



OUR VISION

We at Holy Trinity Guildwood are a Caring, Open-Hearted Community who Dream, Pray and Work with Jesus for a Loving, Equitable and Peaceful World.

Third Sunday in Lent (3A)

Worship without Eucharist

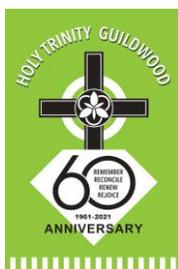
March 8, 2026 – 10.30 a.m.

Church of the Holy Trinity, Guildwood

85 Livingston Rd Scarborough, ON M1E 1K7

416 261 9503 • www.trinityguildwood.org

The Rev. Canon Stephen Kirkegaard, Incumbent



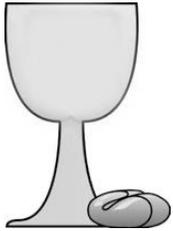
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Welcome to Holy Trinity, Guildwood

At Holy Trinity, Guildwood, we welcome all who come to worship with us. Though we are people of diverse background, lifestyle, and opinion, we are one in our desire to follow Jesus Christ. We seek to live as diversity in unity, offering a community in which we can all grow together as one Body: God's Church. We hope the order of service will help you find your way, but feel free to ask your neighbour for help. We are truly pleased that you have chosen to worship with us.



Holy Communion: All are welcome in this church and at this altar. All baptized persons, including children, are invited to receive the bread and wine at Christ's table. Those not receiving communion may wish to receive a blessing. Simply cross your hands over your chest to indicate you are not receiving communion. The Anglican Church supports the ancient use of the common cup. Those receiving the chalice are asked to assist the chalice bearer by grasping the cup at the base and guiding the cup to their lips. **For health purposes the practice of intinction, dipping the bread into the wine, is discouraged.** If you do not wish to drink from the common cup, please feel free to receive the bread only. Simply cross your hands over your chest when the chalice bearer passes by to indicate you do not wish the wine. The ancient teaching is that the whole Christ is received whether one receives only the consecrated bread or both bread and wine. Please come forward (should you wish) to the altar rail, at the indication of the sides person (usher) to fill the altar rail from the outside in. Those with mobility concerns may also receive Holy Communion while remaining in place, please notify a sides person (usher).

Children are always welcome at Holy Trinity - On Sundays, children are invited to take part in the wonderful age-appropriate activities offered by Church School downstairs in the church hall during the Liturgy of the Word, after which they return upstairs to join in the Celebration of the Eucharist. Parents are always welcome to join their children for some or all of the time downstairs. For more information contact Melanie McLeod, Family Ministry Coordinator, at 416-261-9503 or melanie.mcleod777@outlook.com. Children are always welcome to join in the fun and adventure of growing in Christ.

As you are invited to stand or sit, please feel free to do as best fits your health, comfort, and circumstances.

Please silence your cell phones.

Worship without Eucharist

Prelude – Be Still

CCLI Song # 120824 Words and Music by David Evans. © 1986 Thankyou Music Ltd For use solely with the SongSelect® Terms of Use. All rights reserved. www.ccli.com CCLI License # 11256662

The Gathering of the Community *please stand.*

Gathering Hymn #508 – I Heard the Voice of Jesus Say

KINGSFOLD

Text: Horatius Bonar (1808-1889). Music: Melody English trad.; coll. Lucy Broadwood (1858-1929); adapt. and harm. Ralph Vaughan Williams (1872-1958). Harm. © Oxford University Press. Used with permission under One License.net #A-716522

Welcome

Land Acknowledgment

Lay Assistant Today we honour and acknowledge that this land and locality are on the historical traditional lands of the Indigenous Peoples of what we call Turtle Island and what is commonly called North America.

We acknowledge the leadership of Indigenous Elders, who continue to teach us about what it means to live in a balanced and good way with all creation. May our time of worship together be blessed, as we give respect to the First Peoples of this land and seek to live in right relationship with ourselves, Creator, and one another.

We pray that the Spirit will lead us into all truth, into repentance for the wrongs of the past and into true reconciliation with our Indigenous brothers and sisters that we may be partners in healing and peace, to the glory and thanksgiving of God our Creator.

(National Indigenous Archbishop Chris Harper)

Greeting

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

All **And also with you.**

Officiant Bless the Lord who forgives all our sins.

