



# ST. MICHAEL'S EPISCOPAL CHURCH

*A Christ-Centered Community of Practice Awaking to the Abiding Presence of God*

**MARCH 08, 2026**

**THE THIRD SUNDAY IN LENT**

## **WE GATHER IN THE NAME OF CHRIST**

PRELUDE

“Prayer”

*Jean Langlais*

WELCOME & ANNOUNCEMENTS

*After the Announcements, a period of silence is kept. Please remain standing for the procession.*

SILENT PROCESSION

Blessed be the God of our salvation:

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

*The Celebrant reads a short verse of scripture.*

LENTEN CHANT

*Attende Domine*



At-ten-de, Do-mi-ne, et mi-se-re-re, qui-a pec-ca-vi-mus Ti-bi.

**Most holy and merciful God:**

**We confess to you and to one another,**

**and to the whole communion of saints**

**in heaven and on earth,**

**that we have sinned by our own fault**

**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, and mind, and strength. We have not loved**

**our neighbors as ourselves. We have not forgiven others, as we have been forgiven.**

*Celebrant:* Have mercy on us, Lord.

**We have been deaf to your call to serve, as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit.**

*Celebrant:* Have mercy on us, Lord.

**We confess to you, Lord, all our past unfaithfulness: the pride, hypocrisy, and impatience of our lives,**

*Celebrant:* We confess to you, Lord.

**Our self-indulgent appetites and ways, and our exploitation of other people,**

*Celebrant:* We confess to you, Lord.

**Our anger at our own frustration, and our envy of others' good fortunes,**

*Celebrant:* We confess to you, Lord.

**Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work,**

*Celebrant:* We confess to you, Lord.

**Our negligence in prayer and worship, and our failure to commend the faith that is in us,**

*Celebrant:* We confess to you, Lord.

**Accept our repentance, Lord, for the wrongs we have done: for our blindness to human need and suffering, and our indifference to injustice and cruelty,**

*Celebrant:* Accept our repentance, Lord.

**For all false judgments, for uncharitable thoughts toward our neighbors, and for our prejudice and contempt toward those who differ from us,**

*Celebrant:* Accept our repentance, Lord.

**For our waste, over-consumption and exploitation of your creation, and our lack of concern for those who come after us,**

*Celebrant:* Accept our repentance, Lord.

**Accomplish in us the work of your salvation,**

*Celebrant:* That we may show forth your glory in the world.

**By the cross and passion of your Son our Lord,**

*Celebrant:* Bring us with all your saints to the joy of his resurrection.

## ABSOLUTION

May the God of all mercy forgive you, draw you forth into life and peace, make real the hope that we, and all creation be released from bondage and obtain the freedom of the glory of the children of God, through Jesus Christ, our Lord. **Amen.**

## SONG OF PRAISE

*Softly and Tenderly*

LEVAS 101

*Every Sunday of Lent, we will sing two verses, which can be found in the service insert.*

1. Softly and tenderly Jesus is calling  
Calling for you and for me  
See on the portals, He's waiting and watching  
Watching for you and for me

### Refrain

***Come home, come home  
Ye who are weary, come home  
Earnestly, tenderly, Jesus is calling  
Calling, oh, sinner, come home***

4. Oh, for the wonderful love He has promised  
Promised for you and for me  
Though we have sinned He has mercy and pardon  
Pardon for you and for me [Refrain]

## COLLECT OF DAY

The Lord be with you.

**And also with you.**

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.**

**WE PROCLAIM AND RESPOND  
TO THE WORD OF GOD**

THE FIRST READING

*Exodus 17: 1-7*

*Following the lesson...*

Hear what the Spirit is saying to God's people.

**Thanks be to God.**

PSALM 95



© 1979, Robert Knox Kennedy.

- 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."

THE SECOND READING

*Romans 5: 1-11*

*Following the lesson...*

Hear what the Spirit is saying to God's people.

