



Please keep a moment of silence to prepare your hearts and minds for worship and if you so desire you may use the following prayer:

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.

Procession in Silence

[Please stand as you are able]

Opening Acclamation

BCP 319

✠ Bless the Lord who forgiveth us all our sins.
His mercy endureth forever.

Invitation to the Confession

BCP 320
1 John 1:8,9

If we say that we have no sin, we deceive ourselves, and the truth is not in us; but if we confess our sins, God is faithful and just to forgive our sins, and cleanse us from all unrighteousness.

Confession

BCP 320

Let us confess our sins against God and our neighbor.

[Please kneel as you are able]

[Silence is kept]

**Most merciful God,
we confess that we have sinned against thee
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved thee with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of thy Son Jesus Christ,
have mercy on us and forgive us;**

**that we may delight in thy will,
and walk in thy ways,
to the glory of thy Name. Amen.**

Absolution

BCP 321

The Almighty and merciful Lord ✠ grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. **Amen.**

Kyrie

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Collect of the Day

BCP 167

The Lord be with you.

And with thy spirit.

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.**

Lesson

Exodus 17:1-7

[You may be seated]

A Reading from the Book of 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 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?"

The Word of the Lord.

Thanks be to God.

The Response

Psalms 95

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."

Gospel

John 4:5-42

[Please stand as you are able]

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

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 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 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."

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

Homily

[You may be seated after
the homily opening prayer]

St. Hilda's and the Girl Who Refused to Eat

*(St. Hilda's is a fictional Episcopal Day School
in Cheyenne WY)*

[After the homily there will be a moment of
silence for private meditation]

Creed

BCP 326

[Please stand as you are 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.
With the Father and the Son
he is worshiped and glorified.
He 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

Form 1, BCP 383

With all our heart and with all our mind, *let us pray to the Lord*, saying, “Lord, have mercy.”

[Please kneel as you are able]

For the peace of the world, for the welfare of the holy Church of God, and for the unity of all peoples, *let us pray to the Lord*.

Lord, have mercy.

For Justin of Canterbury; Michael, our Presiding Bishop; Edward, our Bishop; Michele and Gilberto, Bishops of Uruguay; and the clergy and people of the diocese of Oklahoma and our companion diocese of Uruguay, *let us pray to the Lord*.

Lord, have mercy.

For Donald, our President; Mary, our Governor; and Mick, our Mayor; for the leaders of the nations, and for all in authority,

let us pray to the Lord.

Lord, have mercy.

For Oklahoma City, for every city and community, and for those who live in them, *let us pray to the Lord*.

Lord, have mercy.

For the good earth which God has given us, and for the wisdom and will to conserve it, *let us pray to the Lord*.

Lord, have mercy.

For the peace and wellbeing of all who defend our country at home and abroad, and keep safe all who are in dangerous circumstances, *let us pray to the Lord*.

Lord, have mercy.

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, especially: [special intentions], and for all in need of healing, *let us pray to the Lord*.

Lord, have mercy.

For peace, understanding and reconciliation among all people. For the end of violence and terrorism. For the safety of all first responders. For all who are homeless, hungry, and unemployed; especially the clients of the Guild of Saint George. For all who suffer from addiction and their families and all who suffer from mental illness. For the children of New Hope Ministries and all who are incarcerated. For the refugees and people of war-torn nations. For the resolution of the conflict between Israel and Palestine. And for all the intentions in the Prayer Box; *let us pray to the Lord*.

Lord, have mercy.

In the Diocesan Cycle of Prayer, we pray for..., and in the Cathedral Cycle of Prayer, we give thanks for..., *let us pray to the Lord*.

Lord, have mercy.

For all who are celebrating special occasions: [Special Intentions] For all who are celebrating birthdays and anniversaries, and for all who are traveling, *let us pray to the Lord*.

Lord, have mercy.

✠ We bless thy holy Name for all thy servants departed this life in thy faith and fear, for those we hold in memory this day and for the recently departed..., *let us pray to the Lord*.