All **His mercy endures forever.**

Officiant Almighty God,
All **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 Jesus Christ our Lord. Amen.**

Invitation to Confession

*Confession lets us set down the heavy things we carry with us,
putting us in right relationship with one another and with God.*

Officiant Dear friends in Christ,
as we prepare for the Paschal Feast,
continuing in the apostles' teaching and fellowship,
in the breaking of bread, and in the prayers,
let us make ready our hearts
to renew the covenant of our baptism,
as we come before our Creator and Redeemer.

Please kneel (or sit) as you are able.

Kyrie Eleison

MASS OF THE LAMB

Cantor: Kyrie, eleison. **All: Kyrie, eleison.**

Cantor: Christe, eleison. **All: Christe, eleison.**

Cantor: Kyrie, eleison. **All: Kyrie, eleison.**

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Officiant Let us ask God to bring to light
the things now hidden in darkness,
and to disclose to us the secret purposes of our hearts.

Silence is kept

Officiant How faithfully have we continued
in the apostles' teaching and fellowship,
in the breaking of bread, and in the prayers?

People **Lord, have mercy, and complete your work in us.**

Officiant How faithfully have we persevered in resisting evil,
and whenever we fell into sin, repented and returned to the Lord?

People **Lord, have mercy, and complete your work in us.**

Officiant How faithfully have we proclaimed by word
and example the good news of God in Christ?

People **Lord, have mercy, and complete your work in us.**

Officiant How faithfully have we sought and served Christ in all persons,
loving our neighbours as ourselves?

People **Lord, have mercy, and complete your work in us.**

Officiant How faithfully have we striven for justice and peace among all people,
respecting the dignity of every human being?

People **Lord, have mercy, and complete your work in us.**

Officiant How faithfully have we striven to safeguard the integrity of God's
creation, respecting, sustaining and renewing the life of the earth?

All **Lord, have mercy, and complete your work in us.**

Absolution

Officiant May almighty God have mercy upon us,
pardon and deliver us from all your sins,
confirm and strengthen us in all goodness,
and keep us in eternal life;
through Jesus Christ our Lord.

All **Amen.**

The Collect of the Day *Please be seated.*

Proclamation of the Word *Please sit for the readings.*

First Reading

Exodus 17:1-7

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 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?"

Reader Listen for the leading of the Spirit.

All **Thanks be to God.**

Psalm 95 - Come, Worship God *Please remain seated*

1 Come, worship God, who is worthy of honour,
enter God's presence with thanks and a song!
You are the rock of your people's salvation,
to whom our jubilant praises belong.

2 Ruled by your might are the heights of the mountains,
held in your hands are the depths of the earth;
yours is the sea, yours the land, for you made them,
God above all gods, who gave us our birth.

3 We are your people, the sheep of your pasture,
you are our maker, and to you we pray;
gladly we kneel in obedience before you,
great is the One whom we worship this day!

4 Now let us listen, for you speak among us,
open our hearts to receive what you say:
peace be to all who remember your goodness,
trust in your word and rejoice in your way!

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Second Reading

Romans 5:1-11

A Reading from the letter of Paul to the 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.

Reader Listen for the leading of the Spirit.

All **Thanks be to God.**

Please stand

Gospel Acclamation *Refrain: Cantor People: Repeat*

MASS OF THE LAMB

Praise to You, Lord Jesus Christ, King of endless glory.

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- WOMAN 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.
- MAN 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. (His disciples had gone to the city to buy food.)
- WOMAN A Samaritan woman came to draw water.
- MAN Jesus said to her, "Give me a drink."
- WOMAN 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.)
- MAN 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."
- WOMAN 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?"
- MAN 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."
- WOMAN 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."
- MAN Jesus said to her, "Go, call your husband, and come back."
- WOMAN The woman answered him, "I have no husband."
- MAN 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!"
- WOMAN 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."
- MAN 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."

WOMAN 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."

MAN 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?"

WOMAN 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.

MAN 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."

WOMAN Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done."

MAN 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.

WOMAN 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."

The Gospel of Christ.

All Praise to you, Lord Jesus Christ.

Gospel Acclamation *Refrain: Cantor People: Repeat*

MASS OF THE LAMB

Praise to You, Lord Jesus Christ, King of endless glory.

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Our Response to the Word

The Apostles' Creed

p. 189

Prayers of the People

*Please feel free to sit (kneel or stand), however you are most comfortable to pray
Prayers are offered for the church, all in authority, the world,
the local community, those in need, and the departed.*

Let us pray to God, saying Good and gracious God, “give us the water of life”:
give us the water of life.

