

# The Anglican Parish of Holy Cross

*Growing relationships in Christ*

## Service of Holy Communion

March 8, 2026 at 8:30 AM

Third Sunday in Lent

*Book of Common Prayer* (Small Red Book)

Presiding: The Rev. Simba Mutandwa

**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**

The Lord's Prayer .....page 67

Collect for Purity .....page 67

The Ten Commandments.....page 68

**Kyrie Eleison ..... page 70**

**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**

### **We Hear and Proclaim God's Word**

First Reading: Exodus 17:1-7 (Bible, OT, page 70).....Mryka

**Psalm 95 (BCP page 452).....Mryka**

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

**Gospel Responses ..... page 71**

The Gospel: John 4:5-42 (Bible, NT, page 97)..... The Rev. Simba Mutandwa

**Nicene Creed ..... page 71**

Sermon ..... The Rev. Simba Mutandwa

### **We Pray for the Church and the World**

Offertory/Preparation of the Gifts

The Intercession (*please kneel if you are able*) .....page 75

- 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 Brigden
- 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, Kajsa, 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

**We Celebrate the Lord’s Supper**

Comfortable Words .....page 77

Thanksgiving and Consecration.....page 78ff

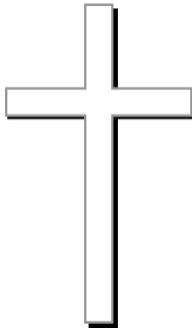
**Prayer of Humble Access ..... page 83**

Receiving Communion or a Blessing

**We Go into the World**

**Lord’s Prayer,** Prayer after Communion.....page 85ff

Blessing and Dismissal



**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 15<sup>th</sup>. 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](mailto: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**

Mryka (Worship Assistant, Reader); David P (Sidesperson); Lynne, Barb (Altar Guild)