



Worshiping Jesus Christ, Living in His Truth, & Blessing others in His Name.

The Third Sunday of Lent

March 15, 2020 – 9:30 a.m.

Morning Prayer

^ denotes when the congregation is invited to stand, as they are able

**denotes when the congregation is invited to kneel, as they are able*

AN OPENING SENTENCE FOR LENT[^]

BCP p.27

If anyone would come after me, let him deny himself and take up his cross and follow me.

MARK 8:34

CONFESSION OF SIN & ABSOLUTION⁺

BCP 11-13

The Officiant says to the People

Dearly beloved, the Scriptures teach us to acknowledge our many sins and offenses, not concealing them from our heavenly Father, but confessing them with humble and obedient hearts that we may obtain forgiveness by his infinite goodness and mercy. We ought at all times humbly to acknowledge our sins before Almighty God, but especially when we come together in his presence to give thanks for the great benefits we have received at his hands, to declare his most worthy praise, to hear his holy Word, and to ask, for ourselves and on behalf of others, those things which are necessary for our life and our salvation. Therefore, draw near with me to the throne of heavenly grace.

Silence is kept. All kneeling, the Officiant and People say

Almighty and most merciful Father,

we have erred and strayed from your ways like lost sheep.

We have followed too much the devices and desires of our own hearts.

We have offended against your holy laws.

**We have left undone those things which we ought to have done,
and we have done those things which we ought not to have done;
and apart from your grace, there is no health in us.**

O Lord, have mercy upon us.

Spare all those who confess their faults.

Restore all those who are penitent, according to your promises declared to all people in Christ Jesus our Lord.

And grant, O most merciful Father, for his sake,

**that we may now live a godly, righteous, and sober life,
to the glory of your holy Name. Amen.**

The Priest alone stands and says

Almighty God, the Father of our Lord Jesus Christ, desires not the death of sinners, but that they may turn from their wickedness and live. He has empowered and commanded his ministers to pronounce to his people, being penitent, the absolution and remission of their sins. He pardons and absolves all who truly repent and genuinely believe his holy Gospel. For this reason, we beseech him to grant us true repentance and his Holy Spirit, that our present deeds may please him, the rest of our lives may be pure and holy, and that at the last we may come to his eternal joy; through Jesus Christ our Lord. **Amen.**

THE INVITATORY^

BCP 13

All stand.

Officiant O Lord, open our lips;

People **And our mouth shall proclaim your praise.**

Officiant O God, make speed to save us;

People **O Lord, make haste to help us.**

Officiant Glory be to the Father, and to the Son, and to the Holy Spirit;

People **As it was in the beginning, is now, and ever shall be, world without end. Amen.**

Officiant Praise the Lord.

People **The Lord's Name be praised.**

ANTIPHON^

BCP 14

The mercy of the Lord is everlasting: *

O come, let us adore him.

JUBILATE^

BCP 15

O be joyful in the Lord, all you lands; *

serve the Lord with gladness,

and come before his presence with a song.

Be assured that the Lord, he is God; *

it is he that has made us, and not we ourselves;

we are his people, and the sheep of his pasture.

O go your way into his gates with thanksgiving,

and into his courts with praise; *

be thankful unto him, and speak good of his Name.

For the Lord is gracious, his mercy is everlasting, *

and his truth endures from generation to generation.

ANTIPHON^

BCP 14

The mercy of the Lord is everlasting: *

O come, let us adore him.

PSALM 95 (BCP 2019)

BCP 394-395

¹ O come, let us sing unto the Lord; *

let us heartily rejoice in the strength of our salvation.

² Let us come before his presence with thanksgiving *

and show ourselves glad in him with psalms.

³ For the Lord is a great God *
and a great King above all gods.

⁴ In his hand are all the depths of the earth *
and the heights of the hills are his also.

⁵ The sea is his, for he made it, *
and his hands prepared the dry land.

⁶ O come, let us worship and fall down, *
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.

⁸ Today, if you will hear his voice, harden not your hearts *
as in the provocation,
and as in the day of temptation in the wilderness,

⁹ When your fathers tested me, *
and put me to the proof, though they had seen my works.

