

St Aidan's, Elmvale Acres

The Anglican Diocese of Ottawa



March 8, 2026

Welcome to St. Aidan's--we are blessed by your presence today! Hymns are found in the blue "Common Praise" book. We acknowledge that the land on which we gather is the traditional territory of the Algonquin Anishnaabeg People.

The Gathering of the Community

Hymn 354: Come, Thou Fount of Every Blessing

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

And also with you.

Bless the Lord who forgives all our sins. **God's mercy endures for ever.**

Confession and Absolution

Dear friends in Christ, God is steadfast in love and infinite in mercy; God welcomes sinners and invites them to this table. Let us confess our sins, confident in God's forgiveness.

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 neighbours 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.**

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.**

Faithful God, may we set our minds and wills to yours, and take up our cross, following Christ with confidence for the glory you reveal in him; who lives and reigns with you in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

The Proclamation of the Word

A Reading from Exodus

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 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?" 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 quarrelled and tested the Lord, saying, "Is the Lord among us or not?"

EXODUS 17:1-7

Holy Word, Holy Wisdom. **Thanks be to God.**

Psalm 95

Come, let us sing to the Lord; **let us shout for joy to the rock of our salvation.**

Let us come before the presence of the Lord with thanksgiving **and raise a loud shout to God with psalms.**

For you, O Lord, are a great God, **and a great sovereign above all gods.**

In your hand are the caverns of the earth, **and the heights of the hills are yours also.**

The sea is yours, for you made it, **and your hands have moulded the dry land.**

Come, let us bow down, and bend the knee, **and kneel before the Lord our Maker.**

For you are our God, and we are the people of your pasture and the sheep of your hand.

Oh, that today we would hearken to your 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.’”**

A Reading from Romans

Therefore, 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.

ROMANS 5:1-11

Holy Word, Holy Wisdom. **Thanks be to God.**

Gospel Procession: **Bless the Lord, my soul, and bless God's holy name.**

Bless the Lord, my soul, who leads me into life.

The Holy Gospel

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

The Holy Gospel of our Lord Jesus Christ, according to John. **Glory to you, Lord Jesus 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 worshipped 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 worshippers 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 labour. Others have laboured, and you have entered into their labour." 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 Saviour of the world."

JOHN 4:5-42

The Gospel of Christ. **Praise to you, Lord Jesus Christ.**

Homily

Creed Hymn 44 (Tune 35)

The Prayers of the People

Response: God of our salvation, **Hear our prayer.**

We pray for Lynn, Sandra, Sharron, Katie, Faith, Meredith, Joyce, Calvin Sr., Ronald, Rita.

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

Hymn 408: Wind Upon the Waters

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The Celebration of the Eucharist

Prayer over the Gifts

Spring of life and Source of goodness, receive all we offer you this day, and bring us to the living water, Jesus Christ, your Son our Lord. **Amen.**

Eucharistic Prayer Two

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. [...]**

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

(Sung) Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest. [...]

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

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.**

The Breaking of the Bread

We break this bread, **Communion in Christ's body once broken.**

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

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

The Gifts of God for the People of God. **Thanks be to God.**

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.

The Communion

For Communion from the Pews, tell our Sidesperson, or raise your hand; otherwise, Communion is offered at Altar Rail.

Prayer after Communion

God of our pilgrimage, we have found the living water. Refresh and sustain us as we go forth on our journey, in the name of Jesus Christ the Lord. **Amen.**

May the God of mercy transform you by grace, and the blessing of God Almighty, Father, Son, and Holy Spirit, be among you and remain with you always. **Amen.**

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

Hymn 482: Come and Journey with a Saviour

After worship, all are welcome to Coffee Time in Lindisfarne Hall!

Scent Awareness: To ensure a safe and comfortable environment for all, St Aidan's strives to be a scent-reduced zone. Please be mindful of strong Perfumes, Colognes, and Personal Products.

Lent Project-Arch Street School Clothing Drive: The school is looking for sizes 4-7 for underwear, socks, mittens and pants for kindergarten and Grade 1 as well as outdoor clothing for small children. (We have sufficient outdoor clothing for older children!). Cash donations are welcome and can be made through pew envelopes or e-Transfers suitability annotated for Arch Street. More details are available in the handout in the Link.

Lenten Coin Challenge: The Wednesday Gang were recalling the Lenten coin folders of years gone by and have come up with a modern day version to support St Aidan's ministry and mission. They would like to challenge everyone to give up a dollar a day throughout Lent and will provide you with a coin jar to collect your givings for our Parish. Put your name on your jar and we will make sure that you get a charitable donation receipt as well. Jars will be available on Vestry Sunday and should be returned during Holy Week.

Joint Lenten Bible Study: Join St Aidan's and Martin Luther Church as we explore the Sunday Gospel readings! Every Thursday in March at 11:00 am (March 12: Martin Luther, March 19: Martin Luther, March 26: St Aidan's).

St Aidan's Next Generation: Are you between the ages of 16 and 45? Speak with Rev. Rosemary about our Next Generation gathering this Friday, March 13th!

St Aidan's Next Generation Bake Sale: On Sunday, March 15th, St Aidan's Next Gen (Young Adults) will host a St Patrick's Day Bake Sale. Your freewill offerings will support our beloved Parish!

St Aidan's Book Study on "Desire of the Everlasting Hills": Next session March 21st.

St James Leitrim's Irish Céilí: March 21 at 5:00 pm, in Lindisfarne Hall. \$20 e-transfer to stjames@saintjamesleitrim.com. See Janet Talbot for Tickets.

Baptisms: If you or a loved one are interested in being baptized soon, please speak with Rev. Rosemary!

St Aidan's Sunday School: Our next gathering is April 5th at 9:30 am, in Lindisfarne Hall!

Pre-Authorized Remittance (PAR) Donations to St Aidan's: Currently, there are 38 parishioners that support St Aidan's through monthly PAR donations. If you are on PAR and would like to increase your donation, there are two options: (i) email our PAR Administrator, Peter Martin (pcmartin678@gmail.com), indicate the new amount, and when you would like it to start. (ii) take a PAR Form from outside St Aidan's Office, and return it under the Office door.

All are welcome on Wednesdays for BCP Eucharist at 10:00 am, and/or Coffee Time at 10:30 am!

Celebrant: Rev. Rosemary Parker
Music Director: Téa Mamaladze
Reader: Elaine Osborne
Intercessor: Leslie MacDonald-Hicks
Server: Susan Burns-Simpson
Lay Administrator: Simon Mattioli
Greeter: Owen Robinson
Sidespeople: Donna Robinson

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