



**TRINITY**  
**UNITED CHURCH**  
*Smiths Falls, Ontario, Canada*

Third Sunday of Lent - A  
 March 12, 2023

“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.”

*John 4:17b - 18a*

**Welcome and Announcements**

- † Trinity is Welcoming, Open, Inclusive and Accessible.
  - Trinity is an Affirming Congregation
- † Our building is open 9:00 am to 1:00 pm, Monday through Thursday

March 13 3:30pm, Confirmation Session March 14 - Visitation March 15 10:00am, Lenten Study March 19 11:30am, Chilli Lunch March 20 3:30pm, Confirmation Session	March 21 6:00pm, Potluck and Prayers March 22 10:00am, Lenten Study 12:30pm, Healing Pathway March 26 12:30pm, Drum Circle March 29 7:00pm, Council
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We will Welcome New Members on Palm Sunday

**Smiths Falls Community Food Bank** appreciates donations  
 Sunday School is the 2nd and last Sunday of the Month

**Social Time after church** - sign up in the Hall  
**Next Sunday Chilli** - 11:30am Free Will Offering  
**Discernment and Visioning Sessions** will be held at Trinity  
with the guidance of the Rev Dr Peter Bartlett.

**Session One - Who are We?**

Sunday, 7 May, following Worship. Potluck Workshop

**Session Two - Where is God Calling Us to Go?**

Saturday, 10 June. Potluck Workshop

**Session Three - What Does that Look Like?** (Creative  
Brainstorming)

Sunday, 9 July, following Worship. Potluck Workshop



**July 17 - 21**  
**Trinity Smiths Falls**

**We have new video cameras.**

**Introit** "Born This Way" Jo-Ann Chin

**Acknowledging Traditional Territory**

Smiths Falls is located on the traditional territory of the Algonquin peoples dating back countless generations. We are grateful for our neighbours and recognize the opportunity to exercise the Ministry of Reconciliation

**Call to Worship**

God's Truth opens our eyes on the world.

**God's Spirit shatters our prejudice.**

God's Truth nourishes our hearts.

**God's Spirit encourages us in the face of fear.**

God's Truth frees us from past mistakes and misunderstanding.  
**God's Spirit moves us to find new purpose in life.**

So let us worship God in Spirit and in Truth.

## **Opening Prayer**

Creator, Christ and Spirit

You provide what we need to live, from the bounty of creation.

God of mercy,

You know us through and through and you love us.

God of hope,

You have an everlasting purpose for us.

God of wisdom,

You open our minds and teach and guide us.

So we come to worship you,

Source of Wisdom, Son of Mercy, Spirit of Hope,

offering you our prayers and our praise,

trusting you to offer us the gifts we need to thrive

and to serve you in the world you love.

## **Lenten Liturgy**

Just as the Spirit drove Jesus into the wilderness,

**the Spirit sends us into places of uncertainty.**

Here we are taught to pay attention

to those whom others discard.

**Jesus insists that God is revealed in unlikely people.**

Jesus offered living water to the Samaritan woman at the well  
who followed a different religion,  
who was an opposite gender,  
who had her own agenda,  
and was uncommonly grieved.

**We, too, are uncommon in our own ways,  
yet Jesus calls us to a common community.**

In Christ, there is neither insider nor outsider,  
invited nor shunned, accepted nor rejected.

**We, too, are called to see beyond outdated categories  
and to offer living water to the thirsty.**

It is those who have been rejected  
who most need to know acceptance.

**Let our gatherings be a place for those  
who have been told they don't belong.**

**Hymn** MV 178 "Who Is My Mother?"

Who is my mother, who is my brother?  
All those who gather round Jesus Christ:  
Spirit blown people born from the Gospel  
sit at the table, round Jesus Christ.

Differently abled, differently labelled,  
widen the circle round Jesus Christ:  
crutches and stigmas, culture's enigmas,  
all come together round Jesus Christ.

Love will relate us colour or status

can't segregate us round Jesus Christ:  
family failings, human derailings  
all are accepted round Jesus Christ.

Bound by one vision, met for one mission  
we claim each other, round Jesus Christ:  
here is my mother, here is my brother,  
kindred in Spirit, through Jesus Christ.

## **Prayer of Confession**

**God, our Redeemer,**

**We are complex and contradictory.**

**We want change but in a familiar way.**

**We love strangers who are just like us.**

**We make our confession comfortably.**

**Lord, have mercy on us.**

## **Assurance of Pardon**

While it is true that we have sinned and gone our own way, it is a greater truth that we are forgiven through God's love in Jesus Christ.

All who humbly seek the mercy of God may trust that in Jesus Christ we are forgiven.

Be at peace with God, with yourself and with one another.

**Scripture**                      Exodus 17:1-7; Psalm 95 (VU 814); John 4:5-42

Exodus 17:1-7

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 for 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?”

Psalm 95 (VU 814)

*Refrain -*

*Come, let us bow down and worship;  
let us kneel before God our maker.*

O come, let us sing to God,  
**let us shout with joy to the rock of our salvation.**

Let us come into God's presence with thanksgiving;  
**let us joyously shout to God with songs of praise.**

*Come, let us bow down and worship;  
let us kneel before God our maker.*

For you are a great God,  
**high sovereign above all gods.**

In your hand are the depths of the earth;  
**to you belong the heights of the mountains.**

The sea is yours, for you made it;  
**your hands also formed the dry land.**

You are indeed our God;  
**we are your people, the flock that you shepherd.**

*Come, let us bow down and worship;  
let us kneel before God our maker.*

O that today you would listen to God's voice;  
"Do not harden your hearts as at Meribah,  
as on that day at Massah in the wilderness;  
**when your forebears tried me,  
and put me to the test,  
though they had seen my works.**

Forty years I loathed that generation, and said,  
"They are a people whose hearts are perverse,  
for they give no heed to my ways.'

