



St George's of Forest Hill Anglican Church

321 Fischer Hallman Road
Kitchener, Ontario N2M 4X9

Office **519-744-4751**

Website: **www.stgeorgesofforesthill.com**

YouTube: **<https://www.youtube.com/@stgeorgesfh>**

Broadcasts: We broadcast our 10 am Sunday Services and other special Services via YouTube and Facebook. These can be accessed over the internet using the YouTube link above. We make every effort to avoid capturing members of the audience during the broadcast.

Electronic Devices: Please silence your devices during the Service for the benefit of all worshipping with us. Your cooperation is appreciated.

"Fragrance Free" space: We are a "fragrance free" space as we have those who suffer from sensitivities or allergies to fragrance. Thank you for your co-operation.

Diocese of Huron - The Anglican Church of Canada

Bishop:

Rt Rev Dr Todd Townshend

Music Director:

Rob Aszmies

Organist:

John Shaw

Celebrant:

The Rev Sharla Malliff

Greeter:

Linda Dancey

Server & Crucifer:

Jennifer Millar, Grayson Barclay

Warden on Duty:

Nelson Cuthbert

Lent 3 – March 8, 2026

BAS Eucharist – 10:00 am

Announcements

Processional Hymn: CP #310 'Sing Praise to God Who Reigns Above'

The Gathering of the Community

C: The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

A: **And also with you.**

C: Almighty God,

A: **to you all hearts are open, all desires are known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the**

inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.

Prayer of Transition

- C:** Almighty God, giver of all good gifts, look on your church with grace, and guide the minds of those who shall choose a rector for this parish of St George's, that they may receive a faithful servant who will care for your people and support them in their ministries; through Jesus Christ our Lord.
- A:** Amen.

The Collect of the Day

- C:** Lord God, Great I AM, you are living water. As we worship you this day show us who we are: channels of your love and vessels of your grace; through Jesus Christ our Lord.
- A:** Amen

The Proclamation of the Word

The Readings

First Reading

Exodus 17: 1-7

Nelson Cuthbert

A reading from the book of Exodus.

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. ² The people quarrelled 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?' ³ 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?' ⁴ So Moses cried out to the LORD, 'What shall I do with this people? They are almost ready to stone me.' ⁵ 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. ⁶ 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. ⁷ He called the place Massah and

Meribah, because the Israelites quarrelled and tested the LORD, saying, 'Is the LORD among us or not?'

The word of the Lord
Thanks be to God.

Psalm 95

Rev Sharla Malliff

- 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.”

Glory be to the Father and to the Son and to the Holy Spirit.
As it was in the beginning, is now and will be forever. Amen.

Second Reading Romans 5: 1-11

Valerie Cuthbert

A reading from Paul’s letter to the Romans.
Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. ³And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and 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.
⁶For while we were still weak, at the right time Christ died for the ungodly. ⁷Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. ⁸But God proves his love for us in that while we still were sinners Christ died for us. ⁹Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. ¹⁰For 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. ¹¹But 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.

Gospel Acclamation: 'Dwell in Me'

VERSE ONE

Dwell in me, dwell in me;
Word of Jesus, dwell in me.
Till Your face is all I see.
Word of Jesus, dwell in me.

VERSE TWO

Breathe on me, breathe on me;
Holy Spirit, breathe on me.
Be my passion, set me free.

Holy Spirit, breathe on me.
Holy Spirit, breathe on me.

The Holy Gospel John 4: 5-42

Rev Sharla Malliff

C: The Lord be with you.

A: **And also with you.**

The Holy Gospel of our Lord Jesus Christ according to John
Glory to you, Lord Jesus Christ.

John 4: 5-42

⁵ So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

⁷ A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. ⁸ (His disciples had gone to the city to buy food.) ⁹ 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.) ¹⁰ 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.' ¹¹ The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water?' ¹² Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' ¹³ Jesus said to her, 'Everyone who drinks of this water will be thirsty again, ¹⁴ 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.' ¹⁵ 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.'

