



ST. DUNSTAN'S
EPISCOPAL CHURCH

THE THIRD SUNDAY IN LENT

March 12, 2023
8 am

Welcome to St Dunstan's! We are glad you are here!

If you are new, or would like to update your information, please fill out a pew card.

Thank you for silencing your cell phones.

THE MINISTRY OF THE WORD

*The congregation is invited to observe silence during the prelude,
out of respect for those who are listening, and as an opportunity for prayer, meditation, and healing.*

Prelude O Lamm Gottes, Unschuldig BWV 618

J. S. Bach (1685-1750)

The ministers process in silence.

Priest **B**lessed be the God of our salvation:

People **Who bears our burdens and forgives our sins.**

Priest Let us come to the Lord, who is full of compassion
and acknowledge our transgressions in penitence and faith.

The people stand or kneel. A moment of silence is kept.

People **God eternal, giver of light and grace,
we have sinned against you and against our neighbors,
in what we have thought, in what we have said and done,
through ignorance, through weakness, through our own deliberate fault.
We have wounded your love and marred your image in us.
We are sorry and ashamed and repent of all our sins.
For the sake of your Son Jesus Christ, who died for us,
forgive us all that is past and lead us out from darkness
to walk as children of light. Amen.**

Priest **M**ay the God of all healing and forgiveness draw us to himself, and cleanse us
from all our sins that we may behold the glory of his Son and Word made flesh,
Jesus Christ our Lord. **Amen.**

Remain standing or kneeling.

Priest Lord, have mercy.

People **Christ, have mercy.**

Priest Lord, have mercy.

The Collect of the Day

Priest The Lord be with you.

People And also with you.

Priest 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.**

Exodus 17:1-7

The people are at the point of rebellion because they are without water in the wilderness. Moses decries their readiness to challenge the Lord through their lack of trust, and he asks God what is to be done. The Lord instructs Moses to strike a rock with his staff so that water will pour from it. This place he names Massah (meaning Challenge) and Meribah (meaning Dispute).

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?"

Reader The Word of the Lord.

People Thanks be to God.

A brief silence is kept.

Psalm 95 *Venite, exultemus*

A call to worship the Lord our God, with a warning not to put God to the test.

- 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."

Romans 5:1-11

Paul bids disciples to rejoice in the reconciliation and hope which are theirs because of the sacrifice of Christ on behalf of sinners. Through faith we have justification; we are given a right relationship with God. Now even our sufferings can lead to endurance, and this to a perseverance which strengthens our hope. Since God was willing to show such a love while we were still God's enemies because of sin, how much more we are assured that we are to be saved.

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.**

John 4:5-42

The story of Jesus' meeting with the Samaritan woman by Jacob's well. The narrative is rich with themes. Jesus is willing to break with custom in order to talk with one who is both a woman and a foreigner. True worship of God is tied to no particular place. He himself offers living water which wells up to eternal life. The woman learns that Jesus is the expected Messiah, and later others from the town come to believe that he is the world's Savior. During an interval in the story, Jesus speaks with his disciples concerning his true food and drink, and tells them that the time of harvesting for eternal life is at hand.

Priest 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.

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 people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him.

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

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

Priest The Gospel of the Lord.

People Praise to you, Lord Christ.

The Sermon

The Rev. Laurel Coote

A brief silence is kept.

The Nicene Creed *All Stand*

**We believe in one God, the Father, the Almighty,
maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,
eternally begotten of the Father, God from God, Light from Light,
true God from true God, begotten, not made, of one Being with the Father.**

Through him all things were made.
For us and for our salvation he came down from heaven:
by the power of the Holy Spirit he became incarnate from the Virgin Mary,
and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again in accordance with the Scriptures;
he ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
Who with the Father and the Son is worshipped and glorified.
Who has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

The Prayers of the People *Standing or kneeling.*

Form II

In the course of the silence after each bidding, the People offer their own prayers, either silently or aloud.

Leader I ask your prayers for God's people throughout the world; For our Presiding Bishop, Michael; for our Bishop, Lucinda; for this gathering; and for all ministers and people.

Pray for the Church.

Silence

Leader I ask your prayers for peace; for goodwill among nations; and for the well-being of all people.

Pray for justice and peace.

Silence

Leader I ask your prayers for the poor, the sick, the hungry, the oppressed, and those in prison.

Pray for those in any need or trouble.

