



CHRIST CHURCH CATHEDRAL OTTAWA

A diverse and vibrant community that glorifies God and welcomes all people

WELCOME

Activity bags for children are available at the entrance to the Cathedral. If you require a headset for hearing assistance or need communion to be brought to you in the pew, please speak with a Sidesperson. Please turn off or set mobile devices to silent mode.

THIRD SUNDAY IN LENT

March 12th, 2023

10.30 am Choral Eucharist (BAS)

Short communion service – Adrian Batten

Prelude

Prelude for Lent (opus 58/5) – Basil Harwood

Introit

Tone V Plainsong

Hear us, O Lord, have mercy upon us: for we have sinned against thee. God, we implore thee, in thy glory seated: bow down and hearken to thy weeping children: pity and pardon all our grievous trespasses.

A PENITENTIAL ORDER

Dear friends, we gather this day on traditional Anishinaabe Algonquin territory.

May we always dwell on this land with respect and peace.

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

And also with you.

We shall not live by bread alone, but by every word that proceeds from the mouth of God.

Matthew 4:4

Bless the Lord who forgives all our sins.

God's mercy endures for ever.

Kyrie Eleison

Lord, have mercy. Christ, have mercy. Lord, have mercy.

Confession and Absolution

Dear friends in Christ, God is steadfast in love and infinite in mercy; welcoming sinners and inviting us to this table. Let us confess our sins, confident in God's forgiveness.

Silence.

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 neighbours 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.

Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord. **Amen.**

Hymn 357

Let all the world in every corner sing

Collect of the Day

Gracious God, you provide us with living water in abundance for all to share. Nourish us with this abundance, so that we may be streams of living water to those who thirst for you; through Jesus Christ, the rock of our salvation. **Amen.**

THE PROCLAMATION OF THE WORD

First Reading

Exodus 17:1-7

A reading from the book of Exodus.

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 quarrelled 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 quarrelled and tested the Lord, saying, "Is the Lord among us or not?"

Holy Word, Holy Wisdom.

Thanks be to God.

Psalm 95

Come, let us sing to the Lord; let us shout for joy to the rock of our salvation. Let us come before the presence of the Lord with thanksgiving and raise a loud shout to God with psalms. For you, O Lord, are a great God, and a great sovereign above all gods. In your hand are the caverns of the earth, and the heights of the hills are yours also. The sea is yours, for you made it, and your hands have moulded the dry land. Come, let us bow down, and bend the knee, and kneel before the Lord our Maker. For you are our God, and we are the people of your pasture and the sheep of your hand. Oh, that today we would hearken to your 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.'"

Second Reading

Romans 5:1-11

A reading from the letter of Paul to the Romans.

Therefore, 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.

Holy Word, Holy Wisdom.

Thanks be to God.

Gradual

Down in the river to pray – Traditional arranged Philip Lawson

As I went down in the river to pray, studying about that good old way and who shall wear the starry crown / robe and crown? Good Lord, show me the way!

O sisters let's go down, come on down in the river to pray.

O brothers let's go down, come on down in the river to pray.

O fathers let's go down, come on down in the river to pray.

O mothers let's go down, come on down in the river to pray.

O sinners, let's go down, come on down in the river to pray

Holy Gospel

John 4:5-42

The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus 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 worshipped 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 worshippers 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 labour. Others have laboured, and you have entered into their labour." 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 Saviour of the world."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

Sermon

Hymn 508

I heard the voice of Jesus say

Apostles' Creed

Let us confess the faith of our baptism, as we say,

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Prayers of the People

Let us pray.

God of grace, you are our judge and our hope. Transform us with your love, harness our energy for your purposes in the world, and hear us as we offer our prayers.

We pray for the earth as your creation, staggering under the demands of human activity and expectation. Where we are tempted to use resources carelessly, where human lifestyles endanger homes and habitats of other peoples or other species, where immediate gain tempts people to give no thought for the future, send your wisdom to guide citizens and decision makers to act responsibly.

Lord, in your mercy,

Hear our prayer.