¹⁶ Jesus said to her, 'Go, call your husband, and come back.' ¹⁷ The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; ¹⁸ for you have had five husbands, and the one you have now is not your husband. What you have said is true!' ¹⁹ The woman said to him, 'Sir, I see that you are a prophet. ²⁰ Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' ²¹ Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²² You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³ But the hour is coming, and is now here, when the true worshippers will worship the Father in

spirit and truth, for the Father seeks such as these to worship him. ²⁴ God is spirit, and those who worship him must worship in spirit and truth.' ²⁵ 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.' ²⁶ Jesus said to her, 'I am he, the one who is speaking to you.'

²⁷ 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?' ²⁸ Then the woman left her water-jar and went back to the city. She said to the people, ²⁹ 'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?' ³⁰ They left the city and were on their way to him.

³¹ Meanwhile the disciples were urging him, 'Rabbi, eat something.' ³² But he said to them, 'I have food to eat that you do not know about.' ³³ So the disciples said to one another, 'Surely no one has brought him something to eat?' ³⁴ Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. ³⁵ 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. ³⁶ The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷ For here the saying holds true, "One sows and another reaps." ³⁸ I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.'

³⁹ Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' ⁴⁰ So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. ⁴¹ And many more believed because of his word. ⁴² 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 Saviour of the world.'

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

The Response to the Gospel: 'Here I Am to Worship'

VERSE ONE

Light of the world, You stepped down into darkness,
Opened my eyes, let me see
Beauty that made this heart adore You,
Hope of a life spent with You.

CHORUS

So here I am to worship;
here I am to bow down;
Here I am to say that You're my God.
You're altogether lovely, altogether worthy,
Altogether wonderful to me.

VERSE TWO

King of all days, O so highly exalted,
Glorious in heaven above,
Humbly You came to the earth You created,
All for love's sake became poor.

CHORUS

So here I am to worship;
here I am to bow down;
Here I am to say that You're my God.
You're altogether lovely, altogether worthy,
Altogether wonderful to me.

BRIDGE

And I'll never know how much it cost
To see my sin upon that cross.
And I'll never know how much it cost
To see my sin upon that cross.

CHORUS

So here I am to worship;
here I am to bow down;
Here I am to say that You're my God.
You're altogether lovely, altogether worthy,
Altogether wonderful to me.

Homily

Rev Sharla Malliff

The Apostle's Creed

C: Let us confess the faith of our baptism as we say,

A: **I believe in God, the Father almighty, creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord.**

He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Prayers of the People

Coralee Little

O: Let us pray.
Let us pray for the needs of the world, saying, Wellspring of mercy,
hear our prayer.

Saving God, you are the giver of living water, the source of deepest compassion, the fountain of eternal life. Therefore we pray to you:
Wellspring of mercy,
hear our prayer.

For all who are thirsty— thirsty for a life of meaning, thirsty for a word of grace, thirsty for a drink of water . . . Wellspring of mercy,
hear our prayer.

For all who are weary—wary from life's long journey, weary from quarreling and testing, weary from pain or grief . . .Wellspring of mercy,
hear our prayer.

For all who are broken— broken by sin and suffering, broken by hard disappointment, broken by acts of violence . . .Wellspring of mercy,
hear our prayer.

Living God, through your Spirit, pour your love into our hearts, your grace into our lives, your healing into our world, until the earth is filled with your glory as the waters cover the sea; through Jesus Christ we pray.

Confession and Absolution

C: Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness.
Most merciful God

A: 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 neighbours 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.

C: Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord.

A: Amen.

The Peace

C: The peace of the Lord be always with you,

A: And also with you.

The Celebration of the Eucharist

The Preparation of the Gifts

Invitation to the Offering

C: See how the fields are ripe for harvest! Already, God is gathering fruit for eternal life. With rejoicing, let us offer our lives to the Lord.

Offertory Hymn: CP #508 'I Heard the Voice of Jesus Say'

Prayer over the Gifts

C: O Lord, you are our God; we are the people of your pasture, the sheep of your hand. As you have fed us by your mercy, may it be our daily bread to do your will; through Jesus Christ our Lord.

A: Amen.

The Great Thanksgiving Eucharistic Prayer #3

C: The Lord be with you.

A: And also with you.

C: Lift up your hearts.

A: We lift them to the Lord.

