

✠ ST. JAMES EPISCOPAL CHURCH

# *Welcome*

**March 8, 2026**

**Third Sunday of Lent**

**Holy Eucharist Rite II**

## **Celebrant**

The Rev. Ruth Anne Garcia,  
Priest in Charge

## **Lay Eucharistic Minister**

Amy Smith

## **Lector**

John Crown

## **Minister of Music**

James Jelasic

## **Pianist**

Whittaker Harpel-McGaw

## **Cantors**

Ann Aarhus

Katelyn Zielinski

## **Violin**

Bill McAdams

## **Livestreamer**

Duncan Aluoch



# Welcome

**“Every person is welcome at God’s Table”**—this is what we say every Sunday morning, and we truly mean it. It guides our lives and our ministries here at St. James, Kent. Whoever you are—whatever your story, your circumstances, your hopes, and your gifts—you are truly and completely welcome with us.



# Thanksgiving

Give thanks to God and call upon God's name;  
make known God's deeds among all the peoples.

Sing to God, sing praises to God,  
and speak of God's marvelous works.

Glory in God's holy name;  
let the hearts of those who seek God rejoice!

*Psalm 105:1-3*



## Prayer List

Ben Andre; Debbie Blair; Sr. D Bracher; Matt Bracher; Val Brustad; Kelly Corcoran-Fowler; Aidan Dike; Debra Fairbanks; for peace and comfort for Vicky Folo and family; Norm Harris; James Jelasic; Gary Kato; Lillie Makumbi; John Mitchell; Joan Montgomery; Celeste Ogden; Carter Radford; Lloyd Riches; Scarlett Riggs; Dave Scholl; Kathy Scholl; Stephen Schmeising and family; Jill Shiveley; James Sipe; for peace and comfort



## Prayer List (continued)

for Sarah, Min, and the Tinger and Lloyd families;  
Cathryn Wilkerson and Bill McAdams; and Dorothy  
Yantis.

✝ For the repose of the souls of Folo Kabamba (Steve)  
and AJ Tinger.



For those who are able, please sign up to bring **food items** or **monetary donations** for **Maundy Thursday's Agape Meal**. We need specific items, so please use the sign-up sheet in the Glassed-In Porch.

**ALSO, please SIGN UP** if you are planning or hoping or even thinking about attending the **AGAPE MEAL**. We need a **head-count** so we don't run short of food. This sign-up sheet is also in the Glassed-In Porch.

Many thanks to those who participated in and helped with Sr. Jamie's memorial service and reception.



## Upcoming Events

**March 28 – 9 am–1 pm:** *Spring Cleanup!*

**March 29 – Palm Sunday**

**April 2 – Maundy Thursday**

**April 3 – Good Friday**

**April 5 – Easter Sunday**

Join us downstairs today for coffee hour!  
Stay to discuss next week's lectionary readings (upstairs).

We still need **Volunteers** for  
**Sunday School** and **Altar Guild**.  
Please contact Ann Aarhus or Barb Bailey.



# Land Acknowledgment

We at St. James worship and work on the ancestral land of the **Duwamish, Muckleshoot, and Puyallup** peoples, and within the Green River watershed. We acknowledge that these peoples are part of the past, present, and future of this land. They were dispossessed and forcibly removed which allowed the establishment and growth of the city of Kent and of St. James. Acknowledging the land and water that sustains us is about honoring and protecting that land and water, as well as honoring the people who lived here before us and whose descendants are our neighbors.



Prelude

***Fantasia on the Antiphon***

***“My Eyes are Always on the Lord”***

***Whittaker Harpel-McGaw, Piano***

Welcoming Hymn

# **Guide Me, O Thou Great Jehovah**

1982 Hymnal 690, v. 1-3

Hymn permission granted by Rite Song as a one-time-use reprint license for congregational use.

Guide me, O thou great Jehovah,  
pilgrim through this barren land;  
I am weak, but thou art mighty;  
hold me with thy powerful hand;  
bread of heaven, bread of heaven,  
feed me now and ever-more,  
feed, me now and ever-more.