We pray for Bishop Shane and our diocese, as we reshape parish ministry in order to thrive and develop community ministry that serves those in need. Where we are tempted to guard traditions and resist new possibilities, where we magnify differences instead of celebrating our unity in Christ, where energy for leadership and community life has grown weaker, send your healing and transforming grace.

Lord, in your mercy,

Hear our prayer.

We pray for relationships suffering under stress. Where families are tempted to nurse grudges and harbour complaints, where friendships have been wounded by misunderstanding or neglect, where workplace tensions have arisen over clashing opinions or exhausting demands, send your reconciling and restoring mercy.

Lord, in your mercy,

Hear our prayer.

We pray for the world filled with increasing threats and conflicts, and especially for Ukraine. Where countries are torn by unrest and persecution, where communities are diminished by prejudice and discrimination, where those with power and authority degrade or dismiss their critics, empower those who work for just solutions and advocate for the powerless.

Lord, in your mercy,

Hear our prayer.

We pray for all who are troubled, for those who face illness or loss of any kind, for those challenged by economic hardship, and for those faced with the reality of death, their own or of someone dear. As we offer in silence the names of those on our hearts this day, embrace each one with your compassion and courage.

Silence.

Lord, in your mercy,

Hear our prayer.

Even as we remember the many challenges around us, we give you thanks for the blessings we know, for moments of pleasure, for laughter shared, for conversations that brighten our day. Thank you for your steadfast love and the comfort we draw from your presence with us in all things. **Amen.**

The Peace

The peace of the Lord be always with you.

And also with you.

Offertory Hymn 540

Just as the deer longs for the water brooks



Thank you for donating to the ministry of our Cathedral! You may also make an offering via the collection plate, by going to <https://www.canadahelps.org/en/dn/5519>, or by e-transfer to info@ottawacathedral.ca.

THE CELEBRATION OF THE EUCHARIST

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 Great Thanksgiving

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.

Eternal God, Source of all being, we give you thanks and praise for your faithful love. You call us into friendship with you and one another to be your holy people, a sign of your presence in the world.

When those we trust betray us, unfailingly you remain with us. When we injure others, you confront us in your love and call us to the paths of righteousness. You stand with the weak, and those, broken and alone, whom you have always welcomed home, making the first last, and the last first. Therefore we raise our voices with angels and archangels, forever praising you: *Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.*

Blessed are you, O Holy One: when Hagar was driven into the wilderness you followed her and gave her hope. When Joseph was sold into bondage, you turned malice to your people's good. When you called Israel out of slavery, you brought them through the wilderness into the promised land. When your people were taken into exile you wept with them by the river of Babylon and carried them home.

Restore us, O God, let your face shine!

At the right time you sent your Anointed One to stand with the poor, the outcast, and the oppressed. Jesus touched lepers, and the sick, and healed them.

He accepted water from a woman of Samaria and offered her the water of new life. Christ knew the desolation of the cross and opened the way for all humanity into the redemption of your reconciling love.

On the night he was betrayed, Jesus, at supper with his friends, took bread, gave you thanks, broke the bread, gave it to them, and said, "Take and eat: this is my body which is given for you. Do this for the remembrance of me."

After supper he 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 shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Loving and Holy One, recalling Christ's death and resurrection, we offer you these gifts, longing for the bread of tomorrow and the wine of the age to come. Therefore we proclaim our hope.

Dying you destroyed our death, rising you restored our life. Lord Jesus, come in glory.

Pour out your Spirit on these gifts that through them you may sustain us in our hunger for your peace. We hold before you all whose lives are marked by suffering, our sisters, brothers, and siblings. When we are broken and cast aside, embrace us in your love.

Restore us, O God, let your face shine!

Through Christ, with Christ, and in Christ in the unity of the Holy Spirit, all honour and glory are yours, O Source of all life, now and for ever. **Amen.**

The Lord's Prayer

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, the power, and the glory, for ever and ever. Amen.

Breaking of the Bread

We break this bread,

Communion in Christ's body once broken.

