



SAINT
MICHAEL
AND ALL
ANGELS'
CHURCH

THIRD SUNDAY IN LENT
[ST. JOHN OF GOD, C, 1550]

MARCH 8, 2026
10:00 A.M. • RITE II

SAINT MICHAEL AND ALL ANGELS' CHURCH

1400 South University Boulevard • Denver, Colorado 80210
303-777-5181 • office@saintmichaelsdenver.org • www.saintmichaelsdenver.org

The Reverend Father R. Trent Fraser, *Rector*
The Reverend Gary D. Stoddard, *Deacon*
Mr. Matthew Norwood, *Choirmaster*
Mr. Fritz Anders, *Organist*
Ms. Kathy Undiks, *Office Administrator*
Ms. Nancy King, *Sunday School Coordinator*
The Reverend James B. Johnson, *Honorary Assistant*

THE LAMPS BURN TO THE GLORY OF GOD

at the Shrine of the Incarnation in honor of Our Lady given by Nancy Hoehn in loving memory of her beloved mother, Mary Kathryn Ewald Vincent;

at the Shrine of the Passion given by the parish church;

at the Shrine of Saint Michael the Archangel given by Sue Howe in thanksgiving on the occasion of the birthday of her granddaughters, Anna Sofia and Emilia Martinez;

at the Shrine of Our Lady of Walsingham given by the Queen of Angels Ward of the Society of Mary;

at the lamp in honor of the Annunciation of Our Lady given by George Busler in thanksgiving on the occasion of the birthday of his granddaughter, Jody Elizabeth Hunt;

at the Shrine of St. Clare in loving memory of Sharon Stemsrud and for her gifts of needlepoint to the church.

The Holy Eucharist: Rite Two

Prelude Erbarm dich mein, o Herre Gott, BWV 721 *Johann Sebastian Bach (1685–1750)*

At the sound of the bell, the people stand

The Entrance of the Sanctuary Party and Asperges

Celebrant

Thou shalt purge me

Choir

with hyssop, O Lord, and I shall be clean:

thou shalt wash me, and I shall be whiter than snow.

Have mercy upon me, O God, after thy great goodness *

 according to the multitude of thy mercies, do away mine offences.

Glory be . . .

Thou shalt purge . . .

Celebrant O Lord, show thy mercy upon us.

People And grant us thy salvation.

Celebrant O Lord, hear my prayer

People And let my cry come unto thee.

Celebrant The Lord be with you.

People And with thy spirit.

Celebrant

Let us pray. Graciously hear us, O Lord, holy Father, Almighty, everlasting God: and vouchsafe to send thy holy Angel from heaven; to guard and cherish, to protect and visit, and to defend all who dwell in this thy holy habitation. Through Christ our Lord.

People Amen.

Hymn

Words: Samuel J. Stone (1839–1900)

Music: James Langran (1835–1909)

1. Wea - ry of earth, and la - den with my sin, I look to heav'n and
2. The while I fain would tread the heav'n - ly way E - vil is ev - er
3. It is the voice of Je - sus that I hear; His are the hands stretched
4. 'Twas he who found me on the death - ly wild and made me heir of
5. O great Ab - sol - ver, grant my soul may wear the low - liest garb of
6. Yea, thou wilt an - swer for me, right - eous Lord; thine all the mer - its,

long to en - ter in. But there no e - vil thing may find a home:
with me day by day: Yet on mine ears the gra - cious ti - dings fall:
out to draw me near, and his the blood that can for all a - tone
heav', the Fa - ther's child, and day by day, where - by my soul may live,
pen - i - tence and prayer, that in the Fath - er's courts my glor - ious dress
mine the great re - ward; thine the sharp thorns, and mine the gold - en crown;

13

And yet I hear a voice that bids me "Come."
 Re - pent, con - fess, thou shalt be loosed from all."
 and set me fault - less there be - fore the throne.
 gives me his grace of par - don, and will give.
 may be the gar - ment of thy right - eous - ness.
 mine the life won, and thine the life laid down.

