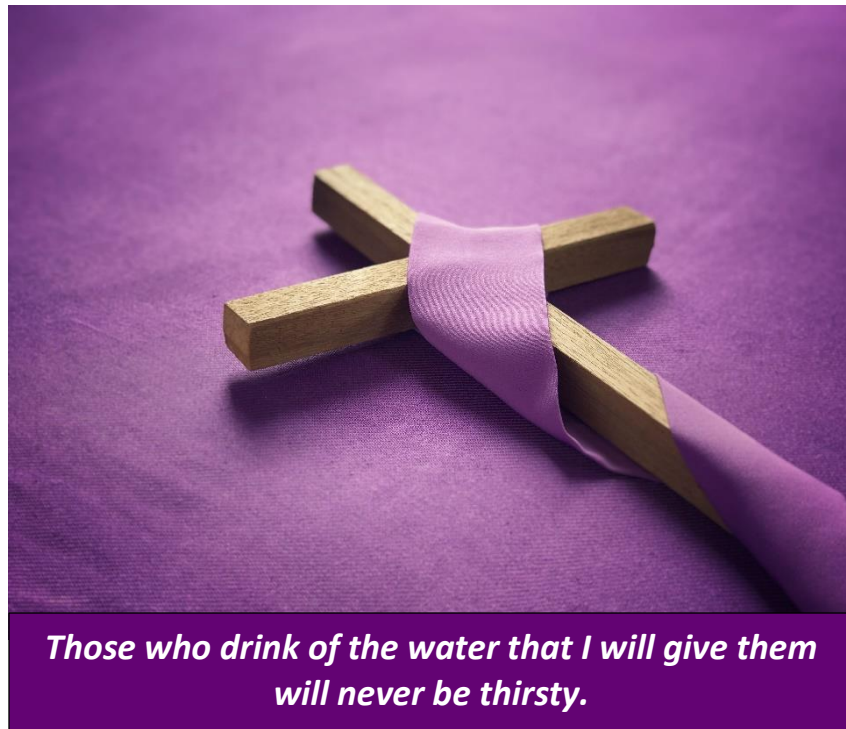


**Welcome to**  
**St. John's Episcopal Church**  
Chula Vista, CA

**The Third Sunday in Lent**

**March 12, 2023**  
**9:00 am**



***No matter who you are or where you are on your spiritual journey,  
you are welcome here!***

## Prelude

### Opening Acclamation

*Presider* Bless the Lord who forgives all our sins.

*People* ***His mercy endures for ever.***

Jesus said, "The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no other commandment greater than these."

*Mark 12:29-31*

### Confession of Sin

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

***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 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.***

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

*Presider* Lord, have mercy.

*People* ***Christ, have mercy.***

*Presider* Lord, have mercy.

### The Collect of the Day

*Presider* The Lord 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 Lessons

### A Reading from Paul's Letter 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***

### Psalm 95

*(All read together)*

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

***Let us come before his presence with thanksgiving  
and raise a loud shout to him with psalms.***

***For the Lord is a great God,  
and a great King above all gods.***

***In his hand are the caverns of the earth,  
and the heights of the hills are his also.***

***The sea is his, for he made it,  
and his hands have molded the dry land.***

***Come, let us bow down, and bend the knee,  
and kneel before the Lord our Maker.***

***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!***

***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."***

## **The Gospel**

John 4:5-42

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

## Homily

### The Nicene Creed

***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**

*Presider* Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world. Lord, in your mercy  
***Hear our prayer.***

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good. Lord, in your mercy  
***Hear our prayer.***

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory. Lord, in your mercy  
***Hear our prayer.***

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us. Lord, in your mercy  
***Hear our prayer.***

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation. Lord, in your mercy  
***Hear our prayer.***

We commend to your mercy all who have died, especially Ron Williams, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom. Lord, in your mercy  
***Hear our prayer.***

We pray for those who risk their lives to ensure our freedom, to heal, protect, comfort, and keep us safe,

***Almighty God, we commend to your gracious care and keeping all the men and women of our armed forces, first responders, medical professionals, essential workers and their families. Defend them day by day with your heavenly grace; strengthen them in their trials and challenges; give them courage to face the perils which beset them; and grant them a sense of your abiding presence wherever they may be; through Jesus Christ our Lord. Amen.***

*Presider* Almighty God, to whom our needs are known before we ask, help us to ask only what accords with your will; and those good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son Jesus Christ our Lord. ***Amen.***

## **The Peace**

*Presider* The peace of the Lord be always with you.