Let your Church be the wheat which bears its fruit in dying.

If we have died with him, we shall live with him; if we hold firm, we shall reign with him.

The gifts of God for the People of God.

Thanks be to God.

Agnus Dei

Communion

All are welcome to come to the altar rail. If you wish prayers for healing before receiving Communion, please carry an Order of Service with you; to receive a blessing, cross your hands over your chest; for a gluten-free wafer, hold out one hand; for a regular wafer, hold out two hands. Please do not dip the bread in the wine.

Motet

Call to remembrance O Lord – Richard Farrant

Call to remembrance, O Lord, thy tender mercies and thy loving kindness, which hath been ever of old. O remember not the sins and offences of my youth: but according to thy mercy think thou on me, O Lord, for thy goodness.

THE SENDING OF THE COMMUNITY

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.**

Glory to God,

whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.

Blessing and Dismissal

May the God of mercy transform you by grace, and the blessing of God the Creator, God the Son, and God the Holy Spirit, be among you and remain with you always. **Amen.**

Go in peace to love and serve the Lord.

Thanks be to God.

Hymn 529

God, my hope on you is founded

Postlude

Allegro (Fugue) on the 94th Psalm – Julius Reubke

Today at 4 pm, join us for Holy Table, Holy Song – a gentle celebration of the Holy Eucharist held in the intimacy of the Chancel, with musical reflections by members of the choirs, followed by a potluck supper.

Celebrant
Preacher
Organist
Director
Sung by
Readers
Intercessor
Duty Warden

Canon Doug Richards
Dean Beth Bretzlaff
James Calkin
Andrew McAnerney
Cathedral Lay Clerks
Christopher Mallory, Chuck Staples
Jane Coutts
Jane Morris

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READINGS NEXT SUNDAY

March 19th – Fourth Sunday in Lent

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

SPECIAL LENTEN WORSHIP SERVICES

Holy Table Holy Song – Sundays in Lent

4 pm Chancel Eucharist followed by potluck

Contemplative Prayer – Thursdays in Lent

12.05 pm Contemplative Prayer with Organ Meditation

Palm/Passion Sunday – April 2nd

8.30 am Holy Eucharist with Blessing of Palms

10.30 am Choral Eucharist with Palm Procession

Monday, Tuesday, Wednesday in Holy Week – April 3rd to 5th

12.05 pm Sung Eucharist

Maundy Thursday – April 6th

7 pm Choral Eucharist with Stripping of the Altar

Good Friday – April 7th

Noon Solemnity of the Lord's Passion
1 to 3 pm Cathedral Open for Quiet Meditation
3 pm Sacred Concert

Holy Saturday – April 8th

8 pm A Vigil for Easter

Easter Sunday – April 9th

8.30 am Holy Eucharist
10.30 am Festal Eucharist

CHRIST CHURCH CATHEDRAL

*Anishinaabe aking ate awaso kikinawadjichigan ~ A place of prayer on Algonquin territory
The Anglican Cathedral in the Nation's Capital
Cathedral of the Canadian Forces Anglican Military Ordinariate*

414 Sparks Street, Ottawa, Ontario K1R 0B2
(613) 236-9149 info@ottawacathedral.ca www.ottawacathedral.ca @ottawacathedral

The Right Reverend Dr. Shane Parker, *Bishop of Ottawa*
The Very Reverend Beth Bretzlaff (ext.16), *Dean of Ottawa and Rector*
The Reverend Canon Douglas Richards (ext.19), *Vicar*

Albert Dumont (Oshki Nodin), *Algonquin Teacher in Residence*
Canon Rob Heard, Archdeacon Michelle Staples, *Honorary Assistants*
Deacon Christine Jannasch (613-818-1754), *Spiritual Director in Residence*

Josephine Hall (ext.29), *Cathedral Administrator*
Jane Morris, John Serrati, *Church Wardens*
Natasha Coolen, *Children's Ministry Coordinator*

James Calkin (ext.20), *Director of Music and Organist*
Andrew McAnerney (ext.12), *Associate Director of Music*
