

10:00 Holy Eucharist BAS Licensed Lay Minister: Jean Stratford

Processional Hymn: Glorious Things of Thee are Spoken (CP 388)

The Gathering of the Community

Trisagion

Collect: Lord of the wellspring, source of life and truth: give us the courage of the Samaritan woman, so that we may receive living water, and worship you in spirit and in truth; through Jesus Christ who quenches our thirst with eternal life. **Amen**

The Proclamation of the Word:

Exodus 17: 1-7 (Stephen Hamlin)

Psalm 95

Romans 5: 1-11 (Myrtis Guy)

Gradual Hymn: By the Well a Thirsty Woman

The Holy Gospel: John 4: 5-42 (Joan MacDonald)

Homily – Rev. Lori

Apostles Creed

Prayers of the People

Confession and Absolution

The Peace

Offering Hymn: Come to the Water

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**

Eucharistic Prayer #1

The Lord's Prayer

Breaking of Bread #7

Lamb of God

The Communion

Communion Hymn: Shepherd of Souls, Refresh and Bless (CP 85)

Ablutions Hymn: Like a Healing Stream

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**

Doxology

The Blessing

Closing Hymn: Thy Hand, O God, Has Guided (CP 444)

Dismissal

Music: Let There be Love

Postlude

In lieu of altar flowers, a donation has been made to the glory of God and in loving memory of my husband Doug and our son Scott from Faye Kennedy.

Greeters: Harry & Judy MacKenzie

Counters: Bob Adams & Stephen Hamlin

Chancel Guild: Prue Hansen, Diane MacLeod, Judy Rose, Joan MacDonald

ANNOUNCEMENTS:

Tuesday, Mar. 10th – 8:45 a.m. Morning Prayer

7:00 p.m. Property Committee

Wednesday, Mar. 11th – 12:00 noon service

Lenten Program “All in for Wonder”

1:00 p.m. Finance Committee

6:30 p.m. Choir

Friday, Mar. 13th – 10:00 a.m. Meditation

11:00 a.m. Lectionary Study

Next Sunday, March 15th – Fourth Sunday in Lent

Holy Eucharist (BAS) 10:00 a.m. Coffee Hour

Communion: We offer two options for the receiving of communion wine: the common cup and a second cup from which a medicine dropper is used to place wine upon the host. You are invited to cross to the chalice of your choice after receiving the host. **Dropper cup on the piano side/Drinking cup on the organ side. Note:** Dipping of the wafer (intinction) is not permitted in the common cup.

ASK ME! You may have noticed some of our members wearing bright yellow and red “ASK ME” buttons. If you are new to St. John's (or even not so new!) and have questions – please speak to anyone wearing a button. If they don't have an answer for you, they'll find one!

Lenten bags and calendars are still available for those who have not picked one up. Bags are in the basket at the back of the church and calendars are on the back table.

Schedule for Holy Week and Easter:

Friday, March 27th – 6:00 p.m. Palm Cross Making (upper hall)

Sunday, March 29th – 10:00 a.m. Palm Sunday Holy Eucharist + blessing of palms

Tuesday, March 31st – 12:00 noon Holy Eucharist

Wednesday, April 1st – 7:00 p.m. Tenebrae

Thursday, April 2nd – 5:00 p.m. Potluck Soup Supper & Communion (upper hall)

Good Friday, April 3rd – 10:30 a.m. Children's Good Friday Service

2:00 p.m. Liturgy of Good Friday

Easter Day Sunday, April 4th – 6:30 a.m. Easter Sunrise Service

10:00 a.m. Easter Liturgy (followed by Easter Egg Hunt)

Spiritual Café dates: Mar. 20th / April 10th / May 1st / May 22nd / June 12th.

Upcoming **Coffee Hour** dates: March 15th.

Sunday School dates for this term: Mar. 22nd / April 12th and 26th / May 3rd, 24th and 31st (Sundae Sunday).

Our **Baby Needs 2026 Drive** for the Colchester Food Network wraps up today. Donations of food, clothing and other essentials for babies and toddlers will be delivered to them this week. Thank you for supporting this initiative of your Chancel Guild. For more info speak to Maria Murphy or Prue Hansen.