**Thanks be to God.**

THE GRADUAL HYMN

*LEVAS, 203*

There is a balm in Gil-e-ad to make the wound-ed

whole; There is a balm in Gil-e-ad to heal the sin-sick soul. **Fine**

1. Some - times I feel dis - cour-aged, And think my work's in vain, But  
 2. If you can - not preach like Pet - er, If you can - not preach like Paul, You can  
 3. Don't ev - er be dis - cour-aged For Je - sus is your friend, And

1. then the ho - ly spir - it Re - vives my soul a - gain.  
 2. tell the love of Je - sus, And say He died for all.  
 3. if you lack for know - ledge, He'll ne'er re - fuse to lend. **D.C.**

Words: Traditional. Music: American Melody; arr. Carl Haywood (b. 1949), from *The Haywood Collection of Negro Spirituals*.  
 Arr. Copyright © 1992 Carl Haywood.

*Preceding the Gospel...*

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

THE GOSPEL

*John 4: 5-42*

*Following the Gospel...*

The Gospel of the Lord.

**Praise to you, Lord Christ.**

THE SERMON

*Silence is kept following the sermon.*

*The Reverend Mary Lindquist*

THE 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:  
was incarnate of the Holy Spirit and the Virgin Mary  
and became truly human.**  
**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**

**WE PRAY FOR GOD'S CREATION, FOR THE WORLD, AND FOR THE  
CHURCH**

*The Leader bids us to pray for the sick and suffering, for those who have asked for our prayers, for those who rejoice in life events and for those who have died.*

Celebrant: Lord, in your mercy,

People: **Hear our prayer**

THE PEACE

The peace of Christ be always with you.  
**And also with you.**

**WE SHARE HOLY COMMUNION TOGETHER**

THE ANTHEM

“Ave Verum Corpus”

*W.A. Mozart*

*All stand to sing*

THE OFFERING HYMN

*The Hymnal, 699*

1 Je - sus, Lov - er of my soul, let me to thy bos - om  
 2 O - ther ref - uge have I none, hangs my help - less soul on  
 3 Plen - teous grace with thee is found, grace to cleanse from ev - ery

fly, while the near - er wa - ters roll, while the tem - pest  
 thee; leave, ah! leave me not a - lone, still sup - port and  
 sin; let the heal - ing streams a - bound, make and keep me

still is high: hide me, O my Sa - vior, hide,  
 com - fort me! All my trust on thee is stayed;  
 pure with - in. Thou of life the foun - tain art,

till the storm of life be past; safe in - to the  
 all my help from thee I bring; cov - er my de -  
 free - ly let me take of thee: spring thou up with -

ha - ven guide, O re - ceive my soul at last.  
 fense - less head with the sha - dow of thy wing.  
 in my heart, rise to all e - ter - ni - ty.

Words: Charles Wesley (1707-1783), alt. Music: *Aberystwyth*, Joseph Parry (1841-1903).

## THE OFFERING

*During the hymn, ushers pass the offering plates. Representatives from the parish bring the people's offerings of bread and wine for the Eucharist, and money for mission and ministry to the Altar. To give online, text the message "GiveStMichaels" to the number.*

## THE GREAT THANKSGIVING

*The people remain standing. The Presider says*

The Lord be with you.

**And also with you.**

Lift up your hearts.