Loving God, as we journey towards the promised land,
refresh, renew, restore us in your service.

We pray for churches where life has become dull and dry.

We remember churches struggling for survival.

By your grace may we share the joy of the Samaritan woman,
who found hope and refreshment in Jesus.

Good and gracious God,

give us the water of life.

We pray for the church . . .

We pray for Christians drained of energy and resources.

We remember especially those who thirst for your presence and your loving touch.

Good and gracious God,

give us the water of life.

We pray for all who thirst after justice,
all who are working hard to improve our world...

We remember all who are suffering from weariness and exhaustion.

We pray for all those whose lives are threatened by drought, especially . . .

Good and gracious God,

give us the water of life.

We pray for all who are going through a period of testing and dryness,
in their faith or their relationships.

We pray for those whose ardour has cooled,
for all who have lost their first zeal and zest for life.

We pray for all who are suffering from a lack of love in their homes.

Good and gracious God,

give us the water of life.

We remember all who feel wrung out or dried up,
all who are wearied with the journey of life,
all who feel they are near to perishing.

We pray for all who cannot cope by themselves,
for all who are in care, and for all care givers.

We remember all who are in a hospice.

We pray for the sick and those in need ...

Good and gracious God,

give us the water of life.

We give thanks for the fellowship of those whose journey is over,
those who hunger and thirst no more,

all who have been refreshed and restored in your kingdom, especially ...

We pray that we may share with them in the fullness of life which is eternal.

Good and gracious God,

give us the water of life.

David Adam, *Traces of Glory* adapted.

The Peace *please stand*

Presider The Peace of the Lord be always with you.

People **And also with you.**

We greet one another in the Peace of Christ.

Announcements

Please stand.

While the hymn is sung, a collection is taken.

Offertory Hymn: #179, verses 1–5 & 6d - Tree of Life and Awesome Mystery

THOMAS

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The Prayer over the Gifts *Please remain standing.*

The Lord's Prayer

Officiant As our Saviour taught us, let us pray,

All **Our Father in heaven,**
hallowed be your name,

your kingdom come,

your will be done,

on earth as in heaven.

Give us today our daily bread.

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 forever. Amen.

The Sending Forth of the Community *Please stand*

Presider Glory to God,
All **whose power working in us
can do infinitely more
than we can ask or imagine.
Glory to God from generation to generation,
in the Church and in Christ Jesus,
for ever and ever. Amen.**

Children's Transition – Change My Heart, O God

Change my heart, O God, make it ever true
Change my heart, O God, may I be like you

You are the potter, I am the clay
Mold me and make me, this is what I pray

Change my heart, O God, make it ever true
Change my heart, O God, may I be like you

Maranatha! Music #50. Text: Based on Isaiah 64:8. Eddie Espinosa b. 1953; tr. by Marcos Witt, b. 1962. Tune: Eddie Espinosa, b. 1953
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Time for the Young at Heart

The Children and Youth are invited to come forward and gather at the altar steps.

Sending Hymn – God, We Praise You for the Women

God, we praise you for the women
who have taught us to be strong,
who have held us, who have raised us
with a prayer and with a song.

Sarah laughed to hear the promise--
God would bless her with a son;
Sarah laughed and Sarah doubted
till she saw what God had done.

Pharaoh's daughter, like a mother,
lifted Moses from a pool,
brought him safely to the palace
where a slave would go to school.

Mary watched the killing madness
as her son died on the cross;
she who knew the joy of childbirth
now was torn by bitter loss.

As her life drew on toward evening,
after she had raised her own,
Lois held her baby grandson,
told him of God's love made known.

God, we praise you for the women
who have taught us to be strong,
who have held us, who have raised us
with a prayer and with a song.

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Blessing

Dismissal

Presider Followers of Jesus, inspired by the Holy Spirit,
go and serve the world God loves.

All. Thanks be to God.

Postlude – Go Now In Peace – *Please join the choir in singing.*

Verse 1

Go now in PEACE
Never be afraid,
God will go with you each hour of ev'ry day.

Verse 2

Go now in FAITH,
Stead-fast, strong and true,
Know He will guide you in all you do.

Verse 3

Go now in LOVE,
and show you believe.
Reach out to others so all the world can see.
God will be there watch-ing from a-bove.