Introit

Ps. 25:15,16, & 1-2

Oculi mei

The People are invited and encouraged to sing the parts assigned to the choir on this and the other Propers of the Mass

Cantors

vij.

MINE eyes are ever looking unto the LORD, for he

Choir

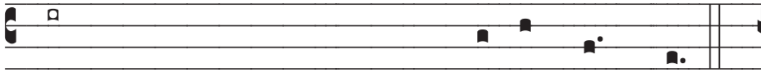
shall pluck my feet out of the net: look thou upon me, and

FINE

have mercy upon me, for I am desolate and in mi- se- ry.

Cantors *Choir*

Ps. Un- to thee, O LORD do I lift up my soul: my God,



in thee have I trusted, let me not be con- found- ed.

Cantors

Choir

Full



Glo- ry be..., (*etc.*) As it was..., (*etc.*) Mine eyes..., (*etc.*)

The Word of God

Celebrant Bless the Lord who forgives all our sins.

People His mercy endures for ever.

Kyrie Eleison

S-86 New plainsong, David Hurd (b. 1950)

Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri - e
 e - le - i - son. Chri - ste e - le - i - son. Chri - ste e -
 le - i - son. Chri - ste e - le - i - son. Ky - ri - e e - le - i - son.
 Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

The Collect of the Day

Celebrant The Lord be with you.

People And also with you.

Celebrant Let us pray.

Celebrant

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.

People Amen.

The people are seated.

Lesson

Exodus 17:1-7

Reader 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. 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?"

The Word of the Lord.

People Thanks be to God.

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.

The Word of the Lord.

People Thanks be to God.

Tract

Ps. 123:1-3 Ad te levavi

Cantors

vii.
U N- TO thee lift I up mine eyes: O thou that dwellest in

Choir

the hea- vens. *∇* Behold, even as the eyes of ser- vants:

Cantors

look unto the hand of their mas- ters. *∇* And as the eyes

Choir

of a mai- den: unto the hand of her mis- tress. *∇* Even so

our eyes wait upon the LORD our God: until he have

Cantors *Full*

mercy up- on us. ✠ Have mercy upon us, O LORD: have

mercy up- on us

The Holy Gospel

Saint John 4:5-42

Deacon The Lord be with you.

People And also with you.

Deacon The Holy Gospel of our Lord Jesus Christ according to John.

People Glory to you, Lord Christ.

Deacon

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.”

The Gospel of the Lord.

People Praise to you, Lord Christ.

Hymn

Music: Arr. Benjamin Carr (1768–1831)

Words: Robert Grant (1779–1838), alt.

1. Sa- viour when in dust to thee low we bow the a- dor - ing knee.
2. By thy help - less in - fant years, by thy life of want and tears,
3. By thine hour of dire de - spair, by thine ag - o - ny of prayer,
4. By thy deep ex - pir - ing groan, by the sad se - pul - chral stone,

When, re - pen - tent, to the skies scarce we dare to lift our eyes.
by thy days of sore dis - tress in the sav - age wil - der - ness,
by the cross, the nail, the thorn, pierc - ing spear and taunt and scorn,
by the vault, whose dark a - bode held in vain the ris - ing God:

O by all thy pains and woes suf - fer'd once for man be - low, -
by the dread mys - te - rious hour of the in - sult - ing temp - ter's power:
by the gloom that veiled the skies O'er the dread - ful sac - ri - fice:
O from earth to heav'n re - stored, might - y, re - as - cen - ded Lord:

bend - ing from thy throne on high, hear our sol - emn lit - a - ny!
 turn, O turn a fa - voring eye: hear our sol - emn lit - a - ny!
 lis - ten to our hum - ble cry, hear our sol - emn lit - a - ny!
 lis - ten, lis - ten to the cry of our sol - em li - ta - ny!