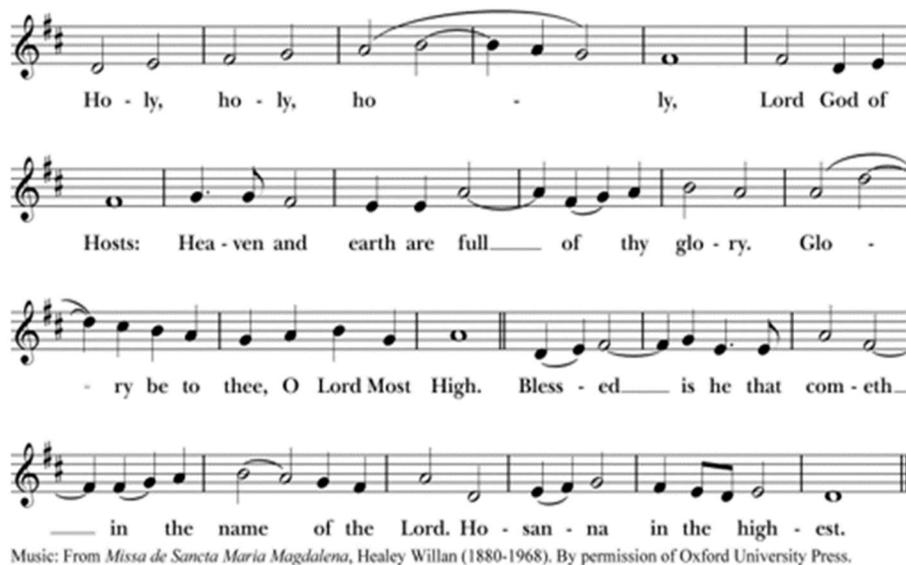
**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

*The Presider praises God for God's creation and love. Then all sing or say the Sanctus together:*

*(8am)* **Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is the one who comes in the name of the Lord. Hosanna in the highest.**



Ho - ly, ho - ly, ho - ly, Lord God of  
Hosts: Hea - ven and earth are full of thy glo - ry. Glo -  
- ry be to thee, O Lord Most High. Bless - ed is he that com - eth -  
- in the name of the Lord. Ho - san - na in the high - est.

Music: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968). By permission of Oxford University Press.

*The Presider recalls and makes present for all Jesus' life and last supper.*

*The Presider asks the Holy Spirit to consecrate the bread and the wine to be God's holy food.*

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

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

## BREAD IS BROKEN

O Lamb of God, that ta - kest a -  
way the sins of the world, have mer - cy up -  
on us. O Lamb of God, that  
ta - kest a - way the sins of the world, have  
mer - cy up - on us. O Lamb of  
God, that ta - kest a - way the sins of the  
world, grant us thy peace.

The musical score is written on a single staff in treble clef with a key signature of one sharp (F#). It consists of seven lines of music. The first line begins with a whole rest followed by a quarter rest, then a series of quarter notes: F#4, A4, B4, C5, B4, A4, G4. The second line continues with quarter notes: F#4, A4, B4, C5, B4, A4, G4, followed by a quarter rest. The third line starts with a quarter note F#4, a quarter note A4, a quarter note B4, a quarter note C5, a quarter note B4, a quarter note A4, a quarter note G4, followed by a quarter rest. The fourth line begins with a quarter note F#4, a quarter note A4, a quarter note B4, a quarter note C5, a quarter note B4, a quarter note A4, a quarter note G4, followed by a quarter rest. The fifth line starts with a quarter note F#4, a quarter note A4, a quarter note B4, a quarter note C5, a quarter note B4, a quarter note A4, a quarter note G4, followed by a quarter rest. The sixth line begins with a quarter note F#4, a quarter note A4, a quarter note B4, a quarter note C5, a quarter note B4, a quarter note A4, a quarter note G4, followed by a quarter rest. The seventh line starts with a quarter note F#4, a quarter note A4, a quarter note B4, a quarter note C5, a quarter note B4, a quarter note A4, a quarter note G4, followed by a quarter rest. The score ends with a double bar line.

*The Celebrant says the following invitation:*

*Celebrant:* Behold the Lamb of God; behold the One who takes away the sins of the world.