We are accepting donations of wrapped Easter candy for our children's **Easter Egg Hunt** on Easter Day. Help us make this fun for our children!

The students and staff of Bible Hill Consolidated would like to **thank** our "Nana Joan" for delivering so many hats, mittens and snow pants to our school. The children have been able to enjoy many cold and snowy days on our playground due to your kindness! Thank you, Nana Joan!

Our parish **Pancake Supper** raised \$604.44 after expenses. These proceeds were donated to the Rector's Discretionary fund which is used to help folks in our community with day-to-day needs like rent, oil, groceries, medications, etc. Thank you to the Men's Group for a beautiful meal and to all who attended for your support.

Our parish walking team raised \$2040 in support of Truro Homeless Outreach Society at the **Coldest Night of the Year** event. Thanks to all who walked and donated!

Remember **Lent Madness**? We are not following the debates this year as a parish, but you are invited to follow along at home. Sign up by going to www.lentmadness.org Have some fun learning about those who followed Jesus in the past to get inspired!

The Diocese of NS and PEI is sponsoring a **Lent book club** online again this Lent. The book for this year is [Cherished Belonging: The Healing Power of Love in Divided Times](#) by Gregory Boyle. Details about the book club and sign up is available at <https://www.nspeidiocese.ca/news/love-that-heals-diocesan-lenten-book-study>

Senior Safety Program, Free Event – Frauds & Scams. March 24th from 10:30 a.m. – 12:00 noon at the Truro Police Community Office Truro Mall. Join us for a presentation on frauds and scams (including online scams) with Katie, Digital Literacy Instructor with Colchester Adult Literacy Association and Doug MacDonald, Senior Safety Coordinator, Truro Police Service. To register for this free event – please call (902) 897-3271 or email thart@truro.ca



Our Lent Program this year is called **"All In."** From the program intro:

"Have you ever decided to go all in for something? Maybe it was when you chose a profession or a partner. Perhaps you made the exciting but terrifying decision to become a homeowner. Maybe it was when you joined your current congregation, or, if you came to faith later in life, when you decided to be baptized.

In Matthew 4, Jesus fasts for forty days in the wilderness, then confronts the testing of the devil. Responding to each temptation, he demonstrates the kind

of savior he will become: deeply connected to God's people and God's creation; committed to cosmic saving power, not flashy tricks; filled with love for God and everything God loves. Refusing easy food, power, and dominion, Jesus goes all in on salvation on our behalf. When his life ends on Good Friday, his commitment will be total, emptied out in love dying on the cross and rising from the grave. Jesus shows what it is like to be all in for the reign of God. It means being fully invested, deeply committed. There are no backup options. Everything is on the line.

As Christians, God calls us to a life of commitment and caring for our neighbors and our world, even when the cultures around us view our caring as naive and our commitment as pointless. The endless news cycle can be grim, and optimism can be hard to find. It would be easier to detach from the need around us, to go numb and to care less as we try to guard our hearts and our expectations. But God calls us to deep engagement instead, to care more in a world trying to protect itself by caring less."

Our program invites us to explore going "all in" in different ways:

Ash Wednesday: All in for Repentance

1st week of Lent: All in for Creation

2nd week of Lent: All in for the Unknown

3rd week of Lent: All in for Wonder

4th week of Lent: All in for Relationship

5th week of Lent: All in for Letting Go

Holy Week: All in for the Highs and Lows

Easter: All in for Resurrection

There are two ways to get involved with our "All In" Program. 1) You can sign up to receive private email devotions daily to your inbox. This is a way to read, reflect and pray about the themes day-by-day and week-by-week. Email Rev. Lori at lramseyis@gmail.com to sign up. 2) You can also join our Wednesday noon Lenten Eucharist each week during the season. The worship will feature reflection on the theme and will be followed by an informal coffee and conversation time where we'll speak further about what we're hearing and learning. All are welcome to any or both of these offerings.



March 8th, 2026 Third Sunday in Lent



Rector: Rev'd Lori Ramsey



Wardens: Sarah Lennerton and Michael Sherren

PLEASE TAKE THIS LEAFLET HOME FOR FUTURE REFERENCE