

March 8, 2026

Third Sunday in Lent

10:00 a.m. –Eucharist

Welcome

***Hearing Assistive Devices and Large Print service leaflets are available
Please ask an usher for assistance***



We are a faith community dedicated to being a safe and inclusive place for all people to experience God's love.

We celebrate God's gift of diversity by honouring and welcoming people from all gender identities, sexualities, marital statuses, family configurations, ages, abilities, races, ethnicities, and socioeconomic circumstances.

No matter who you are, you are welcomed, loved, and valued.

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The Gathering of the Community

Opening Hymn #372 "Praise to the Holiest in the Height"

Text by John Henry Newman

- | | |
|--|---|
| 1 Praise to the Holiest in the height,
and in the depth be praise,
in all his words most wonderful,
most sure in all his ways. | 4 and that the highest gift of grace
should flesh and blood refine,
God's presence, and his very self,
and essence all-divine; |
| 2 O loving wisdom of our God!
When all was sin and shame,
a second Adam to the fight
and to the rescue came. | 5 who in the garden secretly,
and on the cross on high,
should teach his followers, and inspire
to suffer and to die. |
| 3 O generous love! that flesh and
blood,
which did in Adam fail,
should strive afresh against the foe,
should strive and should prevail; | <i>Repeat stanza 1</i> |

Greeting

Celebrant The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

People **And also with you.**

Children's presentation of Lenten Symbol

Collect for Purity

Celebrant Almighty God,

People **to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.**

Lent 3 Liturgy of Penitence

Leader Our Lord Jesus Christ said, 'Blessed are the poor in spirit, for theirs is the kingdom of heaven.'

All **We have been proud and overbearing and have asserted our own importance. We have despised the weak and slandered those we envy or dislike.**

3

Leader Lord, have mercy.

All **Christ, have mercy.**

Leader Our Lord Jesus Christ said, "Blessed are the meek, for they shall inherit the earth."

All **We have been angry in our hearts and in our words. We have returned evil for evil.**

We have done violence ourselves and condoned the violence of others.

Leader Lord, have mercy.

All **Christ, have mercy.**

Leader Our Lord Jesus Christ said, "Blessed are those who weep, for they shall be consoled."

All **We have not borne our sorrow and suffering with the patience which comes from faith. We have failed to show compassion and care for others who suffer.**

Leader Lord, have mercy.

All **Christ, have mercy.**

Leader Our Lord Jesus Christ said, "Blessed are those who hunger and thirst after justice, for they shall be satisfied."

All **We have cared little for the injustice, inequality, and poverty around us. We have hungered and thirsted for our own comfort and safety, and turned away from the injustice done to others.**

Leader Lord, have mercy.

All **Christ, have mercy.**

Leader Our Lord Jesus Christ said, "Blessed are the merciful, for they shall obtain mercy."

All **We have looked on our neighbour's faults and weaknesses with a hard and intolerant eye. We have failed to show understanding and sympathy, but judged harshly and too soon.**

Leader Lord, have mercy.

All **Christ, have mercy.**

Leader Our Lord Jesus Christ said, "Blessed are the pure in heart, for they shall see God."

All **We have been suspicious and insincere in the thoughts of our hearts. We have spoiled the joy and beauty of our senses and our love through lust and self-indulgence.**

Leader Lord, have mercy.

All Christ, have mercy.

Leader Our Lord Jesus Christ said, "Blessed are the peacemakers, for they shall be called the children of God."

All We have disturbed the peace of friends and families with quarrelling and selfishness. We have disturbed the peace of our land with violence and civil strife. We have filled the world with wars and the fear of war.

Leader Lord, have mercy.

All Christ, have mercy.

Leader Our Lord Jesus Christ said, "Blessed are those who suffer persecution for the sake of justice, for theirs is the kingdom of heaven."

All We have neglected in our prayers and in our charity those who are persecuted for their faith, their beliefs, or their race. We have encouraged or left unrebuked those who, in word or deed, deny the equality of the children of God.

Leader Lord, have mercy.

All Christ, have mercy.

Absolution

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Celebrant Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord. Amen.

Silence is kept.

Collect of the Day

Celebrant Let us pray.