*People:* **Happy are they called to the supper of the lamb.**

## **BREAD AND WINE ARE SHARED**

### ***Invitation to Receive the Sacrament of Holy Communion***

*At St. Michael's, we believe that God's love is unconditional. We welcome all people and we affirm the worth, dignity, and gifts of every person as a beloved child of God. In our celebration of the Eucharist, there is no one here who is ineligible or unwelcome; no one who has too many doubts or too few beliefs. This is the table of a loving God set for all creation through the power of Jesus Christ. You, who are part of that creation, are welcome.*

*Gluten-free wafers and grape juice are available. If you would like either, please indicate that preference to the liturgical minister. If you wish to come to the Altar for a blessing only, please fold your arms over your chest.*

### ***Invitation to Receive Healing Prayer***

*8 am prayers for healing are following the service and at 10:15 prayers are available after you receive Communion in the Chapel. A healing minister will say prayers, lay her or his hands upon you, and anoint you with consecrated oil. You can come for yourself, for another person, for a need or for a thanksgiving; all prayers are confidential. Please ask ushers for assistance if you have questions.*

## **POSTCOMMUNION PRAYER**

**Almighty and everliving God,  
we thank you for feeding us  
in these holy mysteries,  
with the spiritual food  
of the most precious Body and Blood  
of our Savior Jesus Christ;  
and for assuring us that we are very members  
incorporate in the mystical body of Christ,  
and are heirs, through hope, of your everlasting kingdom.  
Assist us with your grace,  
that we may continue in that holy fellowship,  
and do all such good works  
as you have prepared for us to walk in;  
through Jesus Christ our Lord,  
to whom, with you and the  
Holy Spirit, be all honor and glory,  
world without end. Amen.**

**WE ARE SENT  
AND GO FORTH INTO THE WORLD**

LENTEN PRAYER

HYMN

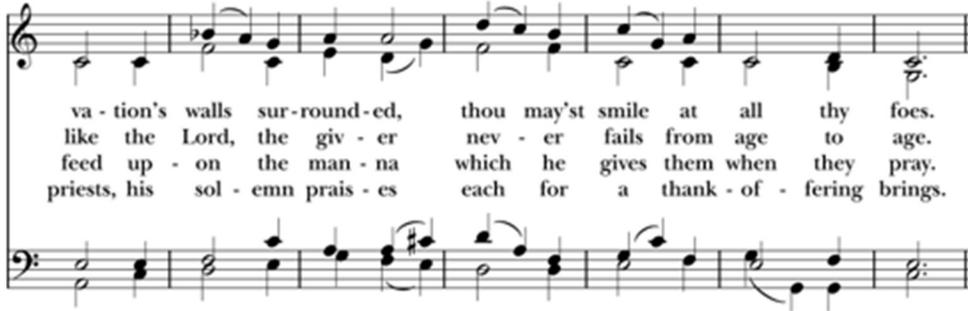
*The Hymnal, 523*

1 Glo - rious things of thee are spo - ken, Zi - on, ci - ty  
2 See! the streams of liv - ing wa - ters, spring - ing from e -  
3 Round each ha - bi - ta - tion hov - ering, see the cloud and  
4 Blest in - hab - it - ants of Zi - on, washed in the Re -

of our God; he whose word can - not be bro - ken  
ter - nal love, well sup - ply thy sons and daugh - ters  
fire ap - pear for a glo - ry and a cov - ering,  
deem - er's blood! Je - sus, whom their souls re - ly on,

formed thee for his own a - bode; on the Rock of A - ges  
and all fear of want re - move. Who can faint, when such a  
show - ing that the Lord is near. Thus de - riv - ing from their  
makes them kings and priests to God. 'Tis his love his peo - ple

found - ed, what can shake thy sure re - pose? With sal -  
riv - er ev - er will their thirst as - suage? Grace which,  
ban - ner, light by night, and shade by day, safe they  
rais - es o - ver self to reign as kings: and as



Words: John Newton (1725-1807), alt. Music: *Abbot's Leigh*, Cyril Vincent Taylor (1907-1991). Copyright © 1942, Renewal 1970 by Hope Publishing Company, Carol Stream, IL 60188. All Rights Reserved. Used by permission.

