
The Third Sunday in Lent

March 8, 2026

10:00 AM



The Holy Eucharist, Rite I

Celebrant & Preacher - The Very Reverend David Allard duPlantier, *Dean*

It is the tradition of the Episcopal Church to maintain silence in the worship area so that people may pray. Please help us preserve an atmosphere of quiet reverence before worship begins, remembering to silence cell phones. Let the music of the opening voluntary quiet your thoughts as you prepare for worship. Large-print Prayer Books and Activity Workbooks for kids are available at the Usher's Stand. This liturgy is being webcast on YouTube and Facebook Live. We joyfully welcome children of all ages to worship with us; there is a nursery available for infants and toddlers if you wish it. Children are encouraged to proceed to the chapel for Children's Chapel immediately following the reading of the Gospel. They will return at The Peace.

The Word of God

OPENING VOLUNTARY ~ Evocation I..... George Baker

When the bell sounds, please stand and join in singing

PROCESSIONAL HYMN #388 - O worship the King, all glorious above *Hanover*

OPENING ACCLAMATION

Celebrant Bless the Lord who forgiveth all our sins.

People His mercy endureth for ever.

THE SUMMARY OF THE LAW

Hear what our Lord Jesus Christ saith: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

THE CONFESSION AND ABSOLUTION

The celebrant says

Ye who do truly and earnestly repent you of your sins, and are in love and charity with your neighbors, and intend to lead a new life, following the commandments of God, and walking from henceforth in his holy ways, draw near with faith, and make your humble confession to Almighty God.

All kneel. Silence may be kept.

Almighty God,
Father of our Lord Jesus Christ,
maker of all things, judge of all men:
We acknowledge and bewail our manifold sins and wickedness,
which we from time to time most grievously have committed,
by thought, word, and deed,
against thy divine Majesty,
provoking most justly thy wrath and indignation against us.
We do earnestly repent,
and are heartily sorry for these our misdoings;
the remembrance of them is grievous unto us,

the burden of them is intolerable.
Have mercy upon us,
have mercy upon us, most merciful Father;
for thy Son our Lord Jesus Christ's sake,
forgive us all that is past;
and grant that we may ever hereafter
serve and please thee
in newness of life,
to the honor and glory of thy Name;
through Jesus Christ our Lord. *Amen.*

The celebrant stands and says

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. *Amen.*

LORD HAVE MERCY *Kyrie eleison*

Lord, have mer - cy up - on us. Lord, have mer - cy up -
on us. Lord, have mer - cy up - on us. Christ, have mer - cy up -
on us. Christ, have mer - cy up - on us. Christ, have mer - cy up -
on us. Lord, have mer - cy up - on us.
Lord, have mer - cy up - on us. Lord, have mer - cy up - on us.

THE COLLECT OF THE DAY

Celebrant The Lord be with you.

People And with thy spirit.

Celebrant Let us pray.

Almighty God, who seest that we have no power of 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 liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. *Amen.*

THE 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.

The choir sings

PSALM 95 *Venite, exultemus*

- | | | | |
|---|---|---|--|
| 1 | Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation. | 5 | The sea is his, for he made it, *
and his hands have molded the dry land. |
| 2 | Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms. | 6 | Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker. |
| 3 | For the Lord is a great God, *
and a great King above all gods. | 7 | For he is our God,
and we are the people of his pasture
and the sheep of his hand. * |
| 4 | In his hand are the caverns of the earth, *
and the heights of the hills are his also. | | 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.”

Setting by T. Tertius Noble

THE SECOND LESSON - Romans 5:1-11

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.

Lector The Word of the Lord.

People Thanks be to God.

Please stand.

The choir sings the

TRACT - Psalm 42:1-7 *Quemadmodum*

- 1 As the deer longs for the water brooks, *
so longs my soul for you, O God.
2 My soul is athirst for God, athirst for the living God; *
when shall I come to appear before the presence of God?
3 My tears have been my food day and night, *
while all day long they say to me,
“Where now is your God?”
4 I pour out my soul when I think on these things: *
how I went with the multitude and led them
into the house of God,
5 With the voice of praise and thanksgiving, *
among those who keep holy day.
6 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?
7 Put your trust in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.

THE HOLY GOSPEL - John 4:5-42

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

People Glory be to thee, O Lord.

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.”

Deacon The Gospel of the Lord.
People Praise be to thee, O Christ.

THE SERMON

THE NICENE CREED

Prayer Book, Page 326

THE PRAYERS OF THE PEOPLE

Prayer Book, Page 328

THE PEACE

Celebrant The peace of the Lord be always with you.
People And with thy spirit.

The Liturgy of the Table

ANTHEM

Like as the hart desireth the waterbrooks, 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, where is now thy God?

Words: Psalm 42
 Music: Herbert Howells (1892-1983)

Please stand and sing

OFFERTORY HYMN #685 ~ Rock of ages, cleft for me *Top lady*

THE GREAT THANKSGIVING ~ Eucharistic Prayer I

Prayer Book, Page 333

SURSUM CORDA

Celebrant The Lord be with you. *People* And with thy spi - rit.

Celebrant Lift up your hearts. *People* We lift them up un - to the Lord.

Celebrant Let us give thanks un - to our Lord God.

People It is meet and right so to do.

THE PROPER PREFACE

SANCTUS & BENEDICTUS

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.

The people kneel or stand.

