



**St. Mark's City Heights
Episcopal Church**
MANOS DE DIOS - WE ARE GOD'S HANDS

Third Sunday in Lent

Sunday March 8, 2026

Join online at 9:45 am tinyurl.com/stmarkszoom

If this is your first time worshipping at St. Mark's, we welcome you! Wherever you are on your journey of faith we are glad you are here, and we invite you to join us in all that we do. If you are joining us online today please know that you are a full member of our family.

The in-person service is being streamed live and pictures may be taken during the service.

Welcoming Prayer

Holy Spirit living within us, guide our hearts and minds as we welcome today all those who worship with us as part of the St. Mark's family. Give us discerning hearts so that everyone who worships with us feels welcomed in the spirit of your love. Help us to recognize each person as an individual sent by you who will enrich our lives. And most of all, O God, let this community be a place of love and acceptance of all your children; in the name of your child, our Savior Jesus Christ. Amen.

Gathering Song

Come and Rejoice Vs 1 and 2 Renew 20

Come with rejoicing, the Father is calling,
Those who would worship in spirit and truth;
Come with your singing, come with thanksgiving,
Jesus, our Savior, has made all things new.

Chorus

Come and rejoice, O holy nation, come and sing praises to him;
Come and bow down, worship before him, Jesus, the King of all kings,
Jesus, the King of all kings.

Lord of creation is full of compassion
seated in splendor, adorned with all grace
Majestic and glorious, reigning victorious

Now and forever enthroned on our praise

Chorus

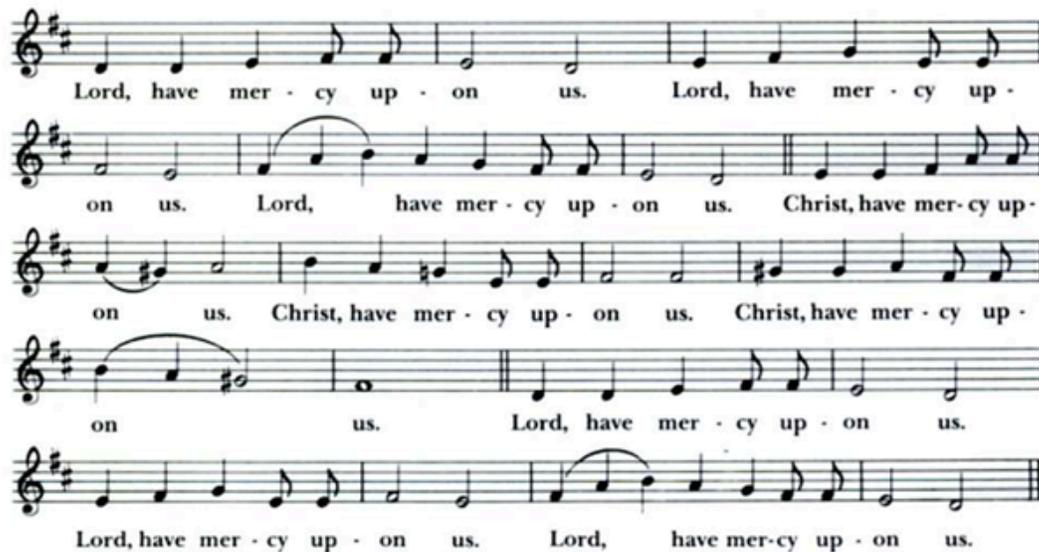
The Word of God

Presider The peace of Christ rule in our hearts.
People **The word of Christ dwell in us richly.**

Presider Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.

Kyrie

The Hymnal 1982 #S91



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.

Confession of Sin

Presider Let us confess our sins against God and our neighbor.

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 our Savior 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.**

Presider Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. Amen.

The Collect of the Day

Presider God be with you.

People And also with you.

Presider 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 Readings *A Reading from the Book of Exodus*

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

Psalm 95 *Read bolded verses responsively*

Spanish Version Follows Below

Lector: 1 Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.

**ALL: 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."

Spanish Version

Lector: 1 ¡Vengan, cantémosle a Dios, *
con gritos de alegría a la Roca que nos salva!

**TODO: 2 Acerquémonos a Dios dándole gracias; *
cantémosle salmos con brío.**

3 Porque el Señor es un gran Dios *
y un gran Rey sobre todos los dioses.

**4 En su mano están las cavernas más profundas *
y sus cumbres son las cumbres de los montes.**

5 Suyo es el mar, pues Dios lo hizo *
y sus manos formaron la tierra firme.

**6 ¡Vengan! Inclinémonos y postrémonos *
de rodillas ante Dios que nos creó,**

7 Porque él es nuestro Dios;
somos el pueblo que apacienta, el redil bajo su mano. *
¡Ojalá escuchen hoy su voz!

**8 No pongan duro el corazón
como en Meriba *
ni como en el desierto de Masá,
cuando sus antepasados me tentaron,**

9 cuando me pusieron a prueba, *
aunque habían visto mis hechos.

