

# **The Third Sunday in Lent**

## **March 12, 2023 + 4pm**



*Water well, Erg Chebbi, Sahara Desert, Morocco, - FLiker Cattan 2011*



*Beloved companions in the Spirit -  
Come as you are offering our lives  
in the beautiful struggle of faith...*

## **Welcome to the AbbeyChurch**

No matter who you are or what you are carrying today, know you are beloved and so very welcome here!

At the AbbeyChurch, we tell stories of faith, encourage hope, share meals, care for each other and for God's creation – and strive to practice the teachings of Jesus.

We're at different places in our faith journey - but we share a guiding sacred Story as found in scripture (The Bible) and summarized in our Christian creeds.

We share a willingness to honestly wrestle with God - with our questions and doubts, our disillusionment with our institutions and our concern for our world.

We invite diversity in our community and our leadership; old, young, rich, poor, conservative, liberal, radical, single, married, LGBTQ2IA+, straight, evangelical, progressive, overeducated, undereducated, overhoused, underhoused, certain, doubting, hurting, thriving (to name a few).

We believe that Christ's love binds our differences together and renews our hope as we gather each week at Jesus' table of welcome.

# We Gather

## Opening Loop / Tolling the Bells

### Welcome and land acknowledgment

#### Video Meditation: Oasis

*(The Work of the People: Written by Kelly Hall and Phuc Luu, acting by Jeremy Wells, filmed by Josh Spires and music by Aural Method.)*

#### Confession

Create in me a clean heart, O God;  
**And renew a right spirit within me.**

Everyone who thirsts, come to the waters;  
you that have no money, come, buy and eat!

**Why do we spend our money for that which is not bread, and our labor for that which does not satisfy?**

Listen carefully to me, says the LORD;  
eat what is good and delight yourselves in rich food.

**We will incline our ear, and draw near;  
We will listen, that we may live.** (Isaiah 55:1-9, Alt.)

Create in me a clean heart, O God;  
**And renew a right spirit within me.**

With faith and hope, let us confess the way we have  
turned away.

*Silence for Confession*

#### Trisagion

Ho—ly God.

Ho—ly and mi—ghty.

Ho—ly I—mmortal One.

Have mer—cy. Have mer—cy on us. *repeat 3x*

4th century or earlier. This version Juan Fernando Ortega 2011 Stylos / CCLI

### The Absolution / Assurance of Grace

*During the next song, the children will set the front table with symbols of our  
faith and common life together.*

## **Opening Song: I Heard the Voice of Jesus Say**

I heard the voice of Jesus say, "Come unto me and rest;  
Lay down, O weary one, lay down  
Your head upon my breast."  
I came to Jesus as I was, so weary, worn, and sad;  
I found in him a resting place, and he has made me glad.

I heard the voice of Jesus say, "Behold, I freely give  
The living water; thirsty one,  
stoop down, and drink, and live."  
I came to Jesus, and I drank of that life-giving stream;  
My thirst was quenched, my soul revived,  
and now I live in him.

I heard the voice of Jesus say,  
"I am this bleak world's light;  
Look unto me, your morn shall rise,  
and all your day be bright."  
I looked to Jesus, and I found in him my star, my sun;  
And in that light of life I'll walk till trav'ling days are done.

Source: text: Horatius Bonar; tune: traditional English / Public Domain

## **Poem: The Peace of Wild Things - Wendell Berry**

Read/selected by poet-in-residence **Rebecca Yeo**

### **We Proclaim**

#### **The Hebrew Scripture**

##### **A reading from the book of Exodus (17:1-7)**

From the wilderness between Elim and Sinai 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 for 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.**

*You are invited to rise in body or in spirit as we prepare our hearts to hear the Gospel.*

## **Gospel Acclamation: Lord to Whom Shall We Go**

Lord to whom shall we go?

You have the words of eternal life

We’ve come to believe and to know

That You are the Holy One of God *repeat*

Carolyn Arends 2021 / © Running Arends Music/ASCAP CCLI

## **The Gospel**

Let us proclaim the gospel from the rooftops!

**With our words and with our lives!**

A reading from the Gospel according to John (4: 5-42 *selected vs*)  
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 all 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...” 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. 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.”

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Carolyn Arends 2021 / © Running Arends Music/ASCAP CCLI

*Silence for meditation. Bell / Silence / Bell*

*You are invited to rise in body or in spirit as affirm our faith with the Shema - The Hear, O Israel (Israel = "God-wrestlers")*

**Hear, O Israel**

*[we say together]* **Hear, O Israel,**

**the Lord our God, the Lord is one.**

**Love the Lord your God with all your heart,**

**with all your soul, with all your mind,**

**and with all your strength.**

**This is the first and the great commandment.**

**The second is like it:**

**Love your neighbour as yourself.**

**There is no commandment greater than these.**

**Our Prayers**

**Lynn Mills**

**The Peace**

Beloved in Christ, The peace of the Lord be always with you.

**And also with you!**

*We acknowledge the peace of Christ in each other.*

*During this next 'offertory' song, the table is set. We welcome you to place financial contributions to our common life in the record player in the back of the space. Cheques made out to 'The Emmaus Community'.*

*Charitable receipts will be issued if you provide your address.*

**Offertory: As the Deer Pants for the Water (Psalm 42)**

As the deer pants for the water, so my soul longs after you;

You alone are my heart's desire and I long to worship you.

*refrain: You alone are my strength, my shield*

*to you alone may my spirit yield;*

*You alone are my heart's desire, and I long to worship you.*

Day-and-night – I-I. cry – my heart is breaking

Tears... my only food

While my enemies jeer and taunt me,

Saying: "Where is now your God?"