**Then, I vowed in my anger:  
they shall not enter my rest."**  
*Come, let us bow down and worship;  
let us kneel before God our maker.*

John 4:5-42

So he 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 worshipped 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.”

**Meditation**    "Lullaby from 'Life of Pi'"

**Reflection**    Fishing Tip Seven  
                            Connect to Culture

**Hymn**    509 "Here I Am Lord"

I, the Lord of sea and sky,

I have heard my people cry.  
All who dwell in deepest sin my hand will save.  
I who made the stars of night,  
I will make their darkness bright.  
Who will bear my light to them?  
Whom shall I send?

***Here I am, Lord. Is it I, Lord?  
I have heard you calling in the night.  
I will go, Lord, if you lead me.  
I will hold your people in my heart.***

I, the Lord of snow and rain,  
I have borne my people's pain.  
I have wept for love of them;  
They turn away.  
I will break their hearts of stone, give them hearts for love alone.  
I will speak my word to them.  
Whom shall I send?

***Here I am, Lord. Is it I, Lord?  
I have heard you calling in the night.  
I will go, Lord, if you lead me.  
I will hold your people in my heart.***

I, the Lord of wind and flame,  
I will tend the poor and lame.  
I will set a feast for them;  
My hand will save.  
Finest bread I will provide till their hearts be satisfied.  
I will give my life to them.  
Whom shall I send?

*Here I am, Lord. Is it I, Lord?  
I have heard you calling in the night.  
I will go, Lord, if you lead me.  
I will hold your people in my heart.*

## **Invitation to the Offering**

Having tasted the living water in Christ's love and forgiveness, we bring our gifts to God in gratitude for such refreshment and renewal.

## **Offering Options**

- E-transfers to [secretary@trinityunitedsf.ca](mailto:secretary@trinityunitedsf.ca)
- delivery to church office
- through Trinity website DONATE button
- PAR

## **Offering Prayer**

Loving God, with our gifts we offer you our very selves, knowing you receive us as we are. Bless all that we have to offer, so that we may become gifts to those who encounter us through the grace of Christ our Lord.

Amen.

## **Hymn 644 "I Was There To Hear Your Borning Cry"**

I was there to hear your borning cry, I'll be there when you are old.  
I rejoiced the day you were baptized, to see your life unfold.

I was there when you were but a child, with a faith to suit you well,  
In a blaze of light you wandered off to find where demons dwell.

When you heard the wonder of the word, I was there to cheer you on;

You were raised to praise the living Lord, to whom you now belong.

If you find someone to share your time and you join your hearts as one,  
I'll be there to make your verses rhyme from dusk till rising sun.

In the middle ages of your life, not too old, no longer young,  
I'll be there to guide you through the night, complete what I've begun.

When the evening gently closes in and you shut your weary eyes,  
I'll be there as I have always been with just one more surprise.

I was there to hear your bawling cry, I'll be there when you are old.  
I rejoiced the day you were baptized, to see your life unfold.

## **Prayers of the People**

Revealing God,

We offer prayers in spirit and in truth.

We thank you for the truth of your love  
which welcomes us as we are, not as the world tells us we  
should be.

Thank you for the truth of your mercy  
which embraces us even when you recognize our mistakes and  
failures.

Thank you for the truth of your purpose  
which gives us meaning and direction for our lives.

And thank you for the truth of your vision

which gives us hope for our future even in challenging times.

Revealing God,  
**Guide us in spirit and in truth.**

We seek from you truth for our times.

We are surrounded by claims of truth and much that misleads.

We pray for those who feel overwhelmed by so much information:  
Grant us all the ability to discern fact from fabrication,  
And to recognize self-interest disguised as sincerity.

Revealing God,  
**Guide us in spirit and in truth.**

We seek from you truth in our history.

We know that most history has been written by the powerful  
so give us the willingness to hear the stories that have been  
silenced.

We pray for those who have stories that are difficult to tell.  
Grant us both the courage to speak and to listen,  
and the wisdom to recognize truth even when it makes us  
uncomfortable.

Revealing God,  
**Guide us in spirit and in truth.**

We seek from you truth in our characters and shared humanity.

We hear voices that are fearful, critical and cynical,

help us listen for voices of respect, generosity and filled with hope.

Show us the potential we have to work together,  
to find common cause even among those with different perspectives,  
and accomplish more than we can imagine right now,  
because, together, we have been created in your image.

Awaken in us and among us the potential to serve you  
In serving one another  
For this is the way you revealed to us in Jesus Christ, both  
Friend and Saviour,  
Who taught us to pray together -

## **The Lord's Prayer**

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,  
the power and the glory,  
for ever and ever. **Amen.**

**EOORC Prayer Cycle** Carleton Place, Zion-Memorial  
**Ecumenical Prayer Cycle** Denmark, Faroe Islands, Finland,  
Greenland, Iceland, Norway, Sweden

## **We Depart to Serve in Peace and with Love**

### **Time for the Young**

**Hymn** MV 156 "Dance With the Spirit" x3

Dance with the Spirit early in the mornin',  
walk with the Spirit throughout the long day.  
Work and hope for the new life a-bornin',  
listen to the Spirit to show you the way.

### **Benediction**

As we continue our Lenten journey, remember the words of St Paul:  
that "suffering produces endurance, endurance produces  
character, character produces hope, and hope does not disappoint us,  
because God's love has been poured into our hearts through the Holy  
Spirit."

And so may God's love strengthen your endurance,  
Christ's mercy refine your character,  
And the Spirit's power enliven your hope this day  
And in every day to come.

### **Choral Amen**

**Postlude** "American Pie" (McLean)