**10 Por cuarenta años estuve disgustado; *
dije: «Sus corazones se desvían
y no conocen mis caminos».**

11 Por eso juré en mi indignación: *
«Jamás entrarán en mi reposo».

A Reading from the Letter of Paul to the Romans

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

Gospel Hymn Kind Maker of the World Vs 1 and 4 Hymnal 152

1. Kind Maker of the world, O hear
the fervent prayer, with many a tear
poured forth by all the penitent
who keep this holy fast of Lent!

4. Give us the discipline that springs
from abstinence in outward things;
With inward fasting so that we in
heart and soul may dwell with thee

The Holy Gospel of our Lord Jesus Christ according to John

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."

The Gospel of the Lord. **Praise to you, Lord Christ.**

Sermon **Jeff Rockey**

The Nicene Creed

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.
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.**

Prayers of the People

The Peace

Sunday School Sharing & Announcements

See insert

Blessings for Birthdays and Anniversaries

For a Birthday

O God, we come before you with hearts full of gratitude and joy as we celebrate this/these birthday(s). Thank you for this special day, for the gift of life, and for the opportunity to celebrate another year together. In your Holy name we pray. Amen.

For an Anniversary

O God, we thank and praise You for the gift of this anniversary and the love and joy that it brings. Pour out we pray, Your love, joy, grace and peace into the hearts of all who are celebrating this day. We pray that in this remembrance, that you join each of us closer, to each other, and to You. Amen.

The Offertory

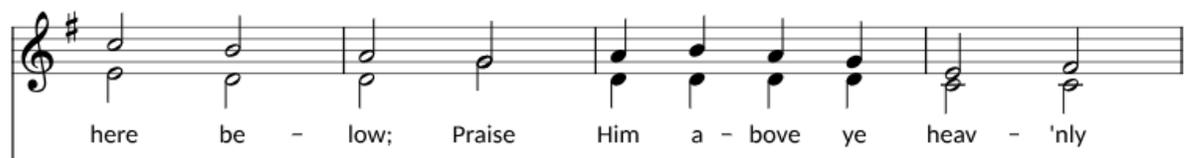
The Table is prepared: The Liturgy of the Table Begins.

The Doxology

Hymnal 380 Vs 3 Tune Old Hundredth



Praise God, from whom all blessings flow: Praise Him all creatures



here below; Praise Him above ye heavenly



host; Praise Father, Son, and Holy Ghost! Amen

The Great Thanksgiving | Eucharistic Prayer (Enriching Our Worship 1)

If able and comfortable, the people remain standing.

Presider The Lord be with you.

People And also with you.

Presider Lift up your hearts.

People We lift them to the Lord.

Presider Let us give thanks to the Lord our God.

People It is right to give our thanks and praise.

It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy.

You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

Sanctus *Argentine Santo, Santo, Santo WLP 785*

San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi
Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.
heart is glad to say the words: you are ho - ly, Lord.

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus took the cup of wine, and when he had given thanks, he gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Christ has died. Christ is risen. Christ will come again.

Remembering his death and resurrection, we now present to you from your creation this bread and this wine.

By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with Saint Mark and all your saints, past, present, and yet to come, we may praise your Name for ever.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. AMEN.

As our Savior Christ has taught us, we now pray, in the language of our own heart.

Padre nuestro que estás en el cielo, santificado sea tu Nombre, venga tu reino, hágase tu voluntad, en la tierra como en el cielo. Danos hoy nuestro pan de cada día. Perdona nuestras ofensas, como también nosotros perdonamos a los que nos ofenden. No nos dejes caer en tentación y líbranos del mal. Porque tuyo es el reino, tuyo es el poder, y tuya es la gloria, ahora y por siempre. Amén.

Our Father in heaven, hallowed be your Name your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

The Breaking of the Bread

The Presider breaks the consecrated Bread. A period of silence is kept.

Presider Christ our Passover is sacrificed for us;

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

People **Lamb of God, you take away the sins of the world: have mercy on us.**

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: grant us peace.

The Invitation

Presider This is the table, not of the Church, but of the Lord. It is made ready for those who love him, and for those who want to love him more. So, come, those who have much faith and those who have little, those who have been here often and those who have not been here for a long time, those who have tried to follow and those who have failed. Come, not because the Church invites us; it is Christ, and he invites us to meet him here.

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with Thanksgiving.

The Prayer of Spiritual Communion For Those On Zoom

Presider: We know that some of us are joining this morning on zoom, and although they can not physically receive the holy sacraments, they can receive in their own hearts.

People In union, Blessed Jesus, with the faithful gathered at every altar of Your Church where Your blessed body and blood are offered, I long to offer You praise and thanksgiving. I believe that You are truly present in the Holy Sacrament. And since I cannot at this time receive communion, I pray You to come into my heart, my soul, and my mind. I unite myself to You, and embrace You with all the affections of my soul. Let nothing separate me from You; let me serve You in this life until, by Your grace, I join You in Your reign of unending peace. Amen.