C: Let us give thanks to the Lord our God.

A: It is right to give God thanks and praise.

C: Blessed are you, gracious God,
creator of heaven and earth;
we give you thanks and praise
through Jesus Christ our Lord,
who was tempted in every way, 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 with angels and archangels
and all who have served you in every age,
we raise our voices
to proclaim the glory of your name.

Ho - ly, ho - ly, ho - ly Lord, God of power and might.

Ho - ly, ho - ly, ho - ly Lord, God of power and might,

heav - en and earth are full, full of your glo -

ry. Ho - san - na in the high - est, ho - san - na

This system contains the first four staves of the musical score. Each staff consists of a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature has two flats (B-flat and E-flat), and the time signature is 4/4. The lyrics are: 'Ho - ly, ho - ly, ho - ly Lord, God of power and might.' on the first two staves; 'Ho - ly, ho - ly, ho - ly Lord, God of power and might,' on the third staff; 'heav - en and earth are full, full of your glo -' on the fourth staff; and 'ry. Ho - san - na in the high - est, ho - san - na' on the fifth staff.

in the high - est. Bless - ed is he who comes

in the name of the Lord. Ho - san - na in the

high - est, ho - san - na in the high - est.

This system contains the next four staves of the musical score. Each staff consists of a vocal line (treble clef) and a piano accompaniment line (bass clef). The lyrics are: 'in the high - est. Bless - ed is he who comes' on the first staff; 'in the name of the Lord. Ho - san - na in the' on the second staff; and 'high - est, ho - san - na in the high - est.' on the third staff.

C: We give thanks to you, Lord our God,
for the goodness and love
you have made known to us in creation;
in calling Israel to be your people;
in your Word spoken through the prophets;
and above all in the Word made flesh,
Jesus your Son.
For in these last days you sent him
to be incarnate from the Virgin Mary,
to be the Saviour and Redeemer of the world.
In him, you have delivered us from evil,
and made us worthy to stand before you.
In him, you have brought us
out of error into truth,
out of sin into righteousness,
out of death into life.
On the night he was handed over
to suffering and death,
a death he freely accepted,
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."

A: Therefore, Father, according to his command,
we remember his death,
we proclaim his resurrection,

we await his coming in glory;

C: and we offer our sacrifice
of praise and thanksgiving
to you, Lord of all;
presenting to you, from your creation,
this bread and this wine.

We pray you, gracious God,
to send your Holy Spirit upon these gifts,
that they may be the sacrament
of the body of Christ
and his blood of the new covenant.
Unite us to your Son in his sacrifice,
that we, made acceptable in him,
may be sanctified by the Holy Spirit.
In the fullness of time,
reconcile all things in Christ,
and make them new,
and bring us to that city of light
where you dwell with all your sons and daughters;
through Jesus Christ our Lord,
the firstborn of all creation,
the head of the Church,
and the author of our salvation;

by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory are yours, almighty Father,
now and for ever.

A: Amen.

Our Father in Heaven

Unison

1 Our Fath - er in heav - en, we hal - low your Name! Most
2 Our dai - ly bread give us, ful - fil ev - ery need; grant
3 Then, from all temp - ta - tion, come lead us a - way; from

ho - ly and glo - ri - ous, ev - er the same! Es -
food for both spir - it and bod - y, we plead. As
on - slaught of e - vil, de - liv - er we pray! For

tab - lish your king - dom, your pur - pose ful - fill. On
we for - give oth - ers, our debts please for - give; with
yours is the king - dom, the glo - ry and power in

earth as in heav - en, may all do your will!
all re - con - ciled and at peace may we live.
past and in fu - ture, this day and this hour!

The Breaking of the Bread

C: We break this bread,

A: **Communion in Christ's body once broken.**

C: Let your Church be the wheat which bears its fruit in dying.

A: **If we have died with him, we shall live with him; if we hold firm, we shall reign with him.**

Unison

Lamb of God, you take a - way the sins of the world: have mer - cy on us. Lamb of God, you take a - way the sins of the world: grant us peace, grant us peace.