Silence

Leader I ask your prayers for all who seek God, or a deeper knowledge of him.
Pray that they may find and be found by him.

Silence

Leader I ask your prayers for the departed.
Pray for those who have died.

Silence

Leader Praise God for those in every generation in whom Christ has been honored.
Pray that we may have grace to glorify Christ in our own day.

Silence

Leader You are invited to add your names and thanksgivings either silently or aloud.

Silence

Priest **O** Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. **Amen.**

The Peace *All stand.*

Priest The peace of the Lord be always with you.

People And also with you.

The people exchange the peace with one another

Announcements *All are seated.*

The Offertory

Priest But do not neglect to do good and to share what you have, for such sacrifices are pleasing to God. *Hebrews 13:15-16*

THE HOLY COMMUNION

The Great Thanksgiving

Eucharistic Prayer A

Priest The Lord be with you.

People And also with you.

Priest Lift up your hearts.

People We lift them to the Lord.

Priest Let us give thanks to the Lord our God.

People It is right to give God thanks and praise.

Priest 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.

Priest 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:

**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 stand or kneel.

Priest 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.

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."

Priest 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 all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

**People Christ has died.
Christ is risen.
Christ will come again.**

Priest 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.**

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

**People 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 Breaking of the Bread

The Priest breaks the consecrated bread.

Priest Christ, our Passover is sacrificed for us.

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

The Fraction

Priest Lamb of God, you take away the sins of the world,

People **Have mercy upon us.**

Priest Lamb of God, you take away the sins of the world,

People **Have mercy upon us.**

Priest Lamb of God, you take away the sins of the world,

People **Grant us peace.**

Priest 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 THE HOLY COMMUNION

All are welcome to receive communion. The table we set is the Lord's. Wherever you find yourself on your spiritual journey, you are welcome to receive the Holy Communion.

The bread is received in the open palm.

If you choose to receive the cup, gently guide the chalice to your lips by touching the base.

At this time, we are not able to allow dipping the wafer into the chalice.

Those who prefer to receive a blessing, or who choose not to receive the cup,
may indicate this by crossing their arms over their chest.

If you have a wheat sensitivity, you may ask the priest for a gluten-free wafer.

The Post-Communion Prayer

Priest Let us pray.

People Compassionate and loving God, through your Son Jesus Christ you have fed us, and reconciled your people to yourself. May we who have shared in the holy meal know your forgiveness in our lives, bring your reconciliation to others, and be a sign of your wholeness in this broken world. Following Christ's example of fasting and prayer, may we obey you with willing hearts and serve one another in holy love. **Amen.**

The Blessing

Priest **G**rant, Almighty God, that we your people may recognize our weakness and put our whole trust in your strength, so that we may rejoice forever in the protection of your loving care for us, through Christ our Lord. **Amen.**

And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you forever. **Amen.**

Priest **L**et us bless the Lord.

People Thanks be to God.

“All are welcome to enjoy fellowship with one another outside the church during coffee hour.



St. Dunstan’s Episcopal Church celebrates God’s diverse creation and strives to build an inclusive community that welcomes everyone, no matter age, gender, sexual identity, culture, ethnicity, economic status, or ability.



*The altar greens are given to the Glory of God
In Thanksgiving for Charles Andrews and in Memory of Tina Nelms by Steve Andrews
And
In Celebration of Susan Pitts by Janise Van Eman*

Dedicate Altar Flowers



This is a lovely and meaningful way to give Glory to God in celebration of a birthday, or in thanksgiving, or in memory of a loved one. The cost of the flowers is \$30, but some give more. Checks should be made out to St. Dunstan’s with “Altar Flowers” in the memo.

12 Sign up on the Welcome Table

Help us get to know you by Filling out a Pew Card

If you are visiting us, are new to Saint Dunstan’s, or if your contact information has changed, please fill out a Pew Card and drop it in the collection plate. Thanks!

St. Dunstan’s Staff

The Rev. Laurel Coote, Rector
revlaurelc@gmail.com

Elizabeth Buche, Parish Administrator
stdunstanschurch@gmail.com

Episcopal 101 — Everything you wanted to know about the Episcopal Church, and more!

Beginning Monday, March 20th, 6:30-8:00pm
If you have wanted to learn more about the Episcopal Church, our traditions and rituals — this is the course for you! We will explore together Episcopal beliefs and practices, the what and why's of what we do.