¹⁰ Forty years long was I grieved with this generation and said, *
“It is a people that err in their hearts,
for they have not known my ways,”

¹¹ Of whom I swore in my wrath *
that they should not enter into my rest.

*All: Glory be to the Father, and to the Son, and to the Holy Spirit; **
as it was in the beginning, is now, and ever shall be,
world without end. Amen.

THE FIRST LESSON: Exodus 17:1-7 (ESV)

¹ All the congregation of the people of Israel moved on from the wilderness of Sin by stages, according to the commandment of the Lord, and camped at Rephidim, but there was no water for the people to drink. ² Therefore the people quarreled with Moses and said, “Give us water to drink.” And Moses said to them, “Why do you quarrel with me? Why do you test the Lord?” ³ But the people thirsted there for water, and the people grumbled against Moses and said, “Why did you bring us up out of Egypt, to kill us and our children and our livestock with thirst?” ⁴ So Moses cried to the Lord, “What shall I do with this people? They are almost ready to stone me.” ⁵ And the Lord said to Moses, “Pass on before the people, taking with you some of the elders of Israel, and take in your hand the staff with which you struck the Nile, and go. ⁶ Behold, I will stand before you there on the rock at Horeb, and you shall strike the rock, and water shall come out of it, and the people will drink.” And Moses did so, in the sight of the elders of Israel. ⁷ And he called the name of the place Massah and Meribah, because of the quarreling of the people of Israel, and because they tested the Lord by saying, “Is the Lord among us or not?”

The Word of the Lord.

People: Thanks be to God.

BENEDICTUS ES, DOMINE^

BCP 18-19

Glory to you, Lord God of our fathers; *
you are worthy of praise; glory to you.

Glory to you for the radiance of your holy Name; *
we will praise you and highly exalt you for ever.

Glory to you in the splendor of your temple; *
on the throne of your majesty, glory to you.

Glory to you, seated between the Cherubim; *
we will praise you and highly exalt you for ever.

Glory to you, beholding the depths; *
in the high vault of heaven, glory to you.
Glory to you, Father, Son, and Holy Spirit; *
we will praise you and highly exalt you for ever.

SONG OF THE THREE YOUNG MEN, 29-34

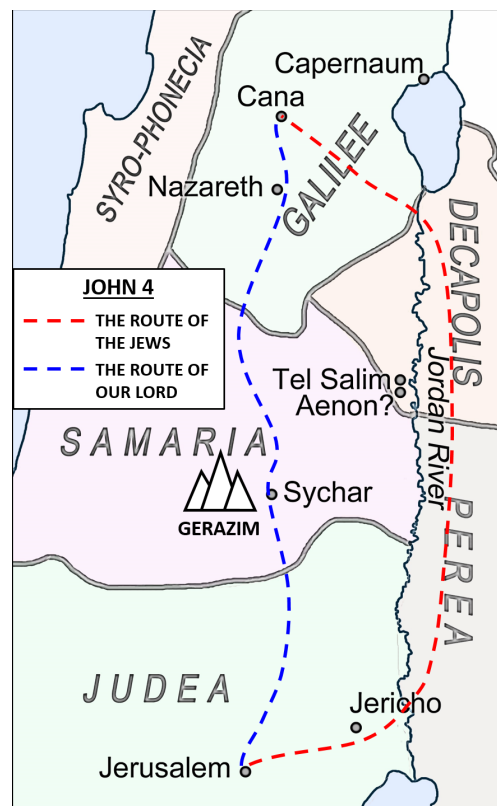
THE SECOND LESSON: John 4:3-26, 39-42 (ESV)

³ ... (Jesus) left Judea and departed again for Galilee. ⁴ And he had to pass through Samaria. ⁵ So he came to a town of Samaria called Sychar, near the field that Jacob had given to his son Joseph. ⁶ Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour.