People Eternal God, give us insight to discern your will for us, to give up what harms us, and to seek the perfection we are promised; through Jesus Christ our Saviour. Amen.

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The Proclamation of the Word

First Reading:

Exodus 17:1–7

Reader A reading from the Book of Exodus.

¹From 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. ²The people quarrelled 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?” ³But 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?” ⁴So Moses cried out to the Lord, “What shall I do with this people? They are almost ready to stone me.” ⁵The 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. ⁶I 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. ⁷He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, “Is the Lord among us or not?”

Reader The Word of the Lord.

People **Thanks be to God.**

Psalm 95:1–7

Arrangement by Christopher L. Webber

Tune Hymn #363 Duke Street

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|---|---|---|--|
| 1 | Come, let us sing to God on high,
The Rock of our salvation praise;
Come with thanksgiving to his courts
And joyful psalms before him raise. | 3 | Bow down and let us worship him
Who is our Maker and our Lord;
We are his people and his sheep;
Today, then, hearken to his Word. |
| 2 | For God is Lord above all gods,
The heights and depths are in his hand;
He made the sea and it is his,
His hands have molded the dry land. | | |

Second Reading:

Romans 5:1–11

Reader A reading from the Letter of Paul to the Romans.

¹Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. ³And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, ⁴and endurance produces

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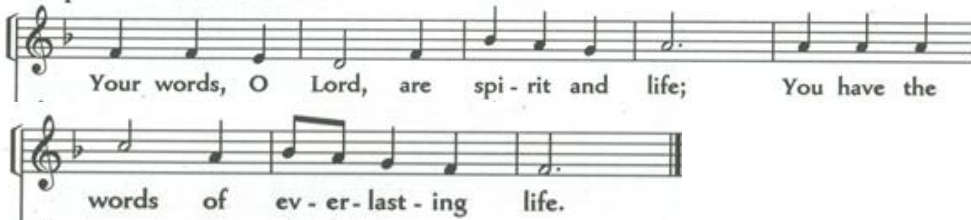
character, and character produces hope, ⁵ and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

⁶ For while we were still weak, at the right time Christ died for the ungodly. ⁷ Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. ⁸ But God proves his love for us in that while we still were sinners Christ died for us. ⁹ Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. ¹⁰ 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. ¹¹ But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Reader The Word of the Lord.

People **Thanks be to God.**

Gospel Acclamation A



Repent, says the Lord, for the kingdom of heaven is at hand.

Holy Gospel:

John 3: 1-17

Subdeacon The Lord be with you.

People **And also with you.**

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

People **Glory to you, Lord Jesus Christ.**

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God, for no one can do these signs that you do unless God is with that person." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with

everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you the teacher of Israel, and yet you do not understand these things?"

"Very truly, I tell you, we speak of what we know and testify to what we have seen, yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world but in order that the world might be saved through him.

Subdeacon The Gospel of Christ.

People **Praise to you, Lord Jesus Christ.**

Sermon

Musical Reflection

The Apostles' Creed

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Celebrant Let us confess the faith of our baptism, as we say,

People **I believe in God, the Father almighty, creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.
I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.
Amen.**

The Peace

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Celebrant The peace of the Lord be always with you.

People **And also with you.**

8

The Celebration of the Eucharist

Offertory Hymn #498 "How Lovely Is Thy Dwelling Place"

Psalm 84; paraphrase from Scottish Psalter & by Carl P. Daw, Jr.

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|---|---|
| 1 How lovely is thy dwelling place,
O Lord of hosts, to me!
My thirsty soul desires and longs
within thy courts to be;
my very heart and flesh cry out,
O loving God, for thee. | 3 They who go through the desert vale
will find it filled with springs,
and they shall climb from height to
height
till Zion's temple rings
with praise to thee, in glory throned,
Lord God, great King of kings. |
| 2 Beside thine altars, gracious Lord,
the swallows find a nest;
how happy they who dwell with thee
and praise thee without rest,
and happy they whose hearts are set
upon the pilgrim's quest. | 4 One day within thy courts excels
a thousand spent away;
how happy they who keep thy laws
nor from thy precepts stray,
for thou shalt surely bless all those
who live the words they pray. |

The Prayer over the Gifts

Celebrant Let us pray.

