



## Third Sunday in Lent

March 8, 2026

8:30 a.m. Contemplative Eucharist

10:00 a.m. Eucharist with Music

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# *Trinity Memorial Church*

*An Episcopal Church in the Diocese of Central New York,  
and a Jubilee Ministry Center*

### ***All are welcome!***

Visitors: We're glad to see you today.

Please sign our guest book in the Hoyt Room.

The Church is handicapped accessible: enter through the glass doors on Oak Street. A lift to the sanctuary level is available in the far corner of the gym.

Hearing assistive devices & large print bulletins are available from an usher.

Parents are welcome to use the Children's Corner in the Hoyt Room,  
or the toybasket at the back of the church.

Restrooms are in the Hoyt Room, through double doors off the sanctuary.

Text in ***bold italics*** is said by all; hymns are found in the blue Hymnal 1982.

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**Chimes**      *Please use this moment for centering silent prayer. You may find helpful guidance in the red Book of Common Prayer, pp. 828-835.*

**Prelude**      Psalm 23 (two versets)      Jakob Praetorius

### **Welcome and Announcements**

**Hymn 690**      **Guide me, O thou great Jehovah**      *Cwm Rhondda*

### **A Penitential Order**

Bless the Lord who forgives all our sins; **His mercy endures for ever.**

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, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. Let us confess our sins against God and our neighbor.      *Silence*

*Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.*

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. *Amen.*

**Kyrie**                      *10:00 sung by the Choir*                      Anthony Piccolo  
*Lord have mercy upon us; Christ have mercy upon us; Lord have mercy upon us*

### **The Collect of the Day**

The Lord be with you. *And also with you.* Let us pray.

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 Lesson                      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?”

The Word of the Lord. *Thanks be to God.*

## Psalm 95



- 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 Epistle **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.

The Word of the Lord. *Thanks be to God.*

**Hymn 658     As longs the deer for cooling streams**

*Martyrdom*

**The Holy Gospel             John 3:1-13**

The Holy Gospel of our Lord Jesus Christ according to John;  
*Glory to you, Lord Christ.*

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe,

how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man.”

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

**Sermon**

The Rev. Kit Tobin

### **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**

(Form III, p. 387)

Father, we pray for your holy Catholic Church;

*That we all may be one.*

Grant that every member of the Church may truly and humbly serve you;

*That your Name may be glorified by all people.*

We pray for all bishops, priests, and deacons;

*That they may be faithful ministers of your Word and Sacraments.*

We pray for all who govern and hold authority in the nations of the world;

*That there may be justice and peace on the earth.*

Give us grace to do your will in all that we undertake;

*That our works may find favor in your sight.*

Have compassion on those who suffer from any grief or trouble;

*That they may be delivered from their distress.*

Give to the departed eternal rest.

*Let light perpetual shine upon them.*

We praise you for your saints who have entered into joy;

*May we also come to share in your heavenly kingdom.*

Let us pray for our own needs and those of others.

We pray for Nancy Campbell, Shawn Kaiser, Andy Pierce, Nelson and Regina, Cate Hough, Drieux Koeppel, Masha Britten, Chucky Corse, Jeffrey Weyant, Ted, Barbara Manzo, Robert Croston, Sr., Christopher, Stephani and Donald Polhemus, Michelle, Andrew, Chuck, Casey, Kathryn, Connie and Corrie Alexander, Philip and Dolly. *Are there others?*

We give thanks today for those celebrating birthdays this week: Deanna Feuerbach, Peter Koeppel, William Gazda, Jim Gazda, Carl Betcher, Maya Dement and Barbara Manzo. *Are there other celebrations?*

We pray for members of our congregation in military service: Kurt Albaugh, Darlene Croston, Colin Davis, Joshua Loch, Ben Sherwood Evans, Seth Thomas, Raidyn Ford, and Aaron Brady. ***Amen.***