Sermon *Father Fraser*

After the Sermon, there follows, all standing

The Nicene Creed

Celebrant

All

I be - lieve in one _____ God, the Fa - ther Al - might - y
 ma - ker of hea - ven and earth, and of all things vi - si - ble
 and in - vi - si - ble; And in one Lord Je - sus Christ,
 the on - ly - be - got - ten son of God, be - got - ten of his Fa - ther



be - fore all worlds, God of God, Light of Light, ve - ry God of ve - ry God,



be - got - ten not made, be - ing of one sub - stance with the Fath - er;



by whom all things were made; who for us men and for our sal - va - tion

KNEEL



came down from hea - ven; and was in - car - nate by the Ho - ly Ghost

STAND



of the Vir - gin Ma - ry, and was made man; and was cru - ci - fied



al - so for — us un - der Pon - tius Pi - late; he suf - fered and was



bu - ried; and the third day he rose a - gain ac - cord - ing to



the Scrip - tures, and as - cend - ed in - to heav - en, and sit - teth



on the right hand of the Fa - ther; and he shall come a - gain, with glo - ry,



to judge both the quick and the dead; whose king - dom shall have no end.



And I be - lieve in the Ho - ly Ghost the Lord, and Giv - er of Life,



who pro - ce - deth from the Fa - ther and the Son;



who with the Fa - ther and the Son to - geth - er is wor - shipped and



glo - ri - fi - ed; who spake by the pro - phets. And I be - lieve



one ho - ly Cath - o - lic and A - pos - tol - ic Church; I ac - know - ledge one Bap - tism

for the re-mis-sion of sins; and I look for the Re-sur-rec-tion of the dead,
and the life of the world to come. A - - - men.

The Prayers of the People

The Deacon and People pray responsively

Father, we pray for your holy Catholic Church;
That we all may be one.

Grant that every member of the Church may truly and humbly serve you;
That your Name may be glorified by all people.

We pray for all bishops, priests, and deacons;
That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world;
That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;
That our works may find favor in your sight.

Have compassion on those who suffer from any grief or trouble;
That they may be delivered from their distress.

Give to the departed eternal rest;
Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;
May we also come to share in your heavenly kingdom.

Let us pray for our own needs and those of others.

The Deacon announces the parish's particular intercessions and the Celebrant adds a concluding Collect.

Confession of Sin

Deacon Let us confess our sins against God and our neighbor.

Kneeling, all say together

Most merciful God,
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 neighbors 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.

Celebrant

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.

People Amen.

The Peace

The People stand.

Celebrant The Peace of the Lord be always with you.

People And also with you.

The Liturgy of the Eucharist

Celebrant

Pray, brethren, that this, my Sacrifice and yours, may be acceptable to God the Father Almighty.

People

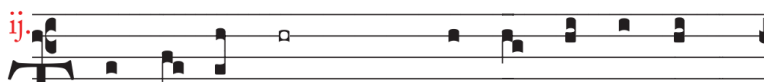
May the Lord receive this sacrifice at your hands to the praise and glory of his Name, both to our benefit and that of all His Holy Church.

Celebrant Amen.

Offertory

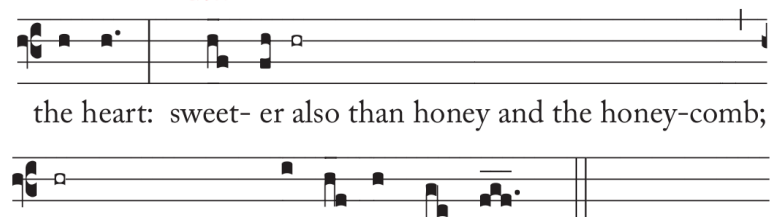
Ps. 19:8, 10, 11 Iustitiæ Domini

Cantors



ij. HE sta- tutes of the LORD are right, and re- joice

Choir



the heart: sweet- er also than honey and the honey-comb;
moreover by them is thy ser- vant taught.