People **Gracious God, we know your power to triumph over weakness. May we who ask forgiveness be ready to forgive one another, in the name of Jesus the Lord. Amen.**

Blessing over our donated food:

Celebrant God of abundant gifts, we thank you for the generosity of those who have donated food to this cause. Bless these donations, that they may nourish and bring comfort to those who receive them, both in body and spirit. Empower the volunteers who serve with compassion, and inspire in us a continued commitment to care for our neighbors. May this act of giving reflect your love for all, and may hunger be overcome in your name. **Amen**

Eucharistic Prayer 2

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Celebrant The Lord be with you.

People **And also with you.**

Celebrant Lift up your hearts.

People **We lift them to the Lord.**

9

Celebrant Let us give thanks to the Lord our God.

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

Celebrant We give you thanks and praise, almighty God, through your beloved Son, Jesus Christ, our Saviour and Redeemer. He is your living Word, through whom you have created all things.

By the power of the Holy Spirit he took flesh of the Virgin Mary and shared our human nature. He lived and died as one of us, to reconcile us to you, the God and Father of all.

In fulfilment of your will he stretched out his hands in suffering, to bring release to those who place their hope in you; and so he won for you a holy people. He chose to bear our griefs and sorrows, and to give up his life on the cross, that he might shatter the chains of evil and death, and banish the darkness of sin and despair. By his resurrection he brings us into the light of your presence.

Now with all creation we raise our voices to proclaim the glory of your name.

People [Hymn 722] **Holy, holy, holy Lord, Lord God of power and might, heaven and earth are full, full of your glory. Hosanna, hosanna, hosanna, hosanna in the highest. Blessèd is he who comes, who comes in the name of the Lord. Hosanna, hosanna, hosanna, hosanna in the highest.**

Celebrant Holy and gracious God, accept our praise, through your Son our Saviour Jesus Christ; who on the night he was handed over to suffering and death, took bread and gave you thanks, saying, "Take, and eat: this is my body which is broken for you."

In the same way he took the cup, saying, "This is my blood which is shed for you. When you do this, you do it in memory of me."

Remembering, therefore, his death and resurrection, we offer you this bread and this cup, giving thanks that you have made us worthy to stand in your presence and serve you.

We ask you to send your Holy Spirit upon the offering of your holy Church. Gather into one all who share in these sacred mysteries, filling them with the Holy Spirit and confirming their faith in the truth, that together we may praise you and give you glory through your Servant, Jesus Christ.

All glory and honour are yours, Father and Son, with the Holy Spirit in the holy Church, now and for ever. **Amen.**

The Lord's Prayer [Michael Leach]

Celebrant As our Saviour taught us, let us pray,

People **Our Father in heav'n, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. And forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.**

The Breaking of the Bread #7

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Celebrant We break this bread,

People **Communion in Christ's body once broken.**

Celebrant Let your Church be the wheat which bears its fruit in dying.

People **If we have died with him, we shall live with him; if we hold firm, we shall reign with him.**

The Communion

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Celebrant The gifts of God for the People of God.

People **Thanks be to God.**

All are welcome to receive communion with us

When the ushers indicate to you, please line up in the centre aisle.

- ***To receive a blessing***, as you reach the priest with the bread, cross your arms over your chest. Return to your seat after receiving the blessing.
- ***To receive the bread***, hold your hands in front of you, palms up.
- ***We have gluten free bread***, please ask the priest when you get to the front.
- ***To receive the wine from the cup***, take the bottom of the cup and the base and guide it to your mouth.
- ***If you prefer to take only the bread***, you may indicate this to the cup bearer by crossing your arms over your chest, or simply walking past them.

Communion Hymn #551 "My Faith Looks Up to Thee"

Text by Ray Palmer

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|---|--|
| <p>1 My faith looks up to thee,
thou Lamb of Calvary,
Saviour divine.
Now hear me while I pray;
take all my guilt away.
O let me from this day
be wholly thine.</p> | <p>2 May thy rich grace impart
strength to my fainting heart,
my zeal inspire.
As thou hast died for me,
O may my love to thee
pure, warm, and changeless be,
a living fire.</p> |
|---|--|

The Lenten Prose

Refrain (Cantor first time)

Hear us, O Lord, have mer - cy up - on us:
for we have sinn'd a - gainst thee.

