



1818 Monterey Boulevard · Hermosa Beach, CA 90254 · 310.376.8989 · www.stcross.org

The Third Sunday in Lent

March 15, 2020
10:00 a.m.



Welcome to worship at St. Cross!

Newcomers and Visitors: We strive to live in to the gospel ideal of being an open and welcoming community. Please join in this community by signing the guest book in the back of the church and helping us get to know you by introducing yourself to the clergy and to people sitting near you in the service. Join us after the service in the Parish Hall for coffee!

Worship: The entire service is printed in this bulletin and the people's parts are in bold type. Generally, we sit for teachings and stand or kneel for prayers. Do not be concerned if you are unable to stand or kneel, do what is comfortable for you. Please let the ushers know if you need any other assistance, such as communion brought to your seat.

Lessons and Sermon Notes

A few words on today's lessons about what you will hear, and what you will take with you through the week.

The Third Sunday in Lent—Year A

Welcome to our parish on this Sunday of the Samaritan Woman. This story is one of the classic biblical passages for those preparing for baptism at Easter. As the woman was gradually enlightened about Jesus and about her relationship to God, so the candidates are growing in their relationship with God during Lent. They look forward to receiving in baptism the “living water” of God’s Spirit in their lives. Those already baptized are filled with that living water and continue to be enlightened by God’s Spirit.

In the first reading, we move forward in the history of salvation from the call of Abraham and Sarah to the account of Moses and Israel in the Exodus from Egypt. On the occasion we read about today, God provides water for the people in the desert. This is an image of God’s loving care for all people in the spiritual dryness of this world.

As people in the desert thirst for water, so Christians find in their Lenten living the thirst for life that only God can quench. All of us, both the baptized and those preparing for baptism, are, like the Samaritan woman, being enlightened and filled with the grace of the living water that comes from our Savior.

From *The Rite Light: Reflections on the Sunday Readings and Seasons of the Church Year*.
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Wednesday Lenten Program

Our Lent Soup Supper and Program will be a book study of *Being Mortal* by Atul Gawande. This coming week we are reading Chapter 5. Rev. Rachel will lead the discussion online via Facebook Live. Please join us at 6:30 pm for the discussion

Liturgy of the Word

Prelude

Psalm-Prelude
Robert Hebble

Opening Sentence

Celebrant
People Blessed be the God of our salvation:
Who bears our burdens and forgives our sins.

Celebrant
People When we cry out to the Lord in our trouble,
he will deliver us from our distress.

Celebrant
People God will bring us out of our darkness,
and out of the shadow of death.

Trisagion

S-99

The musical score for the Trisagion hymn, S-99, is presented in five staves. Each staff begins with a soprano vocal line. The lyrics are as follows:

Ho - ly God, Ho - ly and Might - y,
Ho - ly Im - mor - tal One, Have mer - cy up - on us.
Ho - ly God, Ho - ly and Might - y,
Ho - ly Im - mor - tal One, Have mer - cy up - on us.
Ho - ly God, Ho - ly and Might - y,
Ho - ly Im - mor - tal One, Have mer - cy up - on us.

Confession of Sin

The Priest says

Compassion and forgiveness belong to the Lord our God,
Though we have rebelled against him.

Let us then renounce our willfulness and ask God's mercy
By confessing our sins in penitence and faith.

Minister and People

God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.

We have denied your goodness in each other, in ourselves,
and in the world you have created.

We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.

Forgive, restore, and strengthen us
Through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.

Celebrant

God give you true repentance; forgive you your sins of negligence and ignorance and your deliberate sins; and grant you the grace of his Holy Spirit to amend your lives according to his holy word. **Amen.**

Hymn

Hymn 690

1 Guide me, O thou great Je - ho - vah, pil - grim through this
 2 O - pen now the crys - tal foun-tain, whence the heal - ing
 3 When I tread the verge of Jor - dan, bid my anx - ious

bar - ren land; I am weak, but thou art might - y;
 stream doth flow; let the fire and cloud - y pil - lar
 fears sub - side; death of death, and hell's de - struc - tion,

hold me with thy power - ful hand; bread of hea - ven,
 lead me all my jour - ney through; strong de - liv - erer,
 land me safe on Ca - naan's side; songs of prais - es,

bread of hea - ven, feed me now and ev - er - -
 strong de - liv - erer, be thou still my strength and
 songs of prais - es, I will ev - er give to

more, feed me now and ev - er - - more.
 shield, be thou still my strength and shield.
 thee, I will ev - er give to thee.

