

**Emmanuel  
Episcopal Church  
3rd Sunday in Lent**



Sunday, March 8, 2026, 8:00 AM and 10:30 AM

*Welcome to Emmanuel. We invite you to join with us in worship. Music is a part of our 10:30 a.m. service.*

*Please maintain prayerful silence in the Nave to prepare for worship*

**Prelude** "I Heard the Voice of Jesus Say" Thomas Tallis, arr. Dengler

**Opening Hymn 692** *I heard the voice of Jesus say* [The Third Tune]

**Liturgy of the Word**

*All standing, the Celebrant says*

Bless the Lord who forgives all our sins.

*People* **God's mercy endures for ever.**

*At 8:00:*

**Holy God,  
Holy and Mighty  
Holy Immortal One,  
Have mercy upon us.**

*At 10:30 sung:*

**S-100 Hurd**

Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.

Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.

Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us.

**Collect of the Day**

**BCP 357**

*Celebrant* The Lord be with you.

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

*Celebrant* Together, 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.**

**First Reading** *(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?"

So Abram went, as the Lord had told him; and Lot went with him.

*Reader* The word of the Lord.

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

**Psalm 95**

**BCP 724**

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."

**Second Reading** (*seated*)

**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.

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

**Gradual Hymn 686** *Come, thou fount of every blessing*

[Nettleton]

**Gospel** (*stand as you are able*)

**John 4:5-42**

*Deacon* 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



## Hear our prayer.

Lord, where there is suffering in our community, produce endurance; where there is endurance, produce character; where there is character, produce hope. And where we place our hope in you, let us not be disappointed.

*Silence*

Great God and King,

## Hear our prayer.

Lord, we pray for those who are sick or suffering. Give them that living water that comes only through your Son Jesus Christ, that their needs may be met and their thirst quenched. *Congregation is invited to add their petitions and thanksgivings.*

*Silence*

Great God and King,

## Hear our prayer.

Lord, we pray for the dying and the dead. We pray in the assurance that all have been reconciled to you through the death of your Son and saved by his new life.

*Silence*

Great God and King,

## Hear our prayer.

*Concluding collect*

*Celebrant then says*

Let us confess our sins against God and our neighbor.

*Silence is kept for persons to bring before God their individual sins.*

*Celebrant then says:*

**God of all mercy,**

**we confess that we have sinned against you, opposing your will in our lives.**

**We have denied your goodness in each other, in ourselves,**

**and in the world you have created.**

**We repent of the evil that enslaves us, the evil we have done,  
and the evil done on our behalf.**

**Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.**

*The Celebrant says:*

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.**

**Peace** *(All stand.)*

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

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

*Then the Ministers and People may greet one another in the name of the Lord.*

## The Holy Communion

**Offertory Anthem** (Emmanuel Choir) *“At the Cross (Love Ran Red)”* *Redman, Myrin, Tomlin, Cash, Armstrong; arr. Mary McDonald*

*The people stand and sing the Presentation Hymn as gifts of bread, wine, and money are presented at the altar:*

## Doxology

*Praise God from whom all blessings flow. Praise Him all creatures here below. Praise him above ye heavenly hosts. Praise Father, Son, and Holy Ghost.*

## Great Thanksgiving Eucharistic Prayer A

*The people stand.*

*Celebrant* The Lord be with you.

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

*Celebrant* Lift up your hearts.

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

*Celebrant* Let us give thanks to the Lord our God.

*People* **It is right to give him thanks and praise.**

*The Celebrant proceeds*

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:

**Sanctus**

S-124 (Hurd)

*Celebrant and People*

**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.**

*The people kneel or stand.*

*The Celebrant continues*

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.

*At the following words concerning the bread, the Celebrant is to hold it, or to lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.*

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 sin. 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.**



Christ has died. Christ is ri - sen. Christ will come a - gain.