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

Refrain

2. O thou chief Corner stone, Right Hand of the Father: Way of Salvation, Gate of life celestial: Cleanse thou our sinful souls from all defilement.

Refrain

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

Refrain

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

Refrain

5. Innocent captive, taken unresisting: falsely accused, for us sinners sentenc'd, save us we pray thee, Jesu our Redeemer.

Refrain**Prayer after Communion**

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Celebrant Let us pray

People **God of infinite goodness, throughout the ages you have persevered in claiming and reclaiming your people. Renew for us your call to repentance, surround us with witnesses to aid us in our journey, and grant us the time to fashion our lives anew; through Jesus Christ our Saviour. Amen.**

Blessing

Celebrant Into whatever wilderness the Spirit leads you,
walk in boldness, as a beloved child of God;
walk in peace, under the shelter of the Most High;

12

walk in faith, knowing Christ walks with you.

And may the blessing of God, Creator, Redeemer, and Sustainer, be upon you, help you, and change you as we walk with the Lord during this season of Lent. Amen.

Prayers for Birthdays and Anniversaries

Announcements

Closing Hymn #319 "Come, Let Us Join Our Cheerful Songs"

Text by Isaac Watts

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|---|---|---|--|
| 1 | Come, let us join our cheerful songs
with angels round the throne;
ten thousand thousand are their
tongues,
but all their joys are one. | 3 | Jesus is worthy to receive
honour and power divine;
and blessings, more than we can
give,
be, Lord, forever thine! |
| 2 | "Worthy the Lamb that died," they cry,
"to be exalted thus!"
"Worthy the Lamb!" our lips reply,
"for he was slain for us." | 4 | Let all creation join in one
to bless the sacred name
of God who sits upon the throne,
and to adore the Lamb! |

Dismissal

Subdeacon Go forth in the name of Christ.

People **Thanks be to God.**

Please join us for refreshments following the service in the Narthex.

Vestry meeting to follow the service in the sanctuary.

We Remember in Prayer Today and This Week . . .
Congregation Cycle Maxwell G & Sabrina B / Rev. Sr. Connie / Mohammed G / Iliya G / Dilip G

Today's Scripture Readings	Next Sunday's Scripture Readings
<p style="text-align: center;">Third Sunday in Lent Exodus 17:1-7 Psalm 95 Romans 5:1-11 John 3:1-17</p>	<p style="text-align: center;">Fourth Sunday in Lent 1 Samuel 16:1-13; Psalm 23; Ephesians 5:8-14; John 9:1-41</p>

"All music and texts for hymns and songs is covered under OneLicense A-718829"

Celebrant & Preacher	Rev. Ali McIntosh	Videographer	Egan Done
Subdeacon	Margie Lyttle	Ushers	Hazel Perkin,
Server	Christian Ajubiga	Altar Guild	Ann-Marie Waithe Powell
Intercessor	Ravi Andrews	Duty Warden	Craig Robertson
Chalice Bearers	Margie Lyttle, Ravi Andrews	Welcome Table	Ravi Andrews
Readers	Craig Robertson Judy Bradshaw	Coffee Hour	Alice Xia
Crucifer	Michael R. Leach	Counters	Richard Snider
Organist	Michael Leach		Colette Lyttle

Territorial Acknowledgement

The land on which we gather is the traditional territory of the Huron-Wendat, Haudenosaunee (ho-den-oh-show-nee) and Anishinabek (ah-nish-nah-bek) Nations, and the Mississaugas of the Credit First Nation. This territory was the subject of the Dish With One Spoon Wampum Belt Covenant, an agreement between the Iroquois Confederacy and the Ojibwe and allied nations to peaceably share and care for the resources around the Great Lakes. This territory is also covered by the Toronto Purchase. Today, Toronto is home to many Indigenous people from across Turtle Island.

We recognize the enduring presence of Indigenous peoples connected to and on this land. We are grateful for the opportunity to gather on this territory and work in this community, and we commit ourselves to the work of reconciliation with Indigenous peoples.