⁷ A woman from Samaria came to draw water. Jesus said to her, "Give me a drink." ⁸ (For his disciples had gone away into the city to buy food.) ⁹ The Samaritan woman said to him, "How is it that you, a Jew, ask for a drink from me, a woman of Samaria?" (For Jews have no dealings with Samaritans.) ¹⁰ 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." ¹¹ The woman said to him, "Sir, you have nothing to draw water with, and the well is deep. Where do you get that living water? ¹² Are you greater than our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock." ¹³ Jesus said to her, "Everyone who drinks of this water will be thirsty again, ¹⁴ but whoever drinks of the water that I will give him will never be thirsty again.* The water that I will give him will become in him a spring of water welling up to eternal life." ¹⁵ The woman said to him, "Sir, give me this water, so that I will not be thirsty or have to come here to draw water."

¹⁶ Jesus said to her, "Go, call your husband, and come here." ¹⁷ The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; ¹⁸ for you have had five husbands, and the one you now have is not your husband. What you have said is true." ¹⁹ The woman said to him, "Sir, I perceive that you are a prophet. ²⁰ Our fathers worshiped on this mountain, but you say that in Jerusalem is the place where people ought to worship." ²¹ Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. ²² You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³ But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. ²⁴ God is spirit, and those who worship him must worship in spirit and truth." ²⁵ The woman said to him, "I know that Messiah is coming (he who is called Christ). When he comes, he will tell us all things." ²⁶ Jesus said to her, "I who speak to you am he."

³⁹ Many Samaritans from that town believed in him because of the woman's testimony, "He told me all that I ever did." ⁴⁰ So when the Samaritans came to him, they asked him to stay with them, and he stayed there two days. ⁴¹ And many more believed because of his word. ⁴² 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 indeed the Savior of the world."



*Greek: *forever*

People: **Thanks be to God.**

BENEDICTUS^

BCP 19

Blessed be the Lord, the God of Israel; *
he has come to his people and set them free.
He has raised up for us a mighty savior, *
born of the house of his servant David.
Through his holy prophets he promised of old
that he would save us from our enemies, *
from the hands of all who hate us.
He promised to show mercy to our fathers *
and to remember his holy covenant.
This was the oath he swore to our father Abraham, *
to set us free from the hands of our enemies,
Free to worship him without fear, *
holy and righteous in his sight
all the days of our life.
You, my child, shall be called the prophet of the Most High, *
for you will go before the Lord to prepare his way,
To give his people knowledge of salvation *
by the forgiveness of their sins.
In the tender compassion of our God *
the dawn from on high shall break upon us,
To shine on those who dwell in darkness
and in the shadow of death, *
and to guide our feet into the way of peace.

Glory be to the Father, and to the Son, and to the Holy Spirit; *
as it was in the beginning, is now, and ever shall be,

world without end. Amen.

LUKE 1:68-79

SERMON

Fr John Roberts

SERMON SUPPLEMENT

Addictive Agents

Addictive agents are those persons or things on which we form an excessive dependency.
The catalog of addictive agents includes:

1. Alcohol or drugs
2. Work, achievement, and success
3. Money addictions, such as overspending, gambling, hoarding
4. Control addictions, especially if they surface in personal, sexual, family, and business relationships
5. Food addictions
6. Sexual addictions
7. Approval dependency (the need to please people)
8. Rescuing patterns toward other persons

9. Dependency on toxic relationships (relationships that are damaging and hurtful)
10. Physical illness (hypochondria)
11. Exercise and physical conditioning
12. Cosmetics, clothes, cosmetic surgery, trying to look good on the outside
13. Academic pursuits and excessive intellectualizing
14. Religiosity or religious legalism (preoccupation with the form and the rules and regulations of religion, rather than benefiting from the real spiritual message)
15. General perfectionism
16. Cleaning and avoiding contamination and other obsessive-compulsive symptoms
17. Organizing, structuring (the need always to have everything in its place)
18. Materialism
19. Phone, screens, video game

Do you identify with any of these?

from *Serenity: A Companion for Twelve Step Recovery* by Drs. Robert Hemfelt & Richard Fowler

Cycle of Addiction

Pain > addictive agent - immediate salve > results in increased pain > addictive agent

Example of Cycle: Workaholism

Low self worth > work more for approval > neglect family, miss events > need escape from pain / work more

THE APOSTLES' CREED[^]

BCP 20

Officiant and People together, all standing

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 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.