Collect of the Day

Celebrant The Lord be with you.
People **And also with you.**
Celebrant 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.**

First Lesson

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 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?”

Lector The Word of the Lord.
People **Thanks be to God.**

Psalm 95



**Come, let us sing to the Lord;
let us shout for joy to the Rock of our salvation.
Let us come before his presence with thanksgiving
and raise a loud shout to him with psalms.**

**For the Lord is a great / God,
and a great King above all / gods.
In his hand are the caverns of the / earth,
and the heights of the hills are his / also.**

**The sea is his, for he / made it,
and his hands have molded the dry / land.
Come, let us bow down, and bend the / knee,
and kneel before the Lord our / Maker.**

**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!
Harden not your hearts, as your forebears did in the / wilderness,
at Meribah, and on that day at Massah, when they / tempted me.**

**They put me to the test, though they had seen my / works.
Forty years long I detested that generation and said,
"This people are wayward in their hearts; they do not know my / ways."
So I swore in my / wrath,
"They shall not enter into my / rest."**

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

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.**

Sermon

The Rev. Rachel Nyback

Following the sermon a time of silence for private meditation is observed.

Nicene Creed

**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 worshiped 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

Prayers of the People

We pray for the church in all places, for the world and our nation, for the needs of others, for ourselves, and for those who have died. You are welcome to add your own petitions as we pray. To add names to the prayer list for next week, please email the office.

The response to “Hear us, O God” is “Save us, O God”.

Peace

*Celebrant The peace of the Lord be always with you.
People **And also with you.***

As we cannot physically share the peace, we invite you to think of someone with whom you would normally share the peace, and call them later today to offer that peace.

Announcements

The Lord's Prayer

Celebrant

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

People and Celebrant say together

**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.

Blessing

The Celebrant says

Christ give you grace to grow in holiness,
to deny yourselves, take up your cross, and follow him;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.
Amen.

Hymn

Hymn 686

1 Come, thou fount of ev - ery bless - ing, tune my
 2 Here I find my great - est trea - sure; hith - er,
 3 Oh, to grace how great a debt - or dai - ly

heart to sing thy grace! Streams of mer - cy nev - er
 by thy help, I've come; and I hope, by thy good
 I'm con - strained to be! Let thy good - ness, like a

ceas - ing, call for songs of loud - est praise.
 plea - sure, safe - ly to ar - rive at home.
 fet - ter, bind my wan - dering heart to thee:

Teach me some me - lo - dious son - net, sung by
 Je - sus sought me when a stran - ger wan - dering
 prone to wan - der, Lord, I feel it, prone to

flam - ing tongues a - bove. Praise the mount! Oh, fix me
 from the fold of God; he, to res - cue me from
 leave the God I love; here's my heart, oh, take and

on it, mount of God's un - chang - ing love.
 dan - ger, in - ter - posed his pre - cious blood.
 seal it, seal it for thy courts a - bove.

Dismissal

*Celebrant
People*

Go in peace to love and serve the Lord.
Thanks be to God.

Postlude

Postlude on a Ground
Herbert Murrill

St. Cross Prayer List
To add names, please email the church office.

Continuing Prayers:

Bo, Emma, Anne, Steve, Micky, Autumn, Jack, John, Susan, Nicky, Susan, Nancy, Maria, Christi, Kelly Anne, Mike, Lindsey, Zelda, Carlton, Cynthia, Tina, DL, David, Astin, Glenda, Huong, Alice, Bill, Sue, Pete, Mun, Alvin, Jill, Elizabeth, Barry, Karen, Abbe, Lori, Don, Jake, Rosamarie, Morena, Len, JoAnn, Ryder, Sean, Delilah

For Healing:

Donaldson, Kobe, Sherri, Kyrie, Jean, Becca and the Su-Dunsmoor family, Owen, George, Juanita, Pam, Kim, Belinda, Emily, Tony, Sonia, Walt, Kim, Donna, Birdie, Marilyn