*People* ***And also with you.***

## **Birthday, Anniversary and Traveler Prayers**

## **The Offertory**

*You may also give online by using the "Give Now" button on our St. John's website: [www.saint-johns.org](http://www.saint-johns.org)  
[Your generous offering helps us to continue the mission and ministry of the parish.](#)*

## **Offertory Anthem**

## **The Great Thanksgiving**

*Presider* The Lord be with you.

*People* ***And also with you.***

Lift up your hearts.

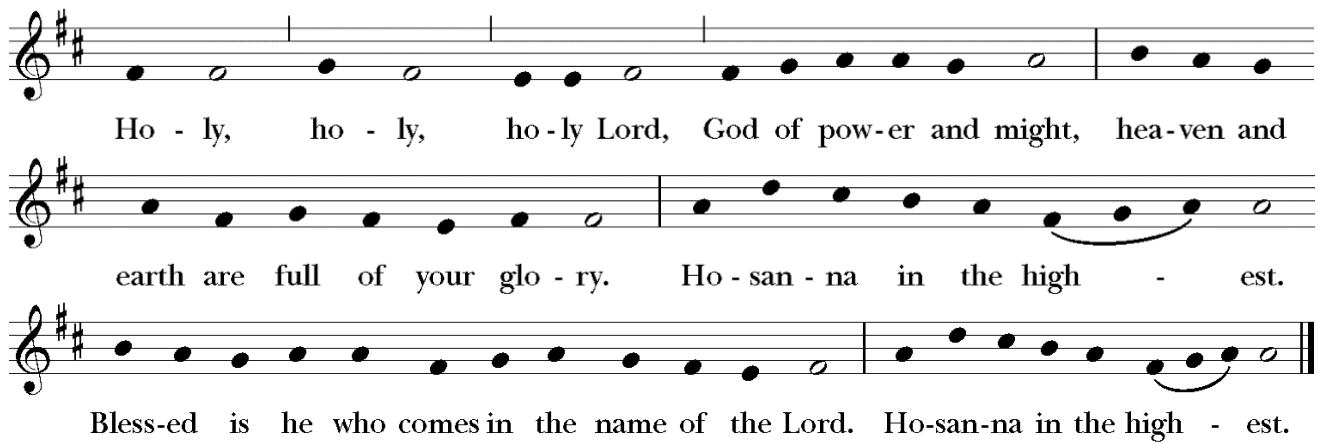
***We lift them to the Lord.***

Let us give thanks to the Lord our God.

***It is right to give our thanks and praise.***

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Through Jesus Christ our Lord, who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and  
earth are full of your glo - ry. Ho - san - na in the high - est.  
Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, 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."

Therefore we proclaim the mystery of faith:

***Christ has died.***

***Christ is risen.***

***Christ will come again***

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. ***Amen.***



And now, as our Savior Christ has taught us, we are bold to say,

***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**

*Presider* Christ our Passover is sacrificed for us;  
*People* ***therefore let us keep the feast.***

*Presider* Lamb of God, who takes away the sins of the world,  
*People* ***have mercy upon us.***

*Presider* Lamb of God, who takes away the sins of the world,  
*People* ***have mercy upon us.***

*Presider* Lamb of God, who takes away the sins of the world,  
*People* ***grant us your peace.***

*Presider* The Gifts of God for the People of God

## **Communion**

### **Spiritual Communion**

I invite all who are watching our liturgy online to receive Christ spiritually. Let us pray together:

***Lord Jesus, we believe that you are truly present in the Blessed Sacrament. We are grateful to know there are many ways to experience your presence, but in whatever way we do, we know you come into our hearts, minds and souls. Unite my heart with those of my family of faith gathered to celebrate the great meal of thanksgiving and make us all one with you. May this spiritual communion strengthen my faith and grant me confidence in your loving care now and forever. Amen.***

## Prayer After Communion

Presider Let us pray

People ***Eternal God, heavenly Father,  
you have graciously accepted us as living members of your Son our Savior Jesus Christ,  
and you have fed us with spiritual food in the Sacrament of his Body and Blood.  
Send us now into the world in peace, and grant us strength and courage  
to love and serve you with gladness and singleness of heart;  
through Christ our Lord. Amen.***

## The Blessing

Presider Look with compassion, O Lord, upon 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; And the blessing of God Almighty, the Father, the Son and the Holy Spirit, be upon you, and remain with you always. ***Amen.***

## The Dismissal

Presider Let us go forth in the name of Christ.