Go now in PEACE, in FAITH and in LOVE.
A-men, A-men, A- - men

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Instead of giving something up during Lent, please consider giving something away each day.

Feb 19	Toilet Paper	March 11	Cooking Oil
Feb 20	Kleenex	Mar 12	Canned or powder Milk
Feb 21	Baked Beans	Mar 13	Jam or Jelly
Feb 22	Box of Cereal	Mar 14	Flour
Feb 23	Shampoo	Mar 15	Tooth Paste
Feb 24	Rice	Mar 16	Tomato Soup
Feb 25	Laundry Detergent	Mar 17	Canned Vegetables
Feb 26	Juice	Mar 18	Feminie Products
Feb 27	Chunky Soup	Mar 19	Tea / Coffee
Feb 28	Corned Beef	Mar 20	Cookies
Mar 1	Pancake Mix	Mar 21	Tooth Brush
Mar 2	Syrup	Mar 22	Bar Soap / shower gel
Mar 3	Muffin or Cookie Mix	Mar 23	Canned Ham
Mar 4	Tomato sauce for Pasta	Mar 24	Canned Tomato
Mar 5	Coconut Milk	Mar 25	Canned Tuna
Mar 6	crackers / kids snacks	Mar 26	Deodorant
Mar 7	Granola Bars	Mar 27	Paper Towels
Mar 8	Hot Chocolate	Mar 28	Pudding Cups
Mar 9	Canned Peaches	Mar 29	Canned Sardines
March 10	Ketchup	March 30	Dish soap

Dear Guest/Visitor:

Thank you for worshipping with us today; you have enriched our community, and we hope the service held meaning and beauty for you. If you will be returning to a distant home, we wish you the Lord's grace and a safe journey. However, if you live anywhere near us, and you are not an involved member of a faith community and might be seeking one, we invite you to return here any Sunday so that we may continue to worship with and respond to you. Please visit us on the web at www.trinityguildwood.org and take one of our welcome brochures to learn more about opportunities for personal spiritual growth and service to others.

Holy Trinity, Guildwood's ministries are supported by the prayers, time, energy, and financial gifts of those who worship with us.

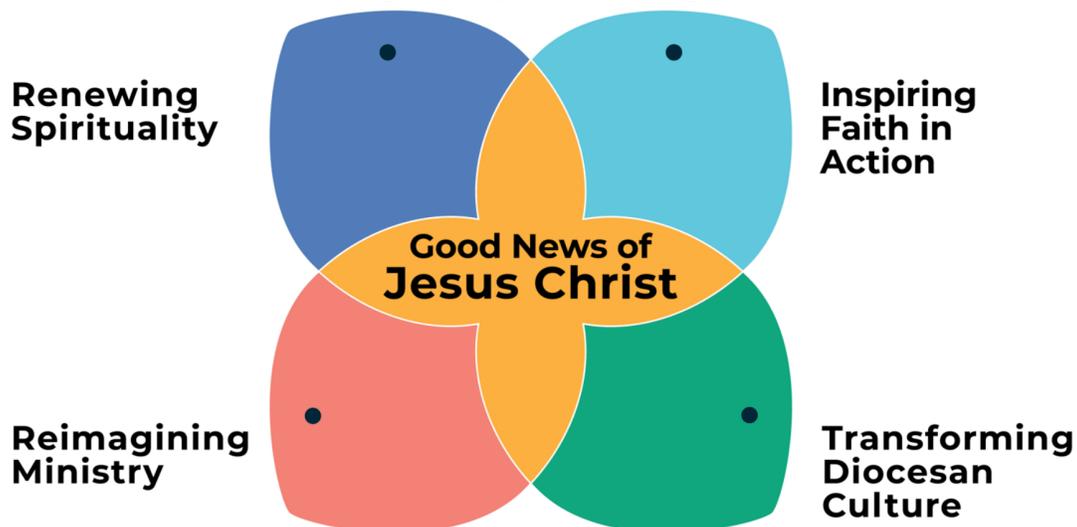


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<https://www.canadahelps.org/en/charities/118863018RR0001-church-of-the-holy-trinity/> (CanadaHelps charges 4% for the service.)

Cast the Net Diocese of Toronto Vision

Go forth, followers of Jesus, inspired by the Holy Spirit, serve the world God loves!