Open now the crystal fountain,  
when the healing stream doth flow;  
let the fire and cloudy pillar  
lead me all my journey through;  
strong deliv'rer, strong deliv'rer,  
be thou still my strength and shield,  
be thou still my strength and shield.

When I tread the verge of Jordan,  
bid my anxious fears subside;  
death of death, and hell's destruction,  
land me safe on Canaan's side;  
songs of praises, songs of praises,  
I will ever give to thee, I will ever give to thee.

## **The Opening Acclamation** *(all standing as able)*

Celebrant      Bless the Lord who forgives all our sins;  
**People**      **His mercy endures for ever.**

Celebrant      Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these." *(Mark 12:29-31)*

# Trisagion: Holy God

1982 Hymnal S-100

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.

The image shows a musical score for the hymn 'Trisagion: Holy God'. It consists of six staves of music, each with a treble clef and a key signature of two sharps (D major). The lyrics are written below the notes. The music features a mix of quarter, eighth, and half notes, with some phrases spanning across bar lines. The final staff ends with a double bar line.

# The Collect of the Day

*(all standing as able)*

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.**

*(the people are seated)*

## **Exodus 17:1-7**

*All scriptures are from the NRSV.*

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** Hear what the Spirit is saying to the Church.

**People** **Thanks be to God.**

**Psalm 95**      *(Venite, exultemus)*

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."**

## **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** Hear what the Spirit is saying to the Church.

**People** Thanks be to God.

## **The Gospel** *(all standing as able)*

Celebrant      The Holy Gospel of our Lord and Savior  
Jesus Christ according to John.

**People            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.”

**Celebrant**      **The Gospel of the Lord.**

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

*(the people are seated)*



Sermon

**The Reverend Ruth Anne Garcia**

Priest in Charge



We pause for reflection...

# **The Nicene Creed** *(BCP p. 358, all standing as able)*

**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

*(Form III, BCP p. 387; all standing, as able)*

Leader Father, we pray for your holy Catholic Church;

**People That we all may be one.**

Leader Grant that every member of the Church may truly and humbly serve you;

**People That your Name may be glorified by all people.**

We pray for all bishops, priests, and deacons,  
remembering especially our priest, Mother Ruth  
Anne;

**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.**

✝ We pray for the repose of the souls of Folo Kabamba (Steve) and AJ Tinger. 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.  
In our St. James community, we pray for Ben Andre;  
Debbie Blair; Sr. D Bracher; Matt Bracher; Val Brustad;  
Kelly Corcoran-Fowler; Aidan Dike; Debra Fairbanks;  
for peace and comfort for Vicky Folo and family;  
Norm Harris; James Jelasic; Gary Kato; Lillie  
Makumbi; John Mitchell; Joan Montgomery; Celeste  
Ogden; Carter Radford; Lloyd Riches; Scarlett Riggs;  
Dave Scholl; Kathy Scholl; Stephen Schmeising and  
family; Jill Shiveley; James Sipe; for peace and

comfort for Sarah, Min, and the Tinger and Lloyd families; Cathryn Wilkerson and Bill McAdams; and Dorothy Yantis.

*Silence*

Celebrant

Heavenly Father, you have promised to hear what we ask in the name of your Son: Accept and fulfill our petitions, we pray, not as we ask in our ignorance, nor as we deserve in our sinfulness, but as you know and love us in your Son Jesus Christ our Lord.

**Amen.**


## **The Confession** *(the people stand, sit, or kneel as able)*

Celebrant      Let us confess our sins against  
God and our neighbor.    *Silence*

**All**            **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.**

# The Absolution

A white cross is visible on the left side of the image, set against a dark, textured background that resembles a wall or a large stone. The cross is simple and centered vertically in the left half of the frame.

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.  
**Amen.**

(The people stand as able)



# **The Peace**

**Celebrant**

The Peace of the Lord  
be always with you!

**People**

**And also with you!**

For those who are able, please sign up to bring **food items** or **monetary donations** for **Maundy Thursday's Agape Meal**. We need specific items, so please use the sign-up sheet in the Glassed-In Porch.

**ALSO, please SIGN UP** if you are planning or hoping or even thinking about attending the **AGAPE MEAL**. We need a **head-count** so we don't run short of food. This sign-up sheet is also in the Glassed-In Porch.