DISMISSAL

*People:* **Thanks be to God!**

POSTLUDE

“Now Thank We All Our God”

*Georg Friedrich Kaufmann*



## PARTICIPANTS

**10: 15** *The Reverend Mary Lindquist*, preacher and celebrant; *The Reverend Lars Hunter*, Deacon; *Annie Landenberger*, lay assistant; *Elizabeth Fisher* and *Chris Chapman*, readers and element bearers; *Carol Hesselbach*, intercessor; *Craig Irvine* and *Annamarie Pluhar*, chalice bearers; *Andy* and *Elise Burrows*, ushers; *Anne Black*, healing minister; *Suzann Jones & friends*, coffee hour host; *Judy Walker*, *Carol Hesselbach*, and *Lindsey Boss*, Altar Guild.



**At St. Michael's we believe that God's love is unconditional. We welcome all people and we affirm the worth, dignity, and gifts of every person as a beloved child of God.**

- **WELCOME TO VISITORS!** All are welcome at this table. If you have any questions about the liturgy, location of the bathrooms, or anything else, please ask one of the ushers or greeters. Thank you for joining us today.
- **GLUTEN FREE WAFERS AND GRAPE JUICE** are available for Communion at both 8:00 am and 10:15 services. Please make yourselves known to the priest when you come up for Communion.
- **CHILDREN ARE WELCOME HERE!** There are clipboards with paper and crayons, as well as activity bags with coloring books at the back of the Sanctuary for children who are interested in coloring or drawing during the service. Feel free to come in and out of the worship area as needed with your children! Please ask an usher if you need assistance.
- **CARE IS AVAILABLE** for children during the service. Please ask the ushers for directions.

**ST. MICHAEL'S WEEKDAY WORSHIP**

Morning Prayer, 8-8:30 am, Mon-Fri, on Zoom and in-person Tues-Thurs in the Chapel  
Breakfast with The Bible, 8:30 – 10 am, The Works, Main St., Brattleboro  
Centering Prayer, 11:30-11:55 am, Wednesday in the Chapel  
Eucharist with the Saints, 12 noon-12:30, Wednesday in the Chapel  
Contemplative Worship, 5:30-6:00 pm, Thursday in the Chapel, in-person and on Zoom  
Centering Prayer, 8 am, Saturday in the Chapel

**HAPPY BIRTHDAY** to *Jenna Webb*, today; *Ann Ely*, Tuesday; *Terry Robinson* and *Marie Lawrence*, Wednesday; *Gay Maxwell*, Thursday.



#### **UPCOMING EVENTS AT ST. MICHAEL'S**

- **Today, 12 Noon:** Team Holy Week gathering
- **March 11, 18, 25, 4:30-6:** March Madness with the Mystics continues.
- **March 12, 7:30:** Compline Service in the sanctuary
- **March 15, NOON:** First Annual 1853 Circle Luncheon
- **March 29:** Palm Sunday ~ Holy Week begins

**ADULT FORUM** Weekly from 9-10 AM in the Meeting Room.

- **Today: For Such A Time As This:** This Lent we will explore through prayer, interactive conversation, and shared reflection the new reality of an emerging world order that threatens the very ground we walk on, and how we as people of faith can respond boldly, humanely, faithfully and with love in our daily lives. Today's forum is led by Craig Irvine, who will address the power of language, prayer and silence as we venture to be brave with our words.
- **March 15:** Next up in our ongoing Forum, Gay Maxwell will help us explore and enter into communion and our common-ness: how we are and can be one with one another in these times.

#### **TEAM HOLY WEEK: TODAY @ 12 PM**

The holiest, most important time in the Christian year is Holy Week, from Palm Sunday (March 29) to Easter Day (April 5). At St. Michael's, we especially focus on the Triduum (Maundy Thursday–Easter, April 2-5). *Team Holy Week* is based on the idea that liturgy is about participation, so instead of doling out parts for folks to do, we call together a team of people who are willing to participate fully — a whole team effort. Because of the commitment, dedication and creativity of Team Holy Week the last three years, Holy Week was a deeply transformative experience for many. All are welcome to participate, even if this is your first time observing this holy time.

- We will need readers, prayer leaders, cooks, altar help, kitchen help, musicians, singers & more.
- This year, we need a small team of people to help plan the Tenebrae Service.