Anthem: Like as the hart

Words: Psalm 42, verses 1, 2, 3

Music: Herbert Howells (1892-1983)

Like as the hart desireth the water-
brooks, so longeth my soul after
thee, O God.

My soul is athirst for God, yea, even
for the living God: when shall I

come to appear before the presence
of God?

My tears have been my meat day
and night, while they daily say unto
me, Where is now thy God?

The Great Thanksgiving

Celebrant The Lord be with you.

People And also with you.

Celebrant Lift up your hearts.

People We lift them to the Lord.

Celebrant Let us give thanks to the Lord our God.

People It is right to give him thanks and praise.

Celebrant

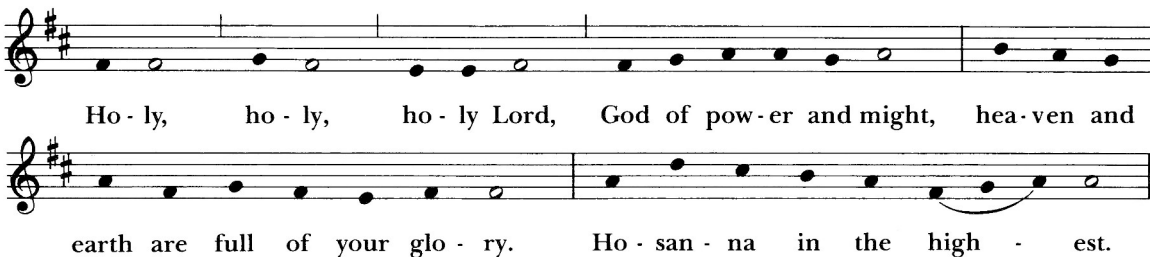
It is right, and a good and joyful thing, always and everywhere to give thanks to you,
Father Almighty, Creator of heaven and earth.

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.

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:

Sanctus & Benedictus

S-124 David Hurd



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and
earth are full of your glo - ry. Ho - san - na in the high - est.



Bless - ed is he who comes in the name of the Lord. Ho-san-na in the high - est.

The people kneel.

Celebrant

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."

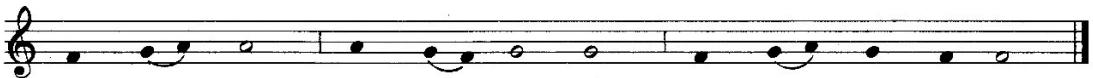
After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Celebrant



There - fore we pro - claim the mys - ter - y of faith:

People



Christ has died. Christ is ris - en. Christ will come a - gain.