*The Celebrant continues*

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.**

*The Celebrant then continues*

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

*People and Celebrant*

**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 Priest and People then say*

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

*Celebrant* Christ our Passover is sacrificed for us;

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

*The Celebrant says*

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.

*All are welcome to receive Holy Communion. If you do not wish to receive from the cup, it is acceptable to receive the bread only. Those who do not wish to receive Communion, are invited to come to the altar for a blessing. Please speak to the Rector if you would like to learn more about baptism.*

**Hymn L-29**      *Jesus, keep me near the cross*      Fanny Crosby/William Doane

**Post-Communion Prayer**      **BCP 365**

*After Communion, the Celebrant says*

Let us pray.

*Celebrant and People*

**Almighty and everliving God,**

**We thank you for feeding us with this 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 your Son,**

**And heirs of your eternal kingdom.**

**And now, Father, send us out to do the work you have given us to do,**

**To love and serve you as faithful witnesses of Christ our Lord.**

**To him, to you, and to the Holy Spirit,**

**Be honor and glory, now and for ever. Amen.**

*The Priest offers a Lenten Prayer:*

May the peace of the Lord Christ go with you: Wherever he may send you; May he guide you though the wilderness: Protect you through the storm; May he bring you home rejoicing at the wonders he has shown you; May he bring you home rejoicing once again into our door. May you be blessed+in the name of the Father and of the Son, and of the Holy Spirit. **Amen**

**Recessional Hymn 690**      *Guide me, O thou great Jehovah*      [Cwm Rhondda]

**Dismissal**      **BCP 366**

*Deacon or LEM* Let us go forth in the Name of Christ

*People*      **Thanks be to God.**

**Postlude**      *"I've Got Peace Like a River"*      [Spiritual]

## Emmanuel Episcopal Church Hampton, Virginia

March 8, 2026

### **Welcome to Emmanuel!**

**If this is your first visit to Emmanuel Episcopal Church,** consider making this your spiritual home. Sunday services are found in the red Book of Common Prayer located in your pew or in the printed bulletin. Hymns are found in the blue Hymnal, the red & black Lift Every Voice and Sing hymnal (L), or the green Wonder, Love, & Praise hymnal (W).

**If this is your first time visiting the Episcopal Church,** simply relax and enjoy the service. Don't worry about doing things "right," for God has brought you here for a purpose and together, as the people of God, we can enjoy each other's company and the presence of God you bring into our midst.

**All people are welcome to receive communion in the Episcopal Church** and you can do so by coming to the center of the rail and holding your hands to receive the bread (Body of Christ). Afterwards to receive the wine (Blood of Christ), please move to either the right or the left side. The right side is where you can drink from the common cup and the left

side is where you can dip the bread in the wine yourself (intinction). Communion in one-kind (bread) is a completely full & sufficient communion. If you would prefer to have the clergy and a chalice come to you, please notify an usher.

**Filming during the service** - Recognizing that not all are able to be present in the sanctuary, we broadcast the later service.

**Cell Phones** - Please remember to mute or turn off your phone before the service starts.

**Safety Protocols at Emmanuel** - Mask wearing is appropriate anytime but not required. In close quarters, like the Vestry room and library, it may make sense to consider wearing masks depending on the participants. Hand sanitizer is available. In the event of an emergency, please stay calm, stay seated, and listen for instructions.

**The sanctuary flowers** are given this week by Margaret & Dean Seitz to the glory of God and in honor of the birthdays of Sarah & Elizabeth Joyce.

### **Lay Eucharistic Ministers**

8:00am R – Andy Gurkin; C – Chuck Gwilt, Margaret Seitz

10:30am R – Rhonda Burrell-Garguilo; C – Sabrina Miles, Kim DeCoster

## **ANNOUNCEMENTS**

**Reminder** – The sanctuary and chapel are open for quiet prayer and reflection during office hours: This parish office is open Tuesday - Friday 8:30a – 3p.