For Peace/Comfort/Guidance:

Ed, Lindsay, Brennan, Carl and family, Emily, Jessica, Sylvia, Maria, Christina, Richard, Birdie, Sherri, Marilyn, Amanda

For Safe Travel:

For Thanksgiving:

Rhon, and the Ministries of Neighbor to Neighbor and Peace and Justice

For Those Who Have Died:

Anthonia, Loïs, Sarah, Anna, Ed, Roger, Jann, David

For Military Personnel:

Jason, Marcus, Andrew, Jared, Mike, Mathew, Jim, Jake, Paul, Andy, Ron, Daniel

Community News

Flower Dedications for Easter can be made by donating online. If we are not back in St. Cross by Easter, we will still have an EASTER celebration when we do return. Let us know the names of those loved ones that you would like to remember; to be named in honor of; or give thanks for...Dedications are due in the office by **April 5th**. Thank you!

Women's Bible Study will be Using Wendell Berry's *This Day* as a guide for Bible study and poetry through Lent. We will meet at 9 am on Wednesdays on a Google Hangout. If you want to get the link to join us please email the office.

Lent Soup Supper and Program will be a book study of *Being Mortal* by Atul Gawande. We are discussing chapter 5. We will also meet online, and will let you know how to do that shortly. We will start at 6:30 pm.

Small Groups. St. Cross Small Groups will be kicking off the week of April 19th. The groups will offer parishioners a chance to connect, join together in prayer, and engage in discussion around a variety of spiritual topics outside of the traditional church setting. We will have a link to sign up online or email Rev. Nathan or Rev. Stephen.

40-Day "Love Builds Up" Family Challenge. "Love Builds Up" is a take-home resource that invites families to come together at the beginning of the week for a reading from Scripture, a suggested discussion topic, and an action or practice for that week. Please let Rev. Stephen know if your family would like a copy of "Love Builds Up".



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PLEASE JOIN US FOR SPECIAL HOLY WEEK SERVICES

If we are still online, we will be adapting our services so you can still follow the rhythm of Holy Week at home.

Weekly Schedule

Sunday, March 15	10:00am	Choral Eucharist / Online
Monday, March 16	10:00am 3:00pm 7:00pm	Listening Hearts / Teleconference Temple Shalom / Campus EFM / Online
Tuesday, March 17		
Wednesday, March 18	9:00am 6:00pm	Women's Bible Study / Online Lenten Program / Online
Thursday, March 19		
Friday, March 20		CHURCH OFFICE CLOSED
Saturday, March 21		CHURCH OFFICE CLOSED
Sunday, March 22	10:00am	Choral Eucharist / Online

Today's Ministers – 10:00am

Celebrant/Preacher	The Rev. Dr. Rachel Nyback
Assisting	The Rev. Nathan Biornstad The Rev. Stephen Smith
Organist/Choirmaster	Sean O'Neal
Cantor	Dan Wilson
Streaming Assistant Extraordinaire	Peter Coote

Staff

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Priest in Residence

The Rev. Cn. Paul Lawson
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Weekly 12-Step Meetings Room 9

Sunday	AA 7:30 pm
Monday	Al-Anon 7:00 am
	CODA 7:30 pm
Tuesday	Serenity 7:00 pm
Wednesday	Al-Anon 7:00 am
	OCA 5:30pm
	Recovery Dharma 7:30pm
Thursday	Al-Anon 12 noon
	OA 6:00 pm
Friday	Al-Anon 7:00 am
	AA 8:00 pm
Saturday	Al-Anon 10:00 am

Vestry

Seth Barnes - Senior Warden
Chuck Bruley

David Charlton - Junior Warden

Sherry Graham

Eileen Mathews

Steve Pringle

Ann Rogerson

Konrad Schreier - Treasurer

Courtney Shott

Anne Tittle

James Wikramatilleke

Marilyn Young

REGULAR WORSHIP SERVICES

Sunday

Holy Eucharist 8am and 10 am
Adult Education Hour 9am

Wednesday

Centering Prayer 8:30 am
Holy Eucharist 7pm