The Celebrant continues

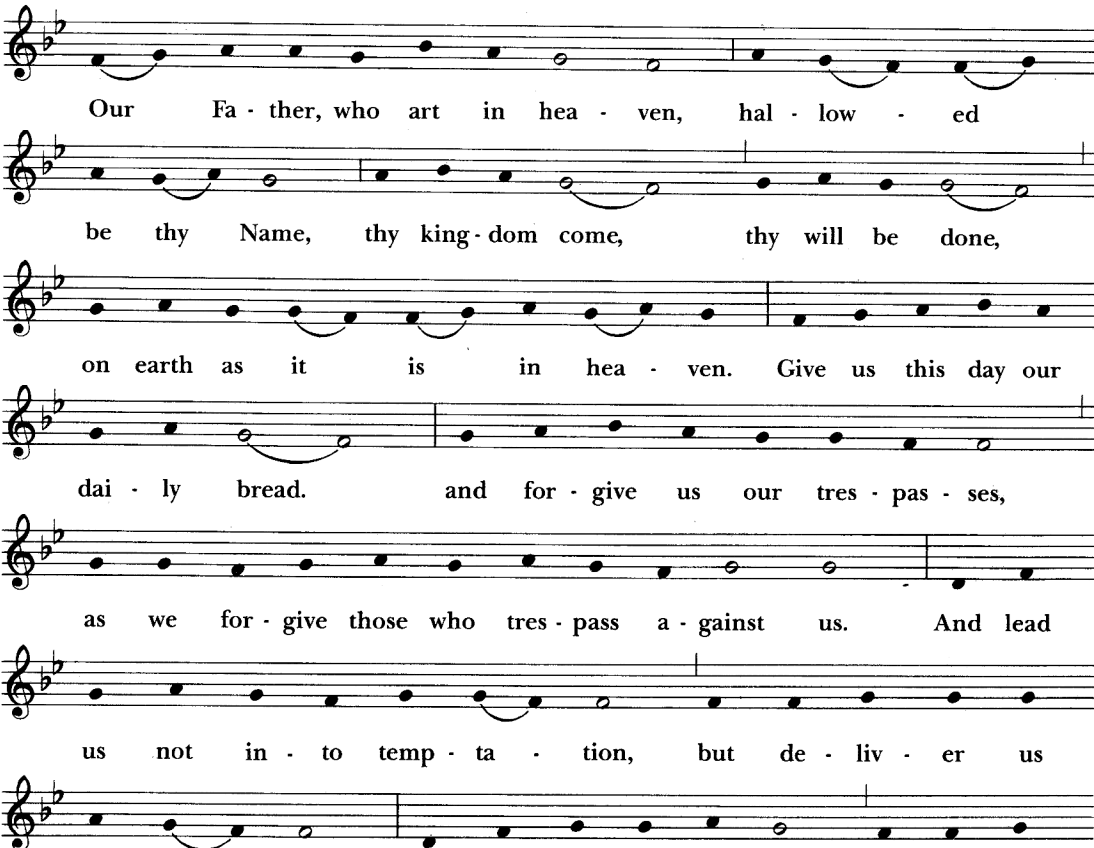
We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

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.*

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

Celebrant *All*



Our Fa - ther, who art in hea - ven, hal - low - ed
be thy Name, thy king - dom come, thy will be done,
on earth as it is in hea - ven. Give us this day our
dai - ly bread. and for - give us our tres - pas - ses,
as we for - give those who tres - pass a - gainst us. And lead
us not in - to temp - ta - tion, but de - liv - er us
from e - vil. For thine is the king - dom, and the power,

and the glo - ry, for ev - er and ev - er. A - men.

The Breaking of the Host

Celebrant

Christ our Pass - o - ver is sac - ri - ficed for us;

People

There - fore let us keep the feast.

Agnus Dei

S-161 David Hurd

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

Celebrant

The Gifts of God for the People of God. Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

People

Lord, I am not worthy that you should come under my roof. But speak the word only, and my soul shall be healed.

The ministers receive the Sacrament in both kinds, and then immediately deliver it to the people

Communion

Ps. 84:3,4 Passer invenit

Cantors

T HE spar- row hath found her an house, and the

Choir

swallow a nest where she may lay her young: e- ven

thy altars, O LORD of hosts, my King and my God.

Cantors *Choir*


Bless- ed are they that dwell in thy house: they will

be al- way prais- ing thee.

Lent Prose

Attende, Dómine

Cantors

v. 

HEAR us, O LORD, * have mer- cy up- on us:

Choir



for we have sin- ned a- gainst thee. *(Repeat after each verse)*

Cantor

To thee, Redeemer, on thy throne of glory
lift we our weeping eyes in holy pleadings
listen, O Jesu, to our supplications. *Response*

O Thou chief Cornerstone, Right Hand of the Father:
Way of Salvation, Gate of Life Celestial:
cleanse thou our sinful souls from all defilement. *Response*

God, we implore thee, in thy glory seated:
bow down and hearken to thy weeping children:
pity and pardon all our grievous trespasses. *Response*

Sins oft committed now we lay before thee:
with true contrition, now no more we veil them:
grant us, Redeemer, loving absolution. *Response*

Innocent, captive, taken unresisting:
falsely accused, and for us sinners sentenced,
save us, we pray thee, Jesu our Redeemer. *Response*

After Communion, the Celebrant says

Let us pray.