**Children's Communion Class** continues this morning and next Sunday, *March 8 and March 15 at 9:15am.*

**Vestry Retreat** – This afternoon, vestry will be on retreat as they team build and vision for Emmanuel's future. Please keep them in your prayers today.

**Lifeline** is holding a screening day at Emmanuel *this Tuesday, March 10.* Registration information is available from the flyer posted in the office foyer.

**"Let Us Go to the Other Side" Wednesday Evening Lenten Series** – We continue our joint program this *Wednesday, March 11 at 5p* here at Emmanuel! Please bring a soup or a salad to share as we host the other Hampton Episcopal churches for the night.

Remaining schedule is: *March 11* at Emmanuel "Radical Welcome: Ubuntu, 'I Am Because We Are'" (John 4:1-42)

*March 18* at St. John's "Renewal of Mind and Spirit, Part II" (Romans 12:2)

**Touchstones** will be meeting next *Wednesday, March 18 at 2p* in the vestry room. This month the group is focused on our "Touchstones" as reminders of God's faithfulness in difficult times. All are welcome.

**Book Club** is meeting on *Friday, March 20 at 12:30p* to discuss John Boyne's book, The Hearts and Visible Furies. The book & author come highly recommended. Please plan to join the discussion.

**Bag Lunches** – We will be making bag lunches on *Saturday, March 21 at 10a.* We are in need of chips, bread, cookies, and jelly. Please let the office know if you can help with any of these items or if you are available to make the lunches.

**Lenten Challenge** – "4,000 cans in 40 days." Last Sunday, we collected 176 food items which were taken to HELP's food pantry. (St John's collected 209 cans last week – just saying.)

**Endowment Grants** - The Endowment Board has opened up the Grant Request process. Grant applications forms can be picked up from an Endowment Board member or from the church office. Applications are due *May 1.*

**Need help with lawn work, housework, odd jobs?** - The teen group at Bethel Baptist Church on Briarfield Rd, Hampton, is raising money for their summer mission trip expenses. The church's mission trip is planned for the Philippines this summer. There are no set fees for the services. Donate whatever amount you find reasonable. If interested in any of the group's services, please contact Pastor Joel Achenbach, Youth Pastor at Bethel, 757-848-8673.



