneel)

Minister and People:

Most merciful God, we confess that we have sinned against thee in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved thee with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of thy Son Jesus Christ, have mercy on us and forgive us; that we may delight in thy will, and walk in thy ways, to the glory of thy Name. Amen.

Celebrant:

The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. *People Amen.*

THE WORD OF GOD

Salutation and Collect of the Day

BCP, p. 167

Celebrant The Lord be with you.

People **And with thy spirit.**

Celebrant Let us pray.

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.

People Amen.

The First Lesson *(Please be seated)*

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.

All **Thanks be to God.**

- 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.

Reader The Word of the Lord.

All **Thanks be to God.**

Sequence Hymn #658 (*Please Stand*) *As Longs the Deer for Cooling Streams* MARTYRDOM

The Holy Gospel

John 4:5-42

Celebrant The Holy Gospel of our Lord Jesus Christ according to John

People **Glory be to thee, O Lord.**

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."

Celebrant The Gospel of the Lord.
People **Praise be to thee, O Christ.**

The Sermon (*Please be seated*)

The Rev. Erin Morey

Nicene Creed (*All stand*)

BCP, p. 326

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

(Please remain standing)

BCP, p. 329

Celebrant Let us pray for the whole state of Christ's Church and the world.
Almighty and everliving God, who in thy holy Word hast taught us to make
prayers, and supplications, and to give thanks for all people: Receive these our
prayers which we offer unto thy divine Majesty, beseeching thee to inspire
continually the Universal Church with the spirit of truth, unity, and concord;
and grant that all live in unity and godly love.

People **Lord, hear our prayer.**

Give grace, O heavenly Father, to all bishops and other ministers especially Sean,
our Presiding Bishop, Sally, our Bishop, and Erin our Rector, that they may, both
by their life and doctrine, set forth thy true and lively Word, and rightly and duly
administer thy holy Sacraments.

People **Lord, hear our prayer.**

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

People **Lord, hear our prayer.**

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land especially Donald, our President, Mikie, our Governor and Colleen, our Mayor, that they may be led to wise decisions and right actions for the welfare and peace of the world.

People **Lord, hear our prayer.**

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.

People **Lord, hear our prayer.**

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those on our Parish Sick List and all those who in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, especially those we name now, either silently or aloud.

People **Lord, hear our prayer.**

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, especially those we now name silently or aloud. We beseech thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of the Blessed Virgin Mary, the Holy Innocents, and of all thy saints, that with them we may be partakers of thy heavenly kingdom.

People **Lord, hear our prayer.**

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate.

People **Amen.**

The Peace *(Please Stand)*

Announcements *(Please be seated)*

THE HOLY COMMUNION

Offertory Anthem *(Please be seated)* *Bless Us Now this Day* Douglas Wagner

Presentation of the Gifts *(All stand)*

All things come of Thee, O Lord, and of Thine own have we given Thee

The Great Thanksgiving: Eucharistic Prayer II

BCP, p. 340

(Please remain standing. You may also kneel.)

Celebrant The Lord be with you.

People **And with thy spirit.**

Celebrant Lift up your hearts.

People **We lift them up unto the Lord.**

Celebrant Let us give thanks unto our Lord God.

People **It is meet and right so to do.**

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God, through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

Sanctus S-130 *(All sing)*

Holy, Holy, Holy Lord

Franz Peter Schubert

All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**
And now, as our Savior Christ hath taught us, we are bold to say,

The Lord's Prayer

BCP, p. 336

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

BCP, p. 337

Celebrant Christ our Passover is sacrificed for us;

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

Fraction Anthem

Agnus Dei S-164 (All sing) *Agnus Dei*

Franz Peter Schubert

Prayer of Humble Access

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. *Amen.*

Communion

You are invited to stand or kneel at the front rail to receive communion. You may receive the bread, the wine, or both. If you need a gluten free wafer please let the celebrant know.

Postcommunion Prayer *(Please stand)*

BCP, p. 339

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. *Amen.*

Prayer Over the People

Bow down before the Lord *(Please Kneel)*

Keep this thy family, Lord, with thy never-failing mercy, that relying solely on the help of thy heavenly grace, they may be upheld by thy divine protection; through Christ our Lord. *Amen.*

Hymn #690

Guide Me, O Thou Great Jehovah

CWM RHONDA

Dismissal

BCP, p. 366

Celebrant Go in peace to love and serve the Lord.