Many thanks to those who participated in and helped with Sr. Jamie's memorial service and reception.

## Upcoming Events

**March 28 – 9 am–1 pm: *Spring Cleanup!***

**March 29 – Palm Sunday**

**April 2 – Maundy Thursday**

**April 3 – Good Friday**

**April 5 – Easter Sunday**

Join us downstairs today for coffee hour!  
Stay to discuss next week's lectionary readings (upstairs).

We still need **Volunteers** for  
**Sunday School and Altar Guild.**  
Please contact Ann Aarhus or Barb Bailey.

## **Offertory Sentence**

But do not neglect to do good  
and to share what you have,  
for such sacrifices are pleasing to God.

*Hebrews 13:15, 16*

Offertory

***Fantasia on the Antiphon***

***“The Judgments of the Lord are Right”***

*Whittaker Harpel-McGaw, Piano*

Text to Give (253) 303-5850

<https://stjameskent.breezechms.com/give/online>

# **The Doxology**

1982 Hymnal #380 (v. 3)

**Praise God, from Whom all blessings flow;  
Praise God, all creatures here below;  
Praise God above, ye heavenly host;  
Praise Father, Son, and Holy Ghost.  
Amen.**

# The Holy Eucharist

*Eucharistic Prayer A (BCP p. 361)*

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 God thanks and  
praise.**

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 forever sing this hymn to proclaim the  
glory of your Name:

**Holy, holy, holy Lord: *Sanctus***      *1982 Hymnal S114*

† Holy, holy, holy, Lord God of Hosts:  
heaven and earth are full of thy glory.

Glory be to thee, O Lord Most High.

Blessed is he that cometh in the name of the Lord.

Hosanna in the highest.

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son.

For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world.

In him, you have delivered us from evil, and made us worthy to stand before you.

In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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.” †

Therefore, according to his command, O Father,

**All            We remember his death,  
                 We proclaim his resurrection,  
                 We await his coming in glory;**

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of

the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit.

In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all

creation, the head of the Church, and the author of our salvation.

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 forever. **Amen. †**

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, and the power, and the  
glory, for ever and ever. Amen.**

**Celebrant** Christ our Passover is sacrificed for us;  
**People** Therefore let us keep the feast.

## **Invitation to Communion**

**Celebrant** The Gifts of God for the People of God.  
Take them in remembrance that Christ  
died for you, and feed on him in your  
hearts by faith, with thanksgiving.

# Fraction Anthem: Lamb of God *(Agnus Dei)*

*1982 Hymnal S 161*

† Lamb of God, you take away the sins of the world:  
have mercy on us.

Lamb of God, you take away the sins of the world:  
have mercy on us.

Lamb of God, you take away the sins of the world:  
grant us peace.



# Communion Hymns

**I Heard the Voice of Jesus Say**

1982 Hymnal 692

**Come Thou Fount of Every Blessing**

1982 Hymnal 686

**Shepherd of Souls, Refresh and Bless**

1982 Hymnal 343

# Post Communion Prayer

Celebrant      Let us pray.

**Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and**

**heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.**

Celebrant      Bow down before the Lord.

Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. **Amen.**

Sending Hymn

**Rock of Ages**

1982 Hymnal 685, v. 1-3

Hymn permission granted by Rite Song as a one-time-use reprint license for congregational use.

Rock of Ages, cleft for me,  
let me hide myself in thee;  
let the water and the blood  
from thy wounded side that flowed,  
be of sin the double cure,  
cleansing me from its guilt and power.

Should my tears forever flow,  
should my zeal no languour know,  
all for sin could not atone:  
thou must save and thou alone;  
in my hand no price I bring,  
simply to the cross I cling.

While I draw this fleeting breath,  
when mine eyelids close in death,  
when I rise to worlds unknown  
and behold thee on thy throne,  
Rock of ages, cleft for me,  
let me hide myself in thee.



## The Dismissal

Celebrant  
**People**

Let us bless the Lord.  
**Thanks be to God.**

Postlude

***Rock of Ages, Cleft for Me***

*Whittaker Harpel-McGaw, Piano*