Gracious God, as we seek the priest You are preparing for us, fill our hearts with patience, hope, and trust in Your timing. Grant wisdom to those discerning: Daniel Aribisala, Teddy Aribisala, Edris Boyll-Kuzia, John Chaffee, Darlene Croston, Ginny Hill, Jamie Johnson, Claudia Kachmarik, and Diane Lange. Grant unity among us as a congregation, and bless the priest who is even now being called to walk with us, that together we may serve You faithfully proclaiming Christ's love. ***Amen.***

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

## **The Holy Communion**

### **The Offertory Sentence**

**Anthem**      Set me as a seal Rene Clausen  
*Set me as a seal upon your heart, as a seal upon your arm; for love is strong as death.  
Many waters cannot quench love, neither can the floods drown it.*

**Presentation Hymn 449 vs. 6** *Agincourt*  
***All glory to our Lord and God: for love so deep, so high, so broad;  
the Trinity whom we adore for ever and for evermore.***

## The Great Thanksgiving

(Prayer 3, Enriching our Worship)

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

Lift up your hearts; *We lift them to the Lord.*

Let us give thanks to the Lord our God;

*It is right to give God thanks and praise.*

All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; you brought forth all creatures of the earth and gave breath to humankind. Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey; and so as the morning stars sing your praises we join the heavenly beings and all creation as we shout for joy:

## Hymn 858

## Sanctus

(Wonder, Love and Praise)

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

might, heaven and earth are full of your glo - ry. Ho -

san - na in the high - est. \* Bless - ed is he who comes

The first system of musical notation consists of a treble and bass staff. The treble staff has a key signature of one flat (B-flat) and a common time signature. The melody is written in a simple, folk-like style. The bass staff provides a harmonic accompaniment with chords and single notes.

in the name of the Lord. Ho - san - na in the

The second system continues the melody and accompaniment. The treble staff features some longer note values and rests. The bass staff continues with a steady accompaniment.

high - est. Ho - san - na in the high - est.

The third system concludes the piece. The treble staff ends with a final chord and a double bar line. The bass staff also concludes with a final chord and a double bar line.

*American folk melody, arr. Marcia Pruner, harmonized by Annabel Morris Buchanan (1889-1983)*

Glory and honor are yours, Creator of all, your Word has never been silent; you call a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise. Of your grace, you have Jesus to be human, to share our life, to proclaim the coming of your reign and give himself for us, a fragrant offering. Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave to his friends and said: "Take,

eat, this is my Body, broken for you. Do this for the remembrance of me.” After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said: “Drink this, all of you: this cup is the New Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me.”

And so remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ’s coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

***Dying, you destroyed our death; Rising, you restored our life; Christ Jesus, come in glory!***

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit’s power, may be a people of hope, justice, and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with [blessed , and] all your people into the joy of our true eternal home.

Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise. Blessed are you now and for ever. **AMEN.**

## **The Lord’s Prayer**

And now, as our Savior Christ has 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.***

## **The Breaking of the Bread**

**8:30** Christ our Passover is sacrificed for us. ***Therefore let us keep the feast.***

**10:00**   
Christ our Pass - o - ver is sac - ri - ficed for us;

  
There-fore let us keep the feast.

## **Ministration of Communion**

*Priest*    The Gifts of God for the People of God.

**All are welcome to receive Communion.**

*Please feel free to receive the bread and/or wine at the Chancel steps or at the Altar Rail. If you wish to intinct (dip) your bread, please dip it in the small chalices offered, or drink from the larger chalice.*

**Hymn 343    Shepherd of souls, refresh and bless**

*St. Agnes*

## **Prayer of Thanksgiving**

*Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ's Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.*

## **The Benediction**

**Hymn 685    Rock of ages, cleft for me**

*Toplady*

**The Dismissal**    The people respond *Thanks be to God.*

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## **SERVING TODAY**

The Rev. Kit Tobin, *Celebrant and Preacher*

Timothy E. Smith, *Organist & Music Director*

Phyllis Amenda, *Lector*    Greg Keeler, *Worship Leader*

Ken Lattimore, *Acolyte*    David Scone & Louise Akel, *Ushers*

Gayle Bump-Fortner, Dawn Roessing, *Altar Guild for March*

Greg Keeler, Nicole Huff, Peter Koeppel, Barb Manzo, Rayleen Kie

*Eucharistic Ministers*

Bob Kuzia, *Digital Minister*

Masha Britten, *Coffee Hour*

## **PRAYER LIST (in addition to those listed in the service)**

**Pray for our diocese:** In our parishes, we pray for the people of Trinity Episcopal Church in Seneca Falls and their priest, the Rev. Brad Benson, and the people of the Church of the Epiphany in Sherburne.

