

The Third Sunday in Lent ~ March 8, 2026

St. Peter's Episcopal Church

Hebron, CT 06248-0513

The Rev. Ronald J. Kolanowski, Rector

## THE THIRD SUNDAY IN LENT

### HOLY EUCHARIST – RITE 2

10:00 A.M., MARCH 8, 2026

Opening Hymn: #658 “As longs the deer for cooling streams”

#### A Penitential Order

Celebrant: Bless the Lord who forgives all our sins.

**People:** *His mercy endures for ever.*

#### The Decalogue

BCP page 350

Celebrant: Let us confess our sins against God and our neighbor.

#### Confession of Sin

BCP, page 352

Absolution

BCP, page 353

#### S- 86 Kyrie Eleison

Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri - e  
e - le - i - son. Chri - ste e - le - i - son. Chri - ste e -  
le - i - son. Chri - ste e - le - i - son. Ky - ri - e e - le - i - son.  
Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

**The Collect of the Day: 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 First Reading: Exodus 17:1-7**

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?"

Reader: The Word of the Lord.

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

## **The Psalm: Psalm 95**

### ***Venite, exultemus***

**1 Come, let us sing to the Lord; \***

**let us shout for joy to the Rock of our salvation.**

**2 Let us come before his presence with thanksgiving \***

**and raise a loud shout to him with psalms.**

**3 For the Lord is a great God, \***

**and a great King above all gods.**

**4 In his hand are the caverns of the earth, \***

**and the heights of the hills are his also.**

**5 The sea is his, for he made it, \***

**and his hands have molded the dry land.**

**6 Come, let us bow down, and bend the knee, \***

**and kneel before the Lord our Maker.**

**7 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!**

**8 Harden not your hearts,**

**as your forebears did in the wilderness, \***

**at Meribah, and on that day at Massah,**

**when they tempted me.**

**9 They put me to the test, \***

**though they had seen my works.**

**10 Forty years long I detested that generation and said, \***

**"This people are wayward in their hearts;**

**they do not know my ways."**

**11 So I swore in my wrath, \***

**"They shall not enter into my rest."**

## **The Second Lesson: 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.

Reader: The Word of the Lord.

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

## **Sequence Anthem**

Celebrant: The Holy Gospel of our Lord Jesus Christ

***People: Glory to you, Lord Christ***

## **The Holy Gospel John 4:5-42**

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*

**Sermon**

**Doug Bowman**

**The Apostles Creed**

**I believe in God, the Father almighty,  
creator of heaven and earth;**

**I believe in Jesus Christ, his only Son, our Lord.**

**He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.**

**He suffered under Pontius Pilate,  
was crucified, died, and was buried.**

**He descended to the dead.**

**On the third day he rose again.**

**He ascended into heaven,  
and is seated at the right hand of the Father.**

**He will come again to judge the living and the dead.**

**I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

**Prayers of the People for Lent**

**BCP page 385**

**Priest: For what else shall we pray this day?**

**The Peace**

**Celebrant: The Peace of the Lord be always with you**

**People: And also with you.**

# Holy Communion

## The Offertory

### Offertory Hymn: #148 "Creator of the earth and skies""

*The Doxology is sung while the offering is brought to the altar.*

## The Great Thanksgiving

### *Eucharistic Prayer I (from Enriching Our Worship)*

**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 our thanks and praise.*

**Celebrant:** *It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy... Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:*

### Sanctus #S-130

*Schubert, arr. Proulx*

Ho - ly, ho - ly, ho - ly Lord, God of power and

might, Ho - ly, ho - ly, ho - ly Lord,

God of power and might, hea - ven and earth are

full, full of your glo - ry. Ho -  
san - na in the high - est. Ho - san - na  
in the high - est. Bless - ed is he who comes  
in the name of the Lord. Ho - san - na  
in the high - est. Ho - san - na in the high - est.

*Celebrant:* Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love...Whenever you drink it, do this for the remembrance of me.” Therefore we proclaim the mystery of faith:

**All: Christ has died. Christ is risen. Christ will come again.**

*Celebrant:* Remembering his death and resurrection, we now present to you from your creation this bread and this wine... Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever.

**All: AMEN.**

And now, as our Savior Christ has taught us, we are bold to say:  
**The Lord's Prayer (in unison)** **BCP, page 364**

**The Breaking of the Bread**

Celebrant: Christ our Passover is sacrificed for us.

