

The Anglican Parish of Holy Cross

Growing relationships in Christ

Service of Holy Communion

March 8, 2026 at 10:00 AM

Third Sunday in Lent

Book of Common Prayer (Small Red Book)

Presiding: The Rev. Simba Mutandwa

Assisted by: The Rev. Deacon Carol Tubman

Welcome! We thank you for choosing to worship with us today. To learn more about our community, please fill out the card in the pew and/or speak to the clergy.

All baptized Christians are welcome to receive communion. If you prefer not to receive communion, you are encouraged to come forward to receive a blessing. If you are gluten intolerant, you may request a rice wafer instead of a wheat wafer from the priest administering the bread.



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As the parish of Holy Cross, we acknowledge that we gather
on the traditional territories of the Treaty 7 peoples.

We Gather Together

Prelude: Fuge in C BWV 553 C – J.S. BachRyan
Announcements and Welcome

Processional Hymn 394 “Eternal, Unchanging”

The Lord’s Prayer page 67
Collect of Purity page 67
The Ten Commandments page 69

Responses and Kyrie Eleison sung responses 677 & 678

Collect of the Day: Almighty God, whose Son Jesus Christ gives the water of eternal life, may we always thirst for you, the spring of life and source of goodness; through him who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen

Children’s Teaching

We Hear and Proclaim God’s Word

First Reading: Exodus 17:1-7 (Bible, OT, page 70)The Rev. Deacon Carol Tubman

Psalm 95



If to - day you hear his voice, hard - en not your hearts.

Second Reading: Romans 5:1-11 (Bible, NT, page 162) Glen

Gradual Hymn 400 “What Wondrous Love is This”

Gospel Response “Glory and Praise to You” sung response 716

The Gospel: John 4:5-42 (Bible, NT, page 97)The Rev. Deacon Carol Tubman

Gospel Response “Praise to You, O Lord” sung response 717

Nicene Creed page 71

Anthem: “Lord, Make Us Worthy” – Natalie Sleeth

Sermon The Rev. Simba Mutandwa

We Pray for the Church and World

The Intercession (*please kneel if you are able*) Clare

- The Anglican Communion: The Episcopal Church in Jerusalem & The Middle East
- The Anglican Church of Canada: The Most Rev. Shane Parker, Primate; The Diocese of Rupert's Land: The Rt. Rev. Naboth Manzongo, Bishop
- The Diocese of Calgary: The Most Rev. Gregory Kerr-Wilson, Archbishop of Calgary and Metropolitan of Northern Lights; The Mission of St. Magloire, Drumheller; All Saints, Oyen: The Rev. Dr. Catherine Holland; St. John the Baptist, New Bridgen

- Our Companion Diocese of the Windward Islands: The Rt. Rev. Leopold Friday, Bishop; St. Patrick, Barrouallie with St. David, Our Lady of Perpetual Succour, All Saints, and Mary Magdalene, on St. Vincent: The Rev. Hanif Johnson
- Our Parish: Worship assistants
- Our Members: Ryan M, Alix; Ryan M, Carrollyn, Parker, Miles; Simba, Barbara, Tatenda, Nancy, Takutenda, Simba Jr.
- The World: Costa Rica; all people and countries affected by natural disaster or terrorist attacks; for peace and reconciliation
- Those in Need in Our Parish: Barrie, Doug, John G, Alix, Geraldine, Joyce L, Mary M, Doris G, Linda N, Kajsja, Art and Isobel, Marlene, Joyce H, Lucille, Onna, Beverly, Brenda H, Charlene, Doris K, Greg
- Those in Need Beyond Our Parish: Jennifer, Rob, Joyann, Sean, Wendy H, Lesia, Mitch, Susan, Karen, Dana, Bruce, Tony, Deb, Christina, Gwyneth, Sam, Alan, Beatriz, Kevin

Invitation to Confession..... page 76

Confession of Sin, and Absolution page 77

Sharing the Peace of Christ

We Celebrate the Lord’s Supper

Offertory Hymn 616 “Father of Heaven, Whose Love Profound”

Thanksgiving and Consecration.....page 78ff

“Sanctus (Holy, Holy, Holy)” sung response 683

Please kneel if you are able.

The Breaking of the Bread

“Agnus Dei (Lamb of God)” sung response 685

Receiving Communion or a Blessing

Communion Hymn 48 “Let All Mortal Flesh Keep Silent”

We Go into the World

Lord’s Prayer and Prayer after Communion..... page 85

Blessing

“Amen”



Recessional Hymn 388 “Glorious Things of Thee Are Spoken”

Dismissal

Postlude" "Grave" from Fantasia in G – J.S. Bach.....Dan



Lenten Bible Study is on Thursdays at 7:00 PM. This year's theme is "Draw near to God and He will draw near to you – James 4:8-10".

The annual **Soup and Bread Lunch** will be held on Sunday, March 15th. This is our traditional fundraiser for Alongside Hope (formerly PWRDF), the primary charity of the Anglican Church of Canada. Speak to Margaret P for more information.

To sponsor an **Easter lily** to be placed in front of the altar on Easter Day, please fill out one of the order forms in the folder on the table in the narthex and place it on the collection plate or in the folder holder next to the office door by March 29. Lilies are \$16 each.

Sunday School is held on the first and third Sunday of each month. For information, speak to Lisa at 403-399-2315.

The **Quilters and Crafters group** meet on Mondays from 1:00 to 3:30 PM in the Nickle room. New members are welcome.

On Wednesdays, join us for **Holy Communion** at 9:30 AM or **Evening Prayer** at 6:30 PM. For more information about Evening Prayer, please contact The Rev. Deacon Carol Tubman at ctubman@shaw.ca or call 403-630-9104

About 150 Books of Common Prayer have recently visited the **Book Hospital**. Broken spines, bruised shoulders, torn edges, loose pages, missing parts, diverse example ailments of a longer list, were given tender care and refreshed for use in our worship services. As stewards of these books, let us continue to treat them respectfully; no writing in the margins, no dog-eared corners, no licking fingers to turn pages, etc. etc. No use of common home tapes such as duct tape, packing tape, gift wrapping tape for home repairs; these tapes yellow and crack and slip and are not as good as proper document repair tape and bookbinder spine tape used for proper long-term repairs.

Please deliver BCPs in need of TLC to one of the sidespersons, noting the affliction you have discovered. The hymn books and Books of Alternative Services are also in need of intervention and restoration. Treat them gently for now, do not give them to the sidespersons, but do watch for a Book Hospital work bee. Training for Book Hospital staff will be provided in the fall for those who might want to join in.

Next Week's Readings – March 15 – Fourth Second Sunday in Lent

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

Assisting Today

Doug (Music Director); Ryan, Dan (Organists); Mryka (Worship Assistant); Glen (Reader); Clare (Intercessor); Ken (Administrant); TBD (Videographer); David and Linda P (Sidespersons); Cheryl and David H, Elisabeth (Coffee Hosts); Lynne, Barb (Altar Guild). CCLI Licence No. 11533778