THE PRAYERS⁺

BCP 21

Officiant The Lord be with you.

People **And with your spirit.**

Officiant Let us pray.

The People kneel

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Officiant and People

**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.**

Officiant O Lord, show your mercy upon us;

People **And grant us your salvation.**

Officiant O Lord, guide those who govern us;

People **And lead us in the way of justice and truth.**

Officiant Clothe your ministers with righteousness;

People **And let your people sing with joy.**

Officiant O Lord, save your people;

People **And bless your inheritance.**

Officiant Give peace in our time, O Lord;

People **And defend us by your mighty power.**

Officiant Let not the needy, O Lord, be forgotten;

People **Nor the hope of the poor be taken away.**

Officiant Create in us clean hearts, O God;

People **And take not your Holy Spirit from us.**

THE COLLECT OF THE DAY: THE THIRD SUNDAY IN LENT⁺

BCP 21

Heavenly Father, you have made us for yourself, and our hearts are restless until they rest in you: Look with compassion upon the heartfelt desires of your servants, and purify our disordered affections, that we may behold your eternal glory in the face of Christ Jesus, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

A COLLECT FOR STRENGTH TO AWAIT CHRIST'S RETURN⁺

BCP 22

O God our King, by the resurrection of your Son Jesus Christ on the first day of the week, you conquered sin, put death to flight, and gave us the hope of everlasting life: Redeem all our days by this victory; forgive our sins, banish our fears, make us bold to praise you and to do your will; and steel us to wait for the consummation of your kingdom on the last great Day; through Jesus Christ our Lord. **Amen.**

A PRAYER FOR MISSION⁺

BCP 24-25

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. **Amen.**

ADDITIONAL INTERCESSIONS & THANKSGIVINGS

The Officiant may invite the People to offer intercessions and thanksgivings.

CELEBRATING THIS WEEK

Birthday: Jim Mack (17), Heather Crooker (17)

Anniversary: Dave & Sandra Olson (20)

ANNOUNCEMENTS

COLLECTS OF GRACE: LENTEN EVENING PRAYER

With reflective homilies on the Lenten Collects
by Fr John + two more aspirants

Wednesdays -3/18, 3/25, 4/1

5:00 pm — Stations of the Cross

5:30 pm — Soup Suppers

6:15-7:00 pm – Evening Prayer

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Oakdale, CA 95361

THE GENERAL THANKSGIVING^

BCP 25

Officiant and People

Almighty God, Father of all mercies,
we your unworthy servants give you humble thanks
for all your goodness and loving-kindness
to us and to all whom you have made.
We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ;
for the means of grace, and for the hope of glory.
And, we pray, give us such an awareness of your mercies,
that with truly thankful hearts
we may show forth your praise,
not only with our lips, but in our lives,
by giving up our selves to your service,
and by walking before you
in holiness and righteousness all our days;
Through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. Amen.

A PRAYER OF ST. JOHN CHRYSOSTOM^

BCP 26

Almighty God, you have given us grace at this time, with one accord to make our common supplications to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will grant their requests: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. **Amen.**

DISMISSAL^

BCP 26

Officiant Let us bless the Lord.

People **Thanks be to God.**

CONCLUDING SENTENCE^

BCP 26

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. **Amen.**

ROMANS 15:13^T

**MORNING PRAYER
from YOUR HOME
FRIDAYS @ 6:15 a.m.**

Did you know a group of St Matthias parishioners do Morning Prayer together on Friday mornings through a program called Zoom? And you are invited to participate via internet video or phone.

To attend via internet video,
visit saintmatthiasoakdale.com/friday-morning-prayer
and click the link a few minutes before the start time

To attend via phone,
dial 669-900-6833 and punch in the Meeting ID:
516 798 979, followed by the pound sign.