*refrain: You alone are my strength, my shield  
to you alone may my spirit yield;  
You alone are my heart's desire, and I long to worship you.*

Why am I so sad, so troubled?  
Why must suffering be so long?  
I will hope in You my God and Saviour  
Praise You with a song! *refrain*

Martyn Nystrom 1984 Maranatha Music w/ Additional verses Lydia Pederson ccli

## **We Celebrate**

### **Invitation to the table / Prayer Over The Gifts**

God of living water, receive all we offer you this day – gifts which flow down from on high, gathered by us, and offered to you for a world thirsty for love, for meaning, for justice, and for hope. May we know your fullness of life through the love of Christ, the living water within us. **Amen.** (ministry matters, Alt.)

### **The Communion / The Holy Eucharist**

The Lord be with you! **And also with you!**  
Lift up your hearts. **We lift them to the Lord.**  
Let us give thanks to the Lord our God!  
**It is right to give our thanks and praise!**

Holy God, How wonderful is the work of your hands! All of creation echoes the silent music of your praise. When sin had scarred the world, You made a covenant to renew the whole of creation. You embraced a people as your own and filled them with longing for a peace that would last and a justice that would never fail.

**Glory to you forever and ever.**

Through countless generations your people hungered for the bread of freedom. From them you raised up Jesus, the living bread, in whom all our hungers are filled. You have sent your Holy Spirit as a mighty stream to refresh and renew the face of the earth. Therefore with the company of heaven and all of your creation we sing:

**Holy holy holy Lord God of power and might  
Heaven and earth are full of your glory  
Hosanna in the highest  
+Blessed is the One who comes  
in the name of the Lord. Hosanna in the highest.**

While Jesus was eating with his disciples,  
he took a loaf of bread, and after blessing it,  
broke it, gave it to them, and said,  
“Take, this is my body. Do this in remembrance of me.”  
**Glory to you forever and ever.**

As supper was ending, Jesus took the wine and after  
blessing it, poured it, gave it to them and said, “take, this  
is my blood, do this in remembrance of me.  
**Glory to you forever and ever.**

Holy God we give you thanks for the mystery of faith given  
to us in Jesus your Child:  
Christ has died, Christ is risen, Christ will come again.  
**Christ has died, Christ is risen, Christ will come again.**

Send your Holy Spirit upon us and upon these gifts of  
bread and wine that they may be to us the Body and Blood  
of your Christ. Show us your presence in the wilderness  
and shape us into a people of hope, justice, and love. As  
grain was scattered across this land then gathered and  
made one in this bread, so may your church, scattered to  
the ends of the earth, be gathered and made one in your  
love. **Amen.**

*St. Lydia's Table, alt.*

### **The Prayer of Jesus**

As beloved children of a loving parent let us pray:  
**Our Father (Mother/Source/Parent) 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.**

*Silence is kept.*

These are the gifts of God, for the people of God, given for the life of the world. **Thanks be to God! Amen.**

*All are welcome to receive at Jesus' table! The bread is gluten-free. It contains dairy and/or almond flour. If you'd like a dairy or nut free option, please let the presider know. Juice is in the small cups. Wine is in the common cup. Please do not dip the bread into the cup.*

## **Agnus Dei (Lamb of God)**

Pre-recorded. Agnus Dei (feat. Jen Reardon) · Trinity Music · The Anima Christi   © 2009 Marty Reardon / CCLI

## **Communion Song: All Who Are Thirsty**

All who are thirsty - All who are weak  
Come to the fountain - Dip your heart in the stream of life  
Let the pain and the sorrow - Be washed away  
In the waves of God's mercy - As deep cries out in deep

(we sing) Come Lord Jesus come - Come Lord Jesus come  
Come Lord Jesus come

Holy Spirit come - Holy Spirit come - Holy Spirit come  
... As deep cries out to deep

Brenton Brown & Glenn Robertson / 1998 Vineyard Songs / CCLI

## **Communion Song: Draw Me In**

In the hunger of the desert  
Let your fast renew my senses  
Feed me with the words of heaven  
O my Saviour, draw me in.

When my days are endless taking  
Anything to fill the aching  
Show me all the good you're making  
O my Saviour, draw me in

Draw me in with your tenderness  
Speak abundance to my emptiness  
Set your table in this wilderness  
With the feast I long to taste

Christ you know my deepest longing  
Seeds You've planted now are forming  
Let me hear the still voice calling  
O my Saviour, draw me in

Draw me in with your tenderness  
Speak abundance to my emptiness  
Set your table in this wilderness  
With the feast I long to taste

As I stumble through this journey  
Restless in my endless searching  
Fill me with your love each morning  
O my Saviour, draw me in.  
Paul Zach / Kate Bluett / CCLI (Lenten Hymns) 2023

## **We Are Sent**

### **Prayer after Communion / Blessing**

Life-giver, Pain-bearer, Love-maker, You sustain us with your Word and nourish us in this Holy Meal, giving us a foretaste of the feast to come. Fill us with your Spirit and send us into the world as bearers of your peace. **Amen.**

United Methodist Church Discipleship Ministries, Alt.

Let us sing our blessing to one another...

*(Sung twice responsively)*

Courage **(Courage)**

My Friends **(My friends)**

**You do not walk alone**

We will **(We will)**

Walk with you **(Walk with you)**

**And sing your spirit home ...**and the blessing of God...

### **Song of Descent: Gone Is the Light**

Into the darkness we must go - gone, gone is the light  
Into the darkness we must go - gone gone us the light  
Jesus, remember me when you enter your \*Kingdom  
Jesus, remember me - when your Kingdom comes

Gord Johnson / Signpost Music 2008 / CCLI

\*Or "Kin-dom"

*We are invited to leave the space in silence  
during this holy season...*

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We would love to connect! Call, Text, Email.

