



# THE CHURCH OF THE GOOD SHEPHERD

The Third Sunday in Lent  
Holy Eucharist with a Penitential Order, Rite I  
March 8, 2026, at 8:00a



The Church of the Good Shepherd

9350 Braddock Road, Burke, VA 22015 | 703-323-5400 | [good-shepherd.net](http://good-shepherd.net)

## WELCOME TO GOOD SHEPHERD!

We are glad you are here! If you are new to Good Shepherd or are interested in learning more about our community, please fill out a Welcome Card, located in the pews, and place it in the offering plate on the table at the back of the Sanctuary or hand it to an usher, greeter, or member of the clergy. Please call the parish office at 703-323-5400 if you have questions about baptisms, weddings, membership, or any other needs.

### HOLY COMMUNION

All baptized Christians are welcome to receive the sacrament of holy communion. Those who are not baptized are invited to come forward during communion to receive a blessing from a priest. If you are interested in learning more about the sacrament of baptism, please talk to a priest.

### FAMILY ROOM

While all children are always welcome in the Sanctuary, families are also welcome to use the Parlor (to the right as you exit the Sanctuary) which has toys and room to move around as well as a livestream of the service.

### CHRISTIAN FORMATION FOR ALL AGES

We offer Christian Formation for all ages at 9:00a on most Sundays, September through May. Classes include **Shepherd Kids** for K-3<sup>rd</sup> grades, **Faith Explorers** for 4<sup>th</sup>-6<sup>th</sup> grades, **EYC** for youth in grades 7<sup>th</sup>-12<sup>th</sup>, and **Sunday Adult Forum** for adults.

### ALTAR FLOWER MEMORIALS & DEDICATIONS

Donations to the Flower Guild during Lent were given to the glory of God and in thanksgiving for many blessings.

## STAFF DIRECTORY

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### Clergy

The Rev. Christine Love Mendoza  
*Rector*  
christine.mendoza@good-shepherd.net

The Rev. Redmond Self  
*Associate Rector*  
redmond.self@good-shepherd.net

### Staff

Alexander Bean  
*Director of Music Ministries*  
alex.bean@good-shepherd.net

Jennifer Caldwell  
*Communications & Finance Associate*  
jennifer.caldwell@good-shepherd.net

Nancy Smith  
*Choirmaster*  
nancy.smith@good-shepherd.net

Deb Angerman  
*Parish Finance Administrator*  
deb.angerman@good-shepherd.net

Elle Ames  
*Director of Children's & Youth Music Ministry*  
*Rental Ministry Manager*  
elle.ames@good-shepherd.net

Lorenzo Cruz  
*Facilities Manager*  
lorenzo.cruz@good-shepherd.net

Walt Todenhoft  
*Handbell Choir Director*  
walt.todenhoft@good-shepherd.net

Jennifer Brown  
*Director, Good Shepherd Preschool*  
director@gspburke.com

## VESTRY

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Fred Gibson,  
*Senior Warden*  
John Dohn,  
*Junior Warden*  
Liz Leland, *Register*

Jennifer Budden  
Linda Hoffman  
Chris Hunt  
Fred Jones  
Susan Marshall

Peter Shanaghan  
Charley Silver  
Gail Smith  
Peter Smith  
John Hurley, *Treasurer*

# The Third Sunday in Lent

## Holy Eucharist with a Penitential Order, Rite I

### A PENITENTIAL ORDER

#### Opening Acclamation & Summary of the Law

*Celebrant* Bless the Lord who forgiveth all our sins.

*People* His mercy endureth for ever.

*Celebrant* Hear what our Lord Jesus Christ saith: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets. *Matthew 22:37-40*

#### Confession of Sin & Absolution

*Celebrant* Let us humbly confess our sins unto Almighty God.