People ***Thanks be to God.***

## Closing Hymn

*As Longs the Deer for Cooling Streams*

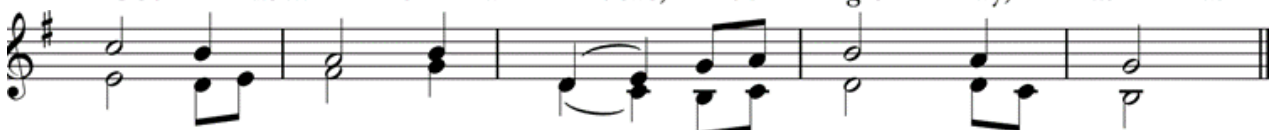
Hymnal #658



1 As longs the deer for cool - ing streams in  
2 For thee, my God, the liv - ing God, my  
3 Why rest - less, why cast down, my soul? Hope  
4 To Fa - ther, Son, and Ho - ly Ghost, the



parched and bar - ren ways, so longs my soul, O  
thirst - y soul doth pine: O when shall I be -  
still, and thou shalt sing the praise of him who  
God whom we a - dore, be glo - ry, as it



God, for thee and thy re - fresh - ing grace.  
hold thy face, thou Ma - jes - ty di - vine?  
is thy God, thy health's e - ter - nal spring.  
was, is now, and shall be ev - er - more.

## Postlude

## Liturgical Ministers

<b>Presider/Preacher</b>	Rev. Roger Haenke
<b>Reader/Prayers</b>	Cliff Berkowitz, Helena Livingston
<b>Psalmist/Vocalists</b>	St. John's Choir: Jeff Bates, Tom Brzeczek, Alice Burnham, Pamela Brittain, Denise Eddleman, Jane Ferguson, Larry and Lucy Ferguson, Ted Garcia, Joe and Maria Love, Marge Moore, Chelsey Nyaradi, Nancy Painter and Leslie Parker
<b>Organist</b>	Cheryl Seppala
<b>Acolytes</b>	Scott Bricknell, Malia Attaway, Marge Moore, Lynn Naranjo
<b>Ushers</b>	David and Linda Dennehy
<b>Eucharistic Minister</b>	Iris Atkins, Debbie Lothspeich, Celia Vasquez
<b>Livestream</b>	Cliff Berkowitz, Jamie Attaway

## St. John's Prayer Lists

*Today and every day include some time for prayer, for yourself,  
for your church family, and for those in need.*

### For Our Military

Matt Jensen, Drew Shorkey, Cody Crossland, Cameron Ronie, Chariti Paden, Mark Stanfield, Sean Robinson, Jonathan Martinez, TK Nguyen, Christopher Lindshield, Timothy Lindshield, Jeremy Colton, David Sanchez, Jonathan Baldera, Nick Wyatt, Jamal Warner, Matt Hernandez, Daniel Getreu, Devon Strunk, Taylor Harrold, Jorge Zuazua, Sebastian Morales, Roberto Chavez, Ryan Lothspeich, Andrew C. Dugger, Dan and Chelsey Nyaradi, and Gen. G.J. Heinrich.

### For Strength in Time of Need

Steve Magill, Gary and Shirley McCarren, Ann Lindshield, the McClure family, Josey Felts, Barb Oliveira, Heather Wallace, Linda Longoria-Neff, Celia Vasquez, Ann Rogers, Kurth Barnes, Tyler Anderson, Oscar Morales, Hugo Burchartz, Alec Hauer, John Thomas and Zakia.

### For the Deceased

Pray for the repose of the soul of Ron Williams.

***Rest eternal grant to him, O Lord;  
And let light perpetual shine upon him.***

***May his soul and the souls of all the departed,  
through the mercy of God, rest in peace. Amen.***

*(Names are kept on the Prayers List for 4 weeks and should be submitted by Wednesday.  
If you wish to add a name, please email Maria Love at: [info@saint-johns.org](mailto:info@saint-johns.org).)*

### **St. John's Clergy**

The Rev. Roger Haenke, *Rector*

### **St. John's Vestry**

Lynn Young, *Senior Warden*

208-695-7735

[lynnyoung2786@gmail.com](mailto:lynnyoung2786@gmail.com)

Jeff Bates, *Junior Warden*

206-579-9435

[jefbates@icloud.com](mailto:jefbates@icloud.com)

Gregg King, *Treasurer*

Diane Gustafson, *Clerk/Secretary*

Pamela Brittain

Tom Brzeczek

Alice Burnham

Bill Cheney

Jane Ferguson

Alejandra Valdez-Ber

### **St. John's Mission Statement**

St. John's is a Christian community that intentionally gathers to experience God's love through Episcopal worship, education, fellowship, and ministry to the wider community.



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