Come to a planning meeting at 12 pm (after church and some refreshments) on **Sunday, March 8** to understand the story arc of the triduum and decide how you would like to participate. Please contact Mary at [mary@stmichaelsvermont.org](mailto:mary@stmichaelsvermont.org) if you are interested in participating, but can't attend the meeting.

#### **NEXT COMPLINE SERVICE: MARCH 12 @ 7:30 PM**

In a world where we all live with such thin margins of time and availability, where many of us move through life at a harried pace, it can feel deeply restorative to pause, receive sacred beauty, and take a few deep breaths. Our music director Keane Southard and singers from our choir once again bring a peace-filled

evening service to offer an oasis before sleep. The service, which last less than half an hour, is candle-lit and quiet. Do come!

### **LENTEN FOOD & CLOTHING DRIVE**

As we move through this Lenten season, we will practice offering alms to all in need in our community. To that end, we are asking you to bring food and clothing during the six Sundays of Lent which will be distributed to our neighbors.

- Lent I (February 22) Dried, canned beans, rice, oats
- Lent II (March 1) Canned meat - Tuna, Chicken, etc.
- Lent III (March 8) Pasta, sauces, pre-made meals
- Lent IV (March 15) cereal PB and Jelly,
- Lent V (March 22) Tylenol, cold meds, women's sanitary products, toothpaste and brushes,
- Palm Sunday (March 29) diapers and wipes, socks

### **EXPLORE PLANNED GIVING: MARCH 15 AT NOON**

#### **First Annual St. Michael's 1853 Circle Luncheon**

*Imagine giving a gift to St. Michael's that lasts not for a day, or a season, or a year, but for hundreds of years.* St. Michael's has established the 1853 Circle to recognize and celebrate those who remember St. Michael's in their estate plan or will. The name 1853 Circle honors the legacy of those who founded St. Michael's in 1853 and the worshippers across generations who have faithfully sustained the church and its ministries. 1853 Circle members help ensure that, through God's grace and their generosity, St. Michael's will continue to do God's work for generations to come.

St. Michael's is hosting our first annual 1853 Circle reception for all who want to learn about estate planning, wills and making a planned charitable gift to St. Michael's. We'll gather in the choir room at noon. Please join this festive parish gathering for fellowship, helpful information about legacy charitable gifts and delicious food. We look forward to seeing you. (If you have already named St. Michael's in your will or estate plan, please come to the reception and let a Committee member know!)

*St. Michael's Planned Giving Committee: Chris Chapman, John Lent, Mary Lindquist, Margery McCrum, Alex O'Pray*

**SLIDE LECTURE IN CELEBRATION OF WOMEN'S HISTORY MONTH** St. Michael's parishioner and New Testament scholar, Dr. Valerie Abrahamsen, invites everyone to a free lecture, "Pagan, Jewish and Christian Women in the Roman Empire: Literary and Archaeological Evidence." The one-hour lecture will take place at the Lydia Taft Pratt Library in Dummerston on March 14, 2026, at 3:00 pm.

### **CALLING SINGERS FOR PALM SUNDAY**

This year, the choir Lenten offering will be some selections from Bach's "St. Matthew Passion" at the **10:15am service on Palm Sunday**. We will have 3 **Tuesday evening rehearsals, on March 10, 17, and 24 from 6:30pm-8:30pm**, plus we'll rehearse it at our regular time at 8:45am on Palm Sunday. Contact Keane to let him know if you're interested in singing.

### **TAG SALE NEWS**

This year's Tag Sale will be Sat., May 2. The closets in the lower level are open! Bring any of the following donations to the Church as soon as possible: clothing/shoes, linens, housewares, books (NO TEXTBOOKS!), puzzles and jewelry. All items should be clean and in good condition. Read our donation guidelines which are posted on the donation closet doors. For questions, contact the Pam Gallagher at 203-767-1818 or the Church office at 802-254-6048. Thank You!