Lord, have mercy.

That we may end our lives in faith and hope, without suffering and without reproach, *let us pray to the Lord*.

Lord, have mercy.

In the communion of the Blessed Virgin Mary, Blessed Paul and of all the saints, let us commend ourselves, and one another, and all our life, *to Christ our God*.

To thee, O Lord our God.

[The Celebrant adds a concluding Collect]

Peace

BCP 332

[Please stand as you are able]

The peace of the Lord be always with you.

And with thy spirit.

[You may share a greeting of peace with those near you]

Welcome

[You may be seated]

Offertory Sentence *BCP 343, Matthew 5:23, 24*

[You may be seated]

If you are offering your gift at the altar, and there remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled, and then come and offer your gift.

Setting of the Table

Offertory

[Please stand as you are able]

All things come of thee, O Lord.

And of thine own have we given thee.

The Great Thanksgiving

BCP 333

The Lord be with you.

And with thy Spirit.

Lift up your hearts.

We lift them up unto the Lord.

Let us give thanks unto our Lord God.

It is meet and right so to do.

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

Proper Preface BCP 346

Through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

Sanctus

BCP 334

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.

Eucharistic Prayer II

BCP 340

[Please kneel as you are able]

All glory be to thee, O Lord our God...

...in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

The Lord's Prayer

BCP 336

And now, as our Savior Christ hath 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.

Agnus Dei

BCP 337

O Lamb of God, that takest away the sins of the world,
have mercy upon us.

O Lamb of God, that takest away the sins of the world,
have mercy upon us.

O Lamb of God, that takest away the sins of the world,
grant us thy peace.

Prayer of Humble Access

BCP 337

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 Communion

BCP 338

The Gifts of God for the People of God.

The Distribution

Post-communion Prayer

BCP 339

Let us pray.

[Please kneel as you are able]

Almighty and everliving God,

we most heartily thank thee

for that thou dost feed us,

in these holy mysteries,

with the spiritual food

of the most precious Body and Blood

of thy Son our Savior Jesus Christ;

and dost assure us thereby of thy favor

and goodness towards us;

and that we are very members incorporate

in the mystical body of thy Son,

the blessed company of all faithful people;

and are also heirs, through hope,

of thy everlasting kingdom.

And we humbly beseech thee,

O heavenly Father, so to assist us with thy grace,

5 that we may continue in that holy fellowship,

and do all such good works
as thou hast prepared for us to walk in;
through Jesus Christ our Lord,
to whom, with thee and the Holy Ghost,
be all honor and glory, world without end. Amen.

A Solemn Prayer over the People

Lent III, Book of Occasional Services

Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord. **Amen.**

Procession in Silence

[Please stand as you are able]

The Dismissal

Let us bless the Lord.

Thanks be to God.



To the Glory of God

The Sanctuary Light is given to the Glory of God by Ashley and Julie Mills in memory of Ryan Mills.

Liturgy We Live *by Dr. Gil Haas*

Saint Patrick's (~390 AD - 460 AD) Feast Day is celebrated on March 17th on many Christians calendars. In the early Roman church, saints were venerated on a regional level. As a result, Patrick was never canonized in the Catholic church. Along with Sts. Bridget and Columba, Patrick is the patron saint of Ireland. Patrick, born in northwestern Britain, was captured by Irish pirates when he was sixteen, and he was subsequently forced to be a slave in Ireland for six years. After escaping to Britain, he later willingly returned to Ireland. Legend states that he, improbably, single-handedly converted all Ireland to Christianity. Legends abound around Patrick's life. For example, he allegedly taught the Irish about the doctrine of the Trinity using a three-leafed shamrock. The shamrock thus became a central symbol of Patrick's teachings. Another legend is that after being attacked by a snake, he banished all snakes from Ireland. However, biologists believe that post-glacial Ireland never had snakes. Patrick allegedly thrust his walking stick into the ground while evangelizing in Birdswald. Because this community was resistant to conversion, his stick "took root" and became a tree before he could leave.