People **Thanks be to God.**

Postlude

Voluntary

Coffee Hour is held EVERY SUNDAY - Please join us in Martin Hall!

Serving Today: **Crucifer** ~ John Wall **Lector** ~ Alexa Fahner

Ushers ~ Mike DeCicco, Mike Fahner **Chalice Bearer** ~ Alexa Fahner

Parish Prayer List – March 8, 2026

PLEASE NOTE: *If you need to add or remove a name, please contact Lisa Halpin, our Parish Administrator by Wednesday, March 11th.*

Lara Sparks Deitz

Dennis

Warren Lamon

Ann White

Pierro Family

Lovas Family

Debbie & Joe Reising

Connie

Joe

Dcn. Judy

Meg Neff

Pat

Rich Cashel

Charles Sullivan

Doug Hunter

Ellis Barbieri

Judy Hamilton

Cindy Wood

Diane

Jeannine

Frank

Nellie Riley

Will Locovare

Devin Hone

Rick Rosenbaum

Kay DeCicco

Anna & Matteo Mannino

Scotty Camarote

Don Deitz

Gail South

Erma Green

Keith Aclin

Becka

Chuck Maschal
Kathy

Bob Morris
Karen

Gia

Those serving in the military and other dangerous professions:

Paul Bailey, Justin A. Dumhart, Joseph Alexander, Danny Melega, Andrew Wall, Brandan White

WEEKLY CALENDAR March 9 – 14

09 – Mon	Morning Prayer (FB)	9:00 AM
	Chair Yoga in MH	10:00 AM – 11:00 AM
11 – Wed	Sandwich Ministry	9:30 AM – 11:00 AM
	Tai Chi Class in Martin Hall	11:00 AM – 12:00 PM
	Lenten Series	5:30 PM – 6:30 PM
12 – Thurs	Vestry Meeting	7:00 PM
	“Clam-Diggers” AA Group	7:30 PM
	Compline (FB)	9:00 PM
13 – Fri	<i>Parish Office Closed</i>	
	Stations of the Cross (In-Person & FB)	5:00 PM
14 – Sat	Concert w/ Reception: The Nocturnes	3:00 PM

Birthdays: Linda Hillman (03/08), Judy Contreras (03/09), Diane Carter (03/10)
Charles Sullivan (03/10), Kingston Sparks (03/11)

EASTER FLOWERS: If you would like to memorialize loved ones with a donation toward Easter Flowers, kindly mail your donation to the church office, place it in the Sunday collection plate or the put in the drop box outside the office. Forms will be available in the Sunday bulletins beginning next **Sunday, March 15th**. Make sure the donor and recipient names are **clearly written** and please note **“Flower Guild-Easter”** in the check memo. **All donations must be in the office by Monday, March 30th.**

Holy Innocents' Episcopal Church
presents



selections include

April in Paris, Blue Skies, Until I Met You
plus an audience sing-a-long

Saturday, March 14 at 3PM

Holy Innocents' Episcopal Church
Pearl & Marine Streets | Beach Haven NJ 08008

free will offering ~ reception to follow

For more information call 609.492.7571

email ejdondero@comcast.net | hichurch08008@gmail.com



Donate your way.

Give one time, anytime or
set up a recurring donation.

CLERGY & STAFF

The Rev. Erin Morey, *Rector* erin.katharine@gmail.com
Mrs. Ellen J. Dondero, *Minister of Music & Organist* ejdondero@comcast.net
Mrs. Lisa Halpin, *Parish Administrator* hichurch08008@gmail.com
Office Hours: *Monday through Thursday • 9 AM - 2 PM*

WARDENS & VESTRY

Dave White, *Sr. Warden* pacsman1965@comcast.net
Patricia Peacock, *Jr. Warden* pat.coteypeacock@gmail.com

<i>Vestry Class of 2026</i>	<i>Vestry Class of 2027</i>	<i>Vestry Class of 2028</i>
Larry Peacock	Vince Contreras	Judy Contreras
Leila Sullivan	Robert Meyer	Bill Kehr
Deb Hunter	Melissa Wall	Joan Melega

The Episcopal Church of The Holy Innocents

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