Celebrant and People

Eternal God, heavenly Father,
you have graciously accepted us as living members
of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage
to love and serve you
with gladness and singleness of heart;
through Christ our Lord. Amen.

Deacon Bow down before the Lord.

Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. Amen.

People Amen.

Celebrant

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always.

People Amen.

Dismissal

Deacon Let us bless the Lord.

People Thanks be to God.

Angelus

Celebrant *People*



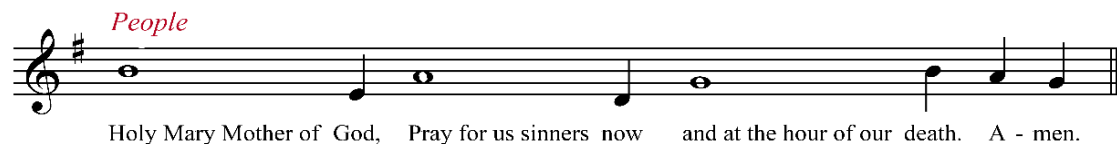
1 The angel of the Lord brought tidings un - to Mary: And she conceived by the Ho-ly Ghost. (Hail Mary)

Celebrant



Hail Mary full of grace, the Lord is with thee: Blessed art thou among women and blessed is... Je-sus.

People



Holy Mary Mother of God, Pray for us sinners now and at the hour of our death. A - men.

Celebrant *People*



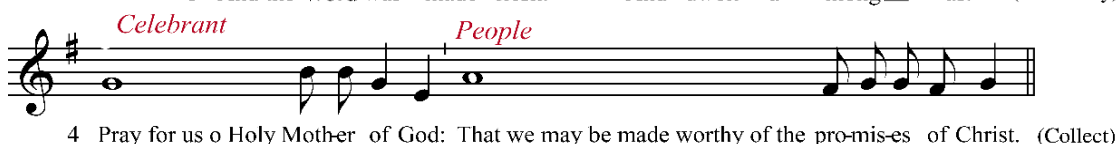
2 Behold the handmaid of the Lord: Be it unto me ac - cor-ding to thy word. (Hail Mary)

Celebrant *People*



3 And the Word was made flesh: And dwelt a - mong_ us. (Hail Mary)

Celebrant *People*



4 Pray for us o Holy Mother of God: That we may be made worthy of the pro-mis-es of Christ. (Collect)

Celebrant

Pour forth thy grace into our hearts, we beseech thee, O Lord, that like as we have known the Incarnation of thy son, Jesus Christ by the message of an angel, so by his Cross and Passion we may be brought into the glory of his Resurrection through the same Christ, our Lord.

People Amen.

Departure of the Sanctuary Party

Hymn #685

Words: Augustus Montague Toplady (1740–1778), alt.

Music: *Toplady*, Thomas Hastings (1784–1872)

1 Rock of a - ges, cleft for me, let me hide my-self in thee;
2 Should my tears for ev - er flow, should my zeal no lan-guor know,
3 While I draw this fleet-ing breath, when mine eye - lids close in death,

let the wa - ter and the blood from thy wound-ed side that flowed,
all for sin could not a - tone: thou must save, and thou a - lone;
when I rise to worlds un - known and be - hold thee on thy throne,

be of sin the dou-ble cure, cleanse me from its guilt and power.
in my hand no price I bring, sim - ply to thy cross I cling.
Rock of a - ges, cleft for me, let me hide my-self in thee.

Postlude Fugue in a minor, BWV 543, *Johann Sebastian Bach*



Title: *Jesus and the Samaritan Woman (1593–1594)*
Artist: *Annibale Carracci (1560–1609)*