The Communion

Administrants: Debra Zanon-Barclay, John Ryrie

Communion Music: CP #520 'The King of Love My Shepherd Is'

Choir Anthem

Prayer after Communion

C: 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.

A: Amen.

C: Glory to God,

A: **Whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever.**
Amen.

Benediction: 'The Blessing'

The Lord bless you and keep you,

Make His face shine upon you and be gracious to you.

The Lord turn his face toward you, and give you peace. (x2)

Amen, amen, amen.

Amen, amen, amen.

Blessing

C: May the grace of the Lord Jesus Christ, springing up like living water, fill your heart, and flow through your life. And the blessing of God, the Son and the Holy Spirit, bless you and keep you always.

A: Amen.

Recessional Hymn: CP #577 'God of Grace and God of Glory'

Dismissal

C: The hour is coming and is now here. Go forth to worship the Lord your God in spirit and in truth, in all that you say and do.

A: **Thanks be to God. Amen.**

Readings for Next Week

1 Samuel 16:1-13

Psalm 23

Ephesians 5: 8-14

John 9:1-41

Last Week's Attendance

Sunday: 8:15 30 10:00

Givings

On the plate \$3,325 Auto Debit: \$2,069

Sunday Smile

Download your worries and get online with God.

Pairings Bible Study

Everyone is welcome.

Lenten Study

Discussion on the movie "Do You Believe?" will take place following the 10am service through the Sundays in Lent.

Art Lessons

Join our friendly and encouraging group of artists every Wednesday morning from 9:00 am to noon at St. George's in Thompson Hall for weekly art lessons. Classes welcome beginners, intermediates, and experienced artists in acrylic and oil paints.

A three-hour class costs \$25 each. If you don't have paints, brushes, or canvas don't worry...Gayle will provide these supplies for an additional \$10 per class.

Suggestion photo /idea albums are available for beginners. Refreshments included.

Inquiries please call Gayle Travers 519-241-4876

Calling All Artisans!

St. George's will be hosting an Artisan Fair May 23rd from 9:00 am – 1:00 pm. Cost is \$20.00 per table. Tell your friends who are "CRAFTY" to please contact Cindy if you or a friend, are interested in taking a table or two at (519) 721-4587.

Bible Study

Join our Bible Study every Thursday at 1:30 pm in the Fireside room. All are welcome!

Stew Luncheon

For those who like to eat, there will be a Stew Luncheon on March 22nd after the 10:00 am Service. Adults \$15.00, Children 6 – 12 years of age \$8.00. Takeout will be available for \$12.00 per person.

ST. ANDREW'S CUPBOARD

THANK-YOU so much for all the wonderful donations this past week to St. Andrews Cupboard! They are well stocked with cereal for a little while! They will take anything we are able to give but a few things mentioned this week were: canned meat; canned fruit and toothpaste and toothbrushes again. Deacon Kay also mentioned if there are any extra bibles we are not using, they would gladly take them! THANK-YOU

Heather Murphy - On behalf of your Outreach Committee

Memorial Gardens Payment

We are updating our Memorial Gardens records. If you made a payment in May or July 2024 please contact the office. We are looking for the registered name and date of payment.

Palm Crosses for Palm Sunday

The Altar Guild will be gathering to tie Palm Crosses on **Thursday March 26** at 6:30 pm in the narthex ***and anyone is welcome to join us!*** It's easy and it's fun. OK, it's kinda easy and lots of fun! We have step-by-step instructions and lots of experts to help. All you need to do is bring your own scissors. We will be tying approximately 200 palm crosses, so we look forward to lots of helping hands. If you have any questions, please contact Cameron Crassweller.



Creative Arts Group ♥ ✨

We are starting a Creative Arts Group! (art, writing, creating etc.) When? After church each Sunday (12pm-ish) shortly after coffee hour to build community and help share our thoughts, feelings, and beliefs in a unique way.

Come and join us downstairs for a time to create, connect, and share. No sign up required. Everyone is welcome!

(See Coralee or Amina with any questions)

Photographs

Pictures taken at worship services and special events may be used for the Parish Website, Facebook page, or the Dragon Flyer. Please speak to the photographer if you do not wish to be included in a picture. The Communications Committee.