AND, for those seeking to be baptized, confirmed, received into the Episcopal Church, or if you desire to re-affirm your faith, you'll want to participate in this course in preparation for Bishop Lucinda's visit on Sunday, May 7, 2023.

To sign up to attend, email Rev. Laurel at revlaurec@gmail.com and order your book on Amazon or from Forward Movement

Discussion Group Living Well Through Lent 2023

*Practicing Compassion
with All Your*

Heart, Soul, Strength, and Mind

Join us as we walk together on this journey through Lent toward Easter as we discover what it truly means to practice Compassion with our whole being.

Sunday mornings 9am in the Guild Room. See Jean Scholefield for more information

Lenten Offerings at St. Dunstan's

Gather for Community and Prayer:

Mondays: Zoom Compline at 5:30pm (find link on the church calendar at stdcv.org)

Wednesdays: Conversation, Reflection and Holy Communion at 10am in the Sanctuary

Wednesdays: Lenten Soup Supper Program 6-8pm. "Exploring our Baptismal Covenant through the Lens of Lent". Sign up to attend, help in the kitchen and/or bring food. (Begins March 1st)

Thursdays: Morning Prayer at 7:30am, followed by fellowship and breakfast at Jeffrey's (Begins March 2)

Sundays: Worship at 8am or 10am.



It is Lent, and that means it is time once again for . . .

Lent Madness!

Produced by the Forward Press, Lent Madness is a light-hearted way to learn about Saints large and small, old and new, during Lent and have fun doing it. The Saints are arranged in a bracket, and each day you read about two and vote on line for your favorite to win The Golden Halo. lentmadness.org. Or, you can pick up one of the booklets on the table in Brock Hall and just read about the two Saints every day...a great Lenten discipline. Learn about the Saints of God this Lent!



PIZZA WITH A PURPOSE

**Tuesday, March 21
Fundraiser in support of
I-Help Outreach**

Plan to enjoy lunch or dinner at California Pizza Kitchen in Del Monte Shopping Center on March 21st. Mention the I-Help Organization and CPK will donate 20% of your ticket back to I-Help! Or take a flyer with you (available on the Welcome Table)



Pastoral Care & Prayer Requests

For pastoral concerns, contact Rev. Laurel revlaurelc@gmail.com or on her cell 310-562-5746. And you can always leave a message on the Pastoral Care line at church [831-624-6646](tel:831-624-6646) ext 5.

Our Daughters of the King chapter welcomes your prayer requests. Prayer requests may be sent to dok@stdcv.org. The Daughters pray for members of our parish as well as many others daily.

THIS WEEK AT ST DUNSTAN'S
PARISH OFFICE OPEN MONDAY—THURSDAY, 9 AM—1 PM

Sunday, March 12

8:00 am Holy Eucharist
8:30 am Choir Rehearsal
9:00 am Discussion Group
10:00 am Holy Eucharist (live-streamed)
11:00 am Coffee Hour
11:30 am Acolyte Training

Monday, March 13

3:00 pm Finance Meeting
5:30 pm Zoom Compline

Tuesday, March 14

9:00 am Discipleship Group
4:00 pm Foundation Meeting
7:30 pm AA

Wednesday, March 15

10:00 am Holy Eucharist
11:00 am Prayer Shawl Ministry
4:30 pm Haiti Meeting
6:00 pm Lenten Soup Supper

Thursday, March 16

7:30 am Morning Prayer in the Sanctuary
4:00 pm Vestry Meeting
4:00 pm I-Help Men

Friday, March 17

Saturday, March 18

9:00 am Choir Rehearsal
4:00 pm I-Help Women

Sunday, March 19

8:00 am Holy Eucharist
8:30 am Choir Rehearsal
9:00 am Discussion Group
10:00 am Holy Eucharist (live-streamed)
11:00 am Coffee Hour
11:30 pm J2A at St. Mary's Pacific Grove

View the entire parish calendar stdcv.org/calendar

MARCH BIRTHDAYS

1 Rob Feller	10 Abigail Davis	22 Sally Dietrich
1 Chase Melich	10 Hannah Davis	28 Tracy Jones
2 Flo von Platen	12 Lisa Olsheskie	28 Liz Rondelle
8 Graham Simpson	16 Kurt Buche	30 Art Pasquinelli
9 Jeff Jones	16 Mike Hendrickson	

Sermon Notes