**Pray for the Episcopal Church:** In the Episcopal Church, we pray for the people of the Diocese of El Camino Real, California, and their bishop, the Rt. Rev. Lucinda Ashby.

**Pray for the Anglican Communion:** In the Anglican Communion, we pray for the people of the Episcopal Church in Jerusalem & The Middle East and their prime bishop, the Most Rev. Most Rev. Hosam Naoum.

**CANTEEN, March 8**

**St. Patrick’s & Pt. Dickinson Baptist, *cooking***

Manager: *Christopher Hanes* Hostess: *Susan Hanes*

Last week: 60 guests served, 96 dinners served

**CALENDAR**

<b>Today</b>	11:15 am	Coffee Hour (Hoyt Room)
	11:30 am	Forum (Common Room)
	12:00 pm	Canteen (Dining Room)
	1-5:00 pm	Madrigal Choir (Music Room)
<b>Mon. March 9</b>	9:30 am	Quilters (Dining Room)
	10 am	Recorders (Music Room)
	6:30-8:30 pm	Savoyards Rehearsal (Music Room)
	7 pm	Vestry Meeting (Zoom Mtg)
<b>Tues. March 10</b>	8am-Noon	Food Pantry (Gym)
	3:30pm	CARES
	6:30-8:30 pm	Savoyards Rehearsal
<b>Wed. March 11</b>	5:30/6:30pm	Ringers/Choir
<b>Thurs. March 12</b>	3:30-5:30 pm	CARES (Gym)
	6:30 pm	N.A. (Dining Room)
	6:30 pm	Pickleball (Gym)
	6:30-8:30pm	Savoyards (Music Room)
<b>Fri. March 13</b>	3:30-5:30 pm	CARES (Dining Room & Gym)
<b>Sat. March 14</b>	9:30 am	N.A. (Dining Room)
<b>Sun. March 15</b>	<b>8:30 am</b>	<b>Contemplative Eucharist</b>
	<b>10:00 am</b>	<b>Holy Eucharist with Music</b>
	11:15 am	Coffee Hour (Hoyt Room)

11:30 am	Forum (Common Room)
12:00 pm	Canteen (Dining Room)
1-5:00 pm	Madrigal Choir (Music Room)
<b>5:30-6:30 pm</b>	<b>Soup Supper</b> (Dining Room)
<b>6:30-7:15 pm</b>	<b>Candlechant</b> (Sanctuary)

**GENEROSITY REPORT** (Updated Feb.24)

Required weekly contributions: \$4,153; Last week's contributions: \$11,695;  
 Required year to date contributions: \$33,228; Contributions received year to date: \$32,502; Year to Date Difference: -\$726.

If you would like to give to Trinity via electronic means, scan this QR code with your smartphone.



**TODAY'S FORUM:** Cliff Davidson, Professor Emeritus of Engineering, Syracuse University: "Greenland–History, Politics, Science"

**NEXT SUNDAY, March 15:** Lenten Soup Supper and Candlechant  
*Bring a friend or two! It's a great way to introduce Trinity to the community.*  
 5:30 pm: Soup Supper (Dining Room) 6:15 pm: Meditative Prelude (Sanctuary)  
 6:30 pm: Candlechant with the tenors and basses of the Trinity Choir

**REGISTER NOW:** Southern Tier District Leadership Day, March 21 at St. Paul's, Endicott. Safe Church training in the morning; training in the afternoon for Worship Leaders, Eucharistic Ministers and Eucharistic Visitors. *Register online from the email sent to the congregation this week. If you need the email, see Greg Keeler.*

*Trinity Memorial Episcopal Church*

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