Pastoral Prayers

If you desire pastoral prayers, please make that request of one of our clergy after the conclusion of the worship service.

Those Serving Today

Altar Guild: Carolyn Gresham-Fiegel, Ann Bonsteel, Matthew Herrin, Todis McDonald, Joann Speers, Ashley Ozan, Julie Young

Celebrant: The Very Rev. Justin Lindstrom

Preacher: The Rev. Tim Sean Youmans

Lector: Evan Vincent

Intercessor: Carol Howard

Eucharistic Minister: Carol Howard

Usher: Sarah Musler



beacon
of
hope...

SAINTS

The Episcopal Church does not make people saints like the Roman Catholic Church does. All of the people we call saints have been borrowed from our brothers and sisters in the Roman Church. We do have a list of significant people who have been influential to the church and society. Many of these folks would be considered saints even though they are not officially given that title. When one means so much to a community or group it is as though they were and are a saint to those people.

This is important for us to recognize. People of faith who have been influential, pastors, leaders, teachers and more, we need to pay attention to them. They can teach us lessons and help us, through their example of discipline, faith, and commitment, how to live our lives in union with God's Will. Many of the people who we see as important are people who have brought hope to the world as well. May we follow in their footsteps, be present day saints, and bring hope to the world.

In God's Peace,
Dean Justin+

This Week @ St. Paul's

Sunday, 19

- 8:00 AM Holy Eucharist Rite I (*no Music*) – Cathedral
- 9:00 AM Holy Eucharist Rite II – Cathedral
- 10:10 AM Confirmation Class– Dean Willey Hall
- 10:10 AM Mindfulness – Board Room
- 10:10 AM Church School – Undercroft
- 11:00 AM Holy Eucharist Rite I – Cathedral
- 5:00 PM Movie Night – Dean Willey Hall

Monday, 20

- 9:00 AM St. George's Guild Outreach – Back Bldg.
- Noon Lectio Divina– Parlor

Tuesday, 21

- 10:00 AM Centering Prayer – Parlor
- Noon Centering Prayer – Parlor
- 12:10 PM AA – Library
- 12:10 PM Al-Anon – Undercroft
- 6:00 PM Yoga – Dean Willey Hall
- 6:30 PM Vestry Meeting – Board Room
- 7:15 PM Nar-Anon – Undercroft

Wednesday, 22

- 9:00 AM St. George's Guild Outreach – Back Bldg.
- 9:00 AM Mobile Meals – Kitchen
- 11:00 AM Retreat in Daily Life – Parlor
- 5:30 PM Lenten Dinner & Program – Dean Willey Hall

Thursday, 23

- 11:30 AM Tai Chi Class – Dean Willey Hall
- 12:10 PM Holy Eucharist – Chapel
- 1:30 PM Lectio Divina– Parlor
- 5:45 PM Lectio Divina– Parlor

Friday, 24

- 9:00 AM St. George's Guild Outreach – Back Bldg.
- 7:00 PM Praying in Color – Dean Willey Hall

Saturday, 25

- 8:00 AM Brotherhood of St. Andrew – Kitchen
- 9:00 AM Praying in Color – Dean Willey Hall
- 5:00 PM Holy Eucharist Rite II – Cathedral

Sunday, 26

- 8:00 AM Holy Eucharist Rite I (*no Music*) – Cathedral
- 9:00 AM Holy Eucharist Rite II – Cathedral
- 10:10 AM Confirmation Class– Dean Willey Hall
- 10:10 AM Mindfulness – Board Room
- 10:10 AM Church School – Undercroft
- 11:00 AM Holy Eucharist Rite I – Cathedral
- 5:00 PM Instructed Eucharist – Dean Willey Hall

Cathedral Books and Gifts

*Walk into the Bookstore and Look UP!
Smile! See the Rainbows Everywhere!*

Lenten/Easter – select books and pamphlets up to
35% off

Short silver chains 50% off

Mini-Loaf pans 25% off

New selection of sale books 25-40% off

Select Baby Items – up to 40% off

Download the New Diocesan App!