*People: Therefore, let us keep the feast.*

**Fraction Anthem "Jesus Remember Me"**

The image shows a musical score for the Fraction Anthem "Jesus Remember Me". It consists of four staves. The top two staves are for vocal parts (Soprano and Alto/Contralto), and the bottom two are for piano accompaniment. The key signature is B-flat major (two flats) and the time signature is 3/4. The score begins with a measure number '5'. Chord markings above the vocal staves are Cm, Fm/Ab, Bb, and Eb. The lyrics are: "Jesus, remember me when you come in-to your king dom." The piano accompaniment features a steady eighth-note bass line and chords in the right hand.

Priest: Behold Who You Are as the Body of Christ.

*People: May we become what we receive.*

**Post-Communion Prayer** **BCP, page 366**

Celebrant: Let us pray.

**The Closing Prayer**

**Closing Hymn: #686 "Come thou fount of every blessing"**

**Dismissal**

*People: Thanks be to God.*

**Postlude**

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## **Remembrances and Thanksgivings for March 8, 2026**

**We pray for our clergy:** Sean, the Presiding Bishop; Jeff & Laura, the Bishops of CT; for our priest Ron; for Doug, our seminarian; for our deacons Donna & Marge; and for all bishops, priests and deacons;

**In the Diocesan Cycle of Prayer,** we pray for St. Martin's, Hartford; St. Monica's, Hartford; Trinity, Hartford; Haitian ministry in the Episcopal Church in Connecticut; and The Episcopal Church in Jerusalem & The Middle East

**In St Peter's Cycle of Prayer, In St Peter's Cycle of Prayer,** we pray for all our parish family, especially for Cindy Brinkman, Marge Roccoberton, Maria Amara, Steve Konopka, Claire Bracaglia and for those who are listed in our Continuing Prayers list that you would heal all injuries, comfort all grief, and settle all wrongs. We pray for those who have died.

**We pray for those who celebrate their birthdays this week:** especially Kimberly Sullivan (3/13), and for those celebrating anniversaries.

**We pray for the deceased.**

### **Continuing Prayer List**

Ann, Dolores, Michael H, Carolyn Aubin, Eileen, Bonnie R., Renee, Fran, Sarah, Leslie Vallee, Kelly Johnson, Mario, Maria, John Lumsden, Rosemarie, David Rigby, Roberto Rodegher, Len & Kim Begin, Sheila, Peter & Barbara Farren, Andrew, Adrian Mandeville, Neal, Loretta, Robin, Brenda, Jim, Richard Taylor, Judy Knox, Star, Norm, Aimee Goodrich, Justin, Derek Anderson, Janet Nixon, Bill D., Steve Dubin, Ryan, Marlin Corbean; Brian; Kathryn & Olivia; Caroline, Ron Lamp, Lou & Heidi Schluntz, Ambrosio Vidal & Family, Jeannette Farren, Rina Bettancourt; Susan Hicks & family, Ann Valerio.



**Wednesday in Lent**

**4:30-6:15 p.m.**

**Feb 25, March 4, 11, 18 and 25**

**Soup for the Body, Soul, and Spirit**

### **4:30 Love and Kindness Mindful Meditation**

In this time of division, noise and competing voices for our time and our minds we find it difficult often to slow down, to find silence amid the chaos and feed our spirit. Our own parishioner Carissa Johnson who is both a Christian and a practicing Buddhist skilled in the art of meditation will provide a space for us to find solace and silence as we invite love and kindness into our soul through this half hour of peace. Even if you have never meditated before this is an opportunity for you to try on this practice in the familiar space of our beautiful church.

### **5:00p.m. Stations of the Cross**

Following the meditation session at 5p.m. we will hold the ancient Lenten observance of the Stations of the Cross. The stations follow The Via Dolorosa, literally “the sorrowful way.” It is the traditional route in Jerusalem that tradition tells us our Lord traveled on the day of His crucifixion with 14 stations beginning with Jesus being condemned to death by Pilate, to the place of His burial in the tomb on Mount Calvary. The sessions will be led by JoAnn Osmond with the assistance of other parishioners.

### **5:30-6:15p.m. Soup and Bread Supper**

Following the stations of the cross we will gather in the parish hall for a simple soup and bread supper. We will have both fresh and gluten free bread. We will end by 6:15 since the Scouts will be coming in to set up for their 7p.m. meeting in the hall.

## Upcoming

### Community Conversation

# Church Street Commons

Learn about the planned mixed-income housing development  
to be built on Church Street in Hebron.