*All* Almighty and most merciful Father, we have erred and strayed from thy ways like lost sheep, we have followed too much the devices and desires of our own hearts, we have offended against thy 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. But thou, O Lord, have mercy upon us, spare thou those who confess their faults, restore thou those who are penitent, according to thy promises declared unto mankind in Christ Jesus our Lord; and grant, O most merciful Father, for his sake, that we may hereafter live a godly, righteous, and sober life, to the glory of thy holy Name. Amen.

*Celebrant* 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.

*People* Amen.

### THE WORD OF GOD

#### Kyrie

*Celebrant* Lord, have mercy upon us.

*People* Christ, have mercy upon us.

*Celebrant* Lord, have mercy upon us.

#### Salutation and Collect of the Day

*Celebrant* The Lord be with you.

*People* And with thy spirit.

*Celebrant* 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.

*People* Amen.

#### 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.

*Lector*            The Word of the Lord.  
*People*            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!

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

*Gospeller*        The Holy Gospel of our Lord Jesus Christ according to John.  
*People*            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 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."

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

**Sermon**      The Reverend Christine Mendoza, *Rector*

## **The Nicene Creed**

*All*              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 of the People** Rite I

*Intercessor*    Let us pray for the whole state of Christ's Church and the world.

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all men: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

Give grace, O heavenly Father, to all bishops and other ministers, especially Sarah, Archbishop of Canterbury; Sean, our Presiding Bishop; and Mark, our bishop, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

We beseech thee also to rule the hearts of those who bear the authority of government in this and every land, especially Donald, our President, and Abigail, our Governor, that they may be led to wise decisions and right actions for the welfare and peace of the world.

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor [all who suffer in body, mind or spirit, remembering those added to our parish prayer list this week, especially \_\_\_\_\_ and] all those who in this transitory life are in trouble, sorrow, need, sickness or any other adversity.

And we also bless thy holy Name for thy servants departed this life in thy faith and fear, [remembering especially \_\_\_\_\_], beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of all thy saints, that with them we may be partakers of thy heavenly kingdom.

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. Amen.

*People*

## **The Peace**

*Celebrant* The peace of the Lord be always with you.

*People* And with thy spirit.

## **Announcements and Birthday & Anniversary Prayers**

# **THE HOLY COMMUNION**

## **Offertory**

### **Presentation of the Gifts**

*All* All things come of thee, O Lord.  
And of thine own have we given thee. Amen.

### **The Great Thanksgiving, Eucharistic Prayer I**

*Celebrant* The Lord be with you.

*People* And with thy spirit.

*Celebrant* Lift up your hearts.

*People* We lift them up unto the Lord.

*Celebrant* Let us give thanks unto our Lord God.

*People* It is meet and right so to do.

*Celebrant* 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; 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 singing:

*All* 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.

*The Congregation kneels or remains standing.*

*Celebrant* All glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks, he brake it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all of this; for this is my Blood of the New Testament, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighting our merits, but pardoning our offenses, through Jesus Christ our Lord;

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

*All* AMEN

## **The Lord's Prayer**

*Celebrant* And now, as our Savior Christ hath taught us, we are bold to say,  
*All* 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

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

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

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

## Prayer of Humble Access

*Celebrant* Together, let us pray the Prayer of Humble Access.

*All* 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 & Communion of the People

### *Communion Instructions:*

*To receive holy communion, offer your cupped hands to receive the host and then proceed to a chalice-bearer to sip from the cup. If you would like communion by intinction (host dipped in wine), give the appropriate gesture (fingers of one hand in the palm of the other) and the host will be dipped in the wine and offered it to you. Also, gluten-free communion is available, just ask the priest. As always, receiving communion in one kind (e.g. bread only) is considered full and complete.*

*If you would prefer to receive a blessing, simply cross your arms over your chest.*

## The Post-Communion Prayer

*The Congregation kneels or stands.*

*Celebrant* Let us pray.

*All* 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, 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.

## Solemn Lenten Prayer

*Celebrant* Bow down before the Lord.

*The Congregation remains kneeling or bows.*

Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord.

*People* Amen.

## The Dismissal

*The Priest gives the dismissal.*

*People* Thanks be to God.