*We will be offering communion in both kinds: bread & wine. As you come forward to receive communion the priest will be standing in the center, in front of the altar and will give you the bread into your hand. If you would like to also receive the wine, you can either drink from the chalice (in which case, after receiving the bread, go to the altar server on the left) or have the bread intincted (dipped) into the wine and given to you (in which case go to the altar server on the right after receiving the bread.) If you would like to **receive the bread only** please return to your seat after receiving it. If you would **prefer not to receive the bread and wine but receive a blessing**, please cross your hands over your chest.*

If you would like to receive gluten free bread please tell the priest.

Communion Hymn Let All Mortal Flesh Keep Silence Vs 1,3, and 4 Hymnal 324

Let all mortal flesh keep silence,
and with fear and trembling stand;
ponder nothing earthly-minded,
for with blessing in his hand,
Christ our God to earth descendeth,
our full homage to demand.

King of Kings, yet born of Mary,
As of old on earth he stood,
Lord of lords in human vesture,
In the Body and the Blood

He will give to all the faithful
as the darkness clears away.

Rank on rank the host of heaven
spreads its vanguard on the way,
as the Light of light descendeth
from the realms of endless day,
that the pow'rs of hell may vanish
as the darkness clears away.

Post Communion Prayer

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 Christ, and heirs of your eternal kingdom. And now, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Savior. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.**

Sending Out of Eucharistic Ministers with Home Communion

Presider In the name of God, we send you forth to share communion with those who are not able to be with us today.

People **As you have been fed, now feed others.**

Presider Our prayers are with you, go in peace.

People **Thanks be to God.**

In Lent, in place of a blessing, a solemn Prayer over the People is used

Presider Bow down before the Lord.

Lent 1 Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. Amen.

Lent 2 Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord. Amen.

Lent 3 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.

Lent 4 Look down in mercy, Lord, on your people who kneel before you; and grant that those whom you have nourished by your Word and Sacraments may bring forth fruit worthy of repentance; through Christ our Lord. Amen.

Lent 5 Look with compassion, O Lord, upon this your people; that, rightly observing this holy season, they may learn to know you more fully, and to serve you with a more perfect will; through Christ our Lord. Amen.

From Palm Sunday through Maundy Thursday Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who lives and reigns for ever and ever. Amen.

Sending Hymn **May the Mind of Christ, My Savior 1,2 and 4 Renew 285**

1 May the mind of Christ, my Savior,
live in me from day to day,
by his love and power controlling
all I do and say.

2 May the word of God dwell richly
in my heart from hour to hour,
so that all may see I triumph
only through his power.

4 May the love of Jesus fill me
as the waters fill the sea.
Him exalting, self abasing:
this is victory.

Dismissal

Presider Our worship service has come to an end, our service to the world continues. Go in peace, to love and serve the world!

People **Thanks be to God.**

ANNOUNCEMENTS

New Hamlet | Hamlets are St. Mark's small faith sharing groups which meet weekly via Zoom for one hour. If you're not yet part of a Hamlet, Lent is an excellent time to join! A new Hamlet starts this Tuesday, March 10 at 5 pm. Let Fr. Richard know if you'd like to join. Also reach out to Fr. Richard if that time does not work for you, but you're still interested in joining a Hamlet or have other questions about Hamlets.

Mite Boxes: Lenten Practice of Almsgiving | This year's Lenten Mite Box beneficiary is [Casa Cornelia](#). **Next Sunday 3/15, Gloria Bader Ed.D., former chair of the board of Casa Cornelia will speak to us after the service about Casa Cornelia.** A San Diego non-profit, this organization provides free counsel and representation to indigent migrants. They work with adults and children at each step of their immigration journey. In addition to handling cases in-house, Casa Cornelia also recruits, trains, and mentors volunteer attorneys who provide pro bono service to clients. For more info, [check their website: https://casacornelia.org/](#). Pick up your mite box TODAY. It fits coins, bills & checks! Please be generous as the need is great. Mite box Ingathering will be on Easter Sunday, April 5.

Maundy Thursday Community Outreach | Jesus showed his love & servanthood for his disciples by washing their feet. We will show God's love and our servanthood to the community by offering footwashing and (new) socks to our pantry clients on Maundy Thursday (April 2). **Come help with the event on Maundy Thursday (9:30 am-12:30 pm).** Help needed for set-up, footwashing & clean up. Look for the sign-up list after church or contact Thérèse if you are willing to help. theresec@stmarks-cityheights.org

Next Lenten Stations of the Cross & Soup Supper: Friday 3/13 | Join us for the Lenten practice of praying with the Stations of the Cross followed by a soup supper. Give yourself the gift of quietness, prayer, reflection and fellowship on March 13 & 27. All are welcome, bring a friend.

Reusable Grocery Bags Needed | Help our guests make that transition from single-use grocery bags by bringing in clean (used or new) reusable grocery bags. We are also accepting paper bags with handles.

Food Pantry Donations | Current needs are: rice, canned tomato products (any type), canned fruit, rice, and granola bars. You can drop them into the bin/basket in the foyer or drop them off on Wed/Thu during pantry hours. For more information, talk to Joanna: joannas@stmarks-cityheights.org or our Outreach Coordinator & Parish Administrator Chris: chrisn@stmarks-cityheights.org

Holy Week & Easter Schedule | The complete schedule can be found online: <https://stmarks-cityheights.org/worship/holy-week/>