**March 12, 2026**

**6:30 - 8pm**

St. Peter's Episcopal Church Phelps  
Hall, 60 Church Street

### **PANELISTS**

**Ron Kolanowski**, pastor of St. Peter's Church and vice president  
of Commons CDC

**Rob Mangiafico**, president, Commons CDC

**Kathy Dorgan**, architect for Church Street Commons and principal  
of Dorgan Architecture & Planning in Storrs

**Senator Cathy Osten**, State Senator for the 19<sup>th</sup> District  
(unless legislative matters preclude her attendance)

**Brock Williams**, senior project manager for Grow America

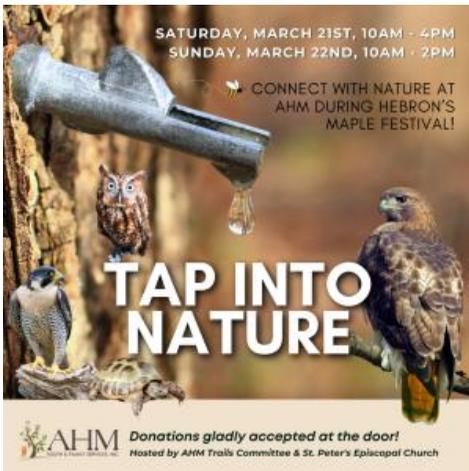


Sponsored by Commons Community Development Corporation (CDC)  
[www.commonscdc.org](http://www.commonscdc.org)

**St. Peter's Sanctuary Performing Arts  
Invites You to a Post Maple Fest Event  
St. Patrick's Day Cabaret & Dinner with  
"The Callithumpians"**



**Sunday, March 22, 2026 4-6p.m.  
St. Peter's, 30 Church St.  
Evening of Celtic music & dinner of  
meat or vegetarian stew and bread.  
You may bring alcoholic beverages.  
Non-alcoholic beverages are served.  
Suggested Donation \$15 Per Person**



## St. Peter's AHM Tap Into Nature Event 2026!

AHM Youth & Family Services and St. Peter's Episcopal Church partner each year to host the very popular "TAP INTO NATURE" event during Hebron's Maple Festival. Save the date for this year's event, scheduled to be held on Saturday, March 21st from 10 am – 4 pm and Sunday, March 22nd, from 10 am – 2 pm.

Tap Into Nature is located both indoors & outdoors at AHM Youth & Family Services, located at 25 Pendleton Drive in Hebron. **All ages are welcome!**

Tap Into Nature features both **indoor and outdoor** activities, weather permitting. This event is a day filled with fun for all ages; from young children to teens to parents and seniors. Everyone is welcome to attend! **AHM 25 Pendleton Drive, Hebron**

### Saturday, March 21st, 10:00 am – 4:00 pm

- Blue Moon Raptors **11 am – 12:30 pm, & 1:30 pm – 3 pm**
- Riverside Reptiles
- Hebron Pollinator Pathway & Audubon Society Exhibit
- Maple Syrup Demonstration
- Animal Tracks & Signs
- Hebron's Paths & Trails & Composting 101
- Crafts & Activities indoor & outdoor!

### Sunday, March 22nd, 10:00 am – 2:00 pm

- Blue Moon Raptor – Birds of Prey **11:30 am – 1:00 pm**
- Riverside Reptiles
- Hebron Pollinator Pathway & Audubon Society Exhibit
- Outdoor Maple Syrup Demonstration
  - Hebron's Paths & Trails
  - Animal Tracks & Signs Composting 101
  - Crafts & Activities indoor & outdoor!

**Daily Lenten Meditations** – During the entire season of Lent, you are invited to use the daily online devotionals from Episcopal Nun Sister Monica Claire, Sister Superior of the Sisters of John the Baptist, Mendham, NJ. She has been asked to lead these devotions for all of us in The Episcopal Church on behalf of the Episcopal Relief and Development. Link to her daily online meditation and all the materials is:

<https://www.episcopalrelief.org/church-in-action/lent/>

### **On Going Activities**

- **Balance Class: Mondays 10:15 a.m. \$5 per session.**
- **Cub Scouts: 1st Mondays 5:30-7 p.m.**
- **Hebron Greater Together Community Fund: 3<sup>rd</sup> Tuesdays 6-8 pm**
- **Buildings & Grounds: first Tuesdays, 7 p.m.**
- **Boy Scouts: Wednesdays, 7 p.m.**
- **Vestry: Third Thursdays, 6 p.m.**
- **BNI (Business Networking International): Fridays, 7:30-8:30 a.m.**