Stay connected to ministry stories, announcements, events and much more. Simply search “Episcopal Oklahoma” to find the app in the Apple or Google Play store.

2017 Lenten Spirituality Retreat

The Diocese of Oklahoma is pleased to announce that Sybil MacBeth, author of *Praying in Color*, will be our guest for a Lenten Spiritual Coloring Event, March 24th – 25th, at St. Paul's Cathedral, Oklahoma City. We will begin at 7:00 p.m. on Friday night and will continue on Saturday from 9:00 a.m. – 2:00 p.m. (including lunch). *Cost: \$50* Register at epiok.org.

Guild of Saint George

Volunteers Needed!

Monday, Wednesday, or Friday mornings

St. George's Guild, located at St. Paul's, reaches out to those in need in the downtown area, providing a food pantry, utility assistance and other goods and services.

March's Grocery Item: peanut butter

Plastic grocery bags always needed

Please place contributions at the Reception Desk.

Prayer Requests

If you would like to add someone to the prayer list (*public* is read in church or *private* is clergy only) please fill out the pew card or contact Brian Speers in the church office at bspeers@stpaulsokc.org or 235-3436.

Sunday @ Saint Paul's

Church School @ 10:10 in the Undercroft

Confirmation Classes in Lent

10:10 AM Sundays in Dean Willey Hall

March 19 - The Book of Common Prayer

with Gary Derrick *Open to all!*



Mindfulness

10:10 AM Sundays during Lent in the Board Room

Our 21st Century lives are filled to overflowing with decisions to make, appointments to keep and things to do, leaving us drained, anxious or the feeling we are sleep-walking through our lives. Mindfulness is a tool that can help us re-focus our minds and reclaim our lives. Dan Morgan and Bill Parker lead an introduction to the practice, history and description of Mindfulness and the personal rewards it can bring.

St. Paul's Movie Night

5 PM Sunday, March 19 in Dean Willey Hall

The movie for March will be: *What the Bleep Do We Know!?* Appropriate for adults, this movie is a 2004 film that combines documentary-style interviews, computer-animated graphics, and a narrative that posits a spiritual connection between quantum physics and consciousness. The Fellowship Commission will provide popcorn, lemonade, and iced tea. BYO... blankets/pillows, snacks, and drinks (no hard alcohol). There is no charge for the evening.

Wednesday Evening Dinner and Lenten Series

(March 22, 29, April 5)

5:30 PM Dinner \$7 Adult, \$3 Child - Please RSVP

6:30 PM Program - **March 22**

Our own Forrest Bennett, Representative for House District 92, will share with us about what it means to be a Christian and a public servant.



Children's Wednesday Night Program

All children will be welcome in our nursery during the Adult Lenten program for a story and a craft based on the parables of Jesus.

Communion Instruction

Kids in Grades K - 3rd and Parents

Please join us for our Communion Instruction Program on March 22 and 29, as well as a special kid-involved Instructed Eucharist on March 26. Kids that complete the program will receive a certificate and will be honored on Easter Sunday morning at the 9:00 AM or 11:00 AM service.

Next Sunday @ 5!

Special Event - Instructed Eucharist

Ever wonder why we do this or say that during the Eucharistic service? Our Instructed Eucharist at 5 PM March 26 in Dean Willey Hall will answer all these questions and more about the Episcopal liturgy of the table.

Youth Events

March 22 (6:30 - 7:45)

Y.U.M. - Fuzzy's Tacos (Memorial Location)

March 26 (12:30 - 2:30)

Wheeler Ferris Wheel

April 9 (12:30 - 6:00)

Wichita Mountain Day Trip

April 23 (12:30 - 2:30)

OKC Arts Festival