THE EUCHARISTIC CANON

THE LORD'S PRAYER

THE BREAKING OF THE BREAD

THE FRACTION ANTHEM

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.

Prayer Book, Page 334

Prayer Book, Page 336

THE PRAYER OF HUMBLE ACCESS

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

THE INVITATION TO AND DISTRIBUTION OF HOLY COMMUNION

All persons are welcome at the Lord's table; to receive Holy Communion or a Blessing. Baptized Christians of all ages and denomination may receive the elements. To receive a blessing rather than the elements, cross your arms over your chest as you kneel at the altar rail. To receive communion please hold out your crossed hands, open palms up, for the bread, and then help guide the chalice to your lips to receive the wine; cross your arms over your chest if you do not wish to receive the wine. Please blot lipstick before drinking from the chalice. You may also allow the chalice minister to dip the bread into the wine and place it on your tongue and it is permissible to receive only the bread if you like.

ANTHEM

Agnus Dei, qui tollis peccata mundi,
miserere nobis.
Agnus Dei, qui tollis peccata mundi,
miserere nobis.
Agnus Dei, qui tollis peccata mundi,
dona nobis pacem.

*Lamb of God, who takes away the sins of the world,
have mercy upon us.
Lamb of God, who takes away the sins of the world,
have mercy upon us.
Lamb of God, who takes away the sins of the world,
grant us peace.*

Music: McNeil Robinson (1943-2015)

Please join in singing

HYMN #309 - O Food to pilgrims given *O Welt, ich muss dich lassen*

Please join in saying

POST-COMMUNION PRAYER

Prayer Book, Page 339

SOLEMN PRAYER OVER THE PEOPLE

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.*

WELCOME AND ANNOUNCEMENTS

HYMN #690 - Guide me, O thou great Jehovah..... *Cwm Rhondda*

THE DISMISSAL

People Thanks be to God.

CLOSING VOLUNTARY - O Welt, ich muss dich lassen..... Johannes Brahms

Welcome! *If you are visiting and seeking a connection with us* we would love to get to know you. Please fill out a Visitor Card (located in the pew rack) or point your cell phone at this QR code. *Thank you for worshipping with us.*



For an online tour of Christ Church Cathedral,
follow this link.
<https://www.youtube.com/watch?v=NniMc--Vhjc>



ANNOUNCEMENTS

Save the Dates

- Sunday, March 15 - Annual Parish Meeting and Election of Officers
- Friday, March 20 - Lenten Dinner
- Saturday, March 28 - Day of Grace
- Sunday, April 9 - Easter Day

The Choir of Grinnell College sings the New Orleans premiere performance of



Considering Matthew Shepard

Under the direction of John Rommereim
Thursday, March 12 at 7:30 PM

Considering Matthew Shepard is a Grammy-nominated three-part oratorio composed by Craig Hella Johnson. The work is an evocative and compassionate musical response to the murder of Matthew Shepard. On October 6, 1998, University of Wyoming student Matthew Shepard was kidnapped, beaten, and left to die, in what became an infamous act of brutality, and one of America's most notorious anti-gay hate crimes. Shepard's murder ultimately led to the creation of the Matthew Shepard Foundation and provided a catalyst for legislation that expanded the definition of a hate crime to include sexual orientation. In 2009, Congress passed the Matthew Shepard and James Byrd Jr. Hate Crimes Prevention Act. Composer Craig Hella Johnson had a profoundly personal reaction to both the murder and its resonance. The Shepard family and Foundation engaged with Johnson in the creation of the work, and allowed the use of fragments from Shepard's personal diary.

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THE WEEK OF MARCH 8

SUNDAY

The Third Sunday in Lent

- 10:00 AM The Holy Eucharist, Rite I (Sung) (Cathedral)
- 11:15 AM Coffee Hour
- 11:15 AM Adult Theological Forum (Dean's Parlor)
- 3:00 PM School for Contemplative Living
- 6:00 PM Real Presence

MONDAY

- 9:00 AM Education for Ministry (EfM) (Dean's Parlor)
- 12:15 PM The Holy Eucharist, Rite II (Harris Chapel)
- 5:30 PM Property Committee Meeting (Dean's Parlor)
- 7:00 PM Voices Of New Orleans (VONO) Rehearsal

TUESDAY

- 10:00 AM Staff Meeting
- 12:00 PM Alcoholics Anonymous (Women only)
- 12:15 PM The Holy Eucharist, Rite II (Harris Chapel)
- 5:30 PM Yoga in the Cathedral
- 7:00 PM Symphony of New Orleans (SONO) Rehearsal

WEDNESDAY

- 12:15 PM The Holy Eucharist, Rite II (Harris Chapel)
- 4:30 PM Education for Ministry (Dean's Parlor)
- 7:00 PM Choir Rehearsal

THURSDAY

- 8:00 AM Trinity Loaves & Fishes (Kitchen)
- 12:15 PM The Holy Eucharist, Rite II (Harris Chapel)
- 7:30 PM Grinnell College in Concert

FRIDAY

- 12:15 PM The Holy Eucharist, Rite II (Harris Chapel)

SUNDAY

The Fourth Sunday in Lent

- 10:00 AM The Holy Eucharist, Rite I (Sung) (Cathedral)
- 11:15 AM Annual Parish Meeting (Stuart Hall)
- 3:00 PM School for Contemplative Living
- 6:00 PM Real Presence

Watch the Sunday 10:00 Eucharist webcast



cccnola

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CHRIST CHURCH CATHEDRAL

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