***Palm Sunday (March 29)***

8a – Holy Eucharist with dramatic Gospel reading

10:30a – Holy Eucharist with Tenebrae

***Monday & Tuesday in Holy Week (March 30 & 31)***

6p – Compline on-line on the church's facebook page

***Wednesday in Holy Week (April 1)***

12p – Noon day prayers & readings

***Maundy Thursday (April 2)***

6p – Holy Eucharist & stripping of the altar

***Good Friday (April 3)***

12p – Traditional Good Friday service

6p – Stations of the Cross

***Easter (April 5)***

6:30a – Sunrise Holy Eucharist in the courtyard

8a – Holy Eucharist, flowering of the cross

10:30a – Holy Eucharist, flowering of the cross, Easter Egg Hunt after

**In Need of Prayer** — Bob, Cephise, Margaret, Carol, Lisa, Diane, Jackie, Beth, Teddie Jo, Deacon Earl, Claire, Doris, Ron, Arline, Clara, Tristan, Maria, Willie, Carol Sue, Bonnie, Iva, Paul & Taffy, Sally Sue, Diane K, Aaron, Mary, Kathleen, Kai, Art, Don, Sandra, Tal, Gina, Sabrina, Angalee & David, Elaine, Joe, Jerry W., Velma, Karen T, Nancy K, Kim, Carole, EJ, Jerry, Nancy B, Mary, Elizabeth, John, Richard, Geoff, Helen, Virginia, William, Jan, Faye, Rebecca & Vincent, Mike, Betty, Tom & Sheila, Ramon, Barbara, Jim & Susie, Leigh, Bill, Carl, Pixie, Donnie, Bobby L., Dell, Peggy, Judy, Laura, Lee Ann, Brenda, Betty F., Tim & Debra, Donna, Lamar, Pam, Nancy W., Gale, Richard H., Diane W., Delores, Anne, Andrew, Bria, Xaria, John, Karla, Robin, Barbara & Harold, Edith, Shirley, Robert D., Michelle, Althea, Kay, Keith A., Parker, Danny & Debra, Kyle, Gary & Sheila, Gerard, Kora, Pat, Mel, Tage, Kent, Elizabeth, Maureen, Karen, Benjamin & Marie, Ryan, Abby, Preston, Marlow, Jimmy, Brian, Floyd, Kelly, Tina, Anthony, Evelyn, Declan, Shandra, Ross, Frankie, Lili, Robert M., Joshua, Braydon, Tim, Val, Glenn, Bo, Constance, Gary, Cathy S., Liz, Ellie & Clyde, Latta, Dominic, Dumans, Kathie, Georgia, Edwin, John L., Lester, Vicky, James, Jazmin, Steve, Patrick, Erick, Jordan, Samantha, Chantelle, Meyers, Jeff, James P., Alexis, Tytiana, Scott, Chris, Kenneth, Heather, KJ, Haleigh, Brianna, Sophia, Helen, Larry T, Vi, Boyd, Patty, Marty, Mary, Barb, Michelle, Derek

**Stewardship Moment**

*"Tell out my soul"* – In response to our Lenten challenge to gather 4,000 cans in 40 days, our 2nd Sunday loose (cash) offering will be given to the Virginia Peninsula Foodbank. They provide food to locals churches and other organizations that conduct regular food pantries for our community. If you are interested in volunteering at the Foodbank in Hampton contact them at [hrfoodbank.org](http://hrfoodbank.org).

## Emmanuel Episcopal Church

179 East Mercury Boulevard Hampton, Virginia 23669-2461  
 Phone: (757) 723-8144 Email: office@emmanuelhampton.org  
 Website: <http://www.eechampton.org> Facebook: EmmanuelHampton  
 A parish of the Episcopal Diocese of Southern Virginia  
 The Rt. Rev. Susan Haynes, Bishop

### Staff

The Rev. Rhonda E. Wheeler, Rector      Rev. Darlene Jackson, Deacon  
 Cathy Combs, Music Director  
 Karen Harrington, Parish Administrator      Cary Kelly, Finance Director

### Vestry

Tim Bradley      Chris Johnson      Margaret Parker, Jr. Warden  
 Chris Garguilo, Sr. Warden      Laura L. Manigault      John Pence  
 Chuck Gwilt      Bill Miles      Dean Seitz

Suzzane Jewett, Registrar  
 Vic Hellman, Treasurer

## EVENTS THIS WEEK

Sunday, March 8 - 8:00am & 10:30: 9:00am & 11:30am: 9:15pm: 1:00pm: 2:00pm:	<b>3 Lent</b> Worship Emmanuel Café YEAs, Communion Class Vestry Retreat Eastern Star
Monday, March 9—7:00pm:	AA & Al-Anon
Tuesday, March 10—8:00am: 11:00am: 4:30pm:	Lifeline Screening Prayer Shawl Discernment
Wednesday, March 11—9:30am: 11:00am: 12:00pm: 4:00pm: 5:00pm:	Morning Prayer WoW Healing Service Property Lenten Program @ Emmanuel
Thursday, March 12 —11:30am: 4:00pm: 5:30pm:	Fitness Summer Event Planning Choir
Friday, March 13 –	
Saturday, March 14- 8:00am: 9:00am: 10:00am:	AA Altar Guild Eastern Star
Sunday, March 15 - 8:00am & 10:30: 9:00am & 11:30am: 9:15pm:	<b>4 Lent</b> Worship Emmanuel Café YEAs, Communion Class