- We are disciples of Jesus Christ, whose Good News is the joy and challenge at the heart of our common life.
- We are renewed daily in our spiritual lives and share our faith with others.
- We seek justice for all, walk alongside those in need, and respond with loving service and prophetic advocacy.
- We support and encourage faithful and fruitful ministry by all who serve the life of the church.
- We live and work as the Body of Christ, each member connected to the whole, and each valued for their unique gifts.

The Propers (the Prayers and the readings appointed), for the third Sunday in Lent are found on page 289 of the Book of Alternative Services.

This Week, in our Cycle of Prayers for the Church, we remember:



Diocese of Toronto
Anglican Church of Canada

The Church: We pray for the Episcopal Church of Jerusalem and the Middle East; the people and clergy of the Diocese of Nova Scotia and Prince Edward Island; the Anglican Church Women (ACW) – Janice Hodgson, ODT, Diocesan President; the Church of Our Saviour, Don Mills; for Sarah, Archbishop of Canterbury; Shane, our Primate; Anne, our Metropolitan Bishop; Christopher, our National Indigenous Anglican Archbishop; and our College of Bishops: Kevin, Riscylla and Andrew, our Diocesan and Area Bishop.

Our Parish Family of Holy Trinity, Guildwood:

For Shirley Knautz and Family; Wally and Ruth Kosciejew; Mark Lambert

For those celebrating a birthday: Frank Callender; Myriam Hill; Joseph Condon.

For our Property Strategy Team Chair: Pat Murray.

For Stephen our Priest.

For the Sick, for those in need and those who have asked for our Prayers:

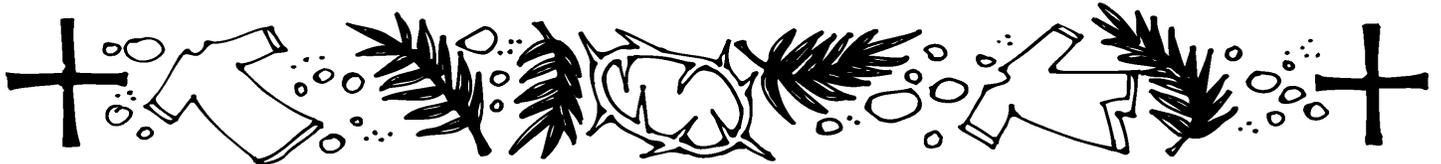
Dorothy and Kaizen Brown; Marion Byard; Michael Cooksey; Carol Gooding; Petrina Harrichand Fubler; Scott and Maricel Heald; Beverley MacPhee; Ruth Mattinson; Allan Mawson; Helen McLeod; David and Nancy Mills; Sharon Onebunne; Robbie Rhodes; Don & Mary Beth; Maureen Vasey and family (as they mourn the loss of Carlos Rodrigues). Penny Gooding; Christine Gowdy; Richard Judge; Joey Sitwell; and any others known to you...

For those who have died: Marguerite (Yates) Raymer; Carlos Rodrigues.

The flowers this week are given by

*Beth Raymer
in memory of her grandmother,
Marguerite (Yates) Raymer.*

*Patsy Green
in celebration of
her 76th Birthday.*



Third Sunday In Lent

Assisting in Worship are:

Officiant & Preacher: Patricia Murray
Altar Guild. Linda Epping, Linda Akuwa
 Comfort Omobola Abe-Omopariola
Readers: Karen Price, Michael Cooksey, Barrie Morgan,
 Beth Raymer
Welcome: John Hetherington

**Readings for
 Next Sunday
 March 15 2026
 Lent 4A**
 1 Samuel 16:1-13
 Psalm 23
 Ephesians 5:8-14
 John 9:1-41

How to contact us

Incumbent	The Reverend Canon Stephen Kirkegaard	647.822.9503 (mobile); stephenkirkegaard@icloud.com
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Family Ministry Coordinator	Melanie McLeod	Melanie.mcleod777@outlook.com
Rector's Warden	Bruce Fowler	wardens@trinityguildwood.org
People's Warden	Rose Condon	
Ministry Leaders Team Chair	Michael Cooksey	mjcooksey66@gmail.com
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Video Director	Brian Provo	brianprovo@rogers.com
Music Director	Marilyn Lind	Office@trinityguildwood.org

*Church Office Hours:
 Monday and Wednesday closed.
 Tuesday and Thursday 10 am – 4 pm.
 Friday 10 am – 2 pm.*