



THE CHURCH OF THE GOOD SHEPHERD

The Third Sunday in Lent
Holy Eucharist with a Penitential Order, Rite I
March 8, 2026, at 10:15a



The Church of the Good Shepherd
9350 Braddock Road, Burke, VA 22015 | 703-323-5400 | 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-3rd grades, **Faith Explorers** for 4th-6th grades, **EYC** for youth in grades 7th-12th, 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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The Rev. Christine Love Mendoza
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John Dohn,
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Liz Leland, *Register*

Jennifer Budden
Linda Hoffman
Chris Hunt
Fred Jones
Susan Marshall

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

Holy Eucharist with a Penitential Order, Rite I

Prelude *Contemplation on Beautiful Savior* Ring and Rejoice Handbell Choir

Matthew Compton

Gathering Bell

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

St. Agnes

1 Shep - herd of souls, re - fresh and bless thy cho - sen
2 We would not live by bread a - lone, but by thy
3 Be known to us in break - ing bread, and do not
4 Lord, sup with us in love di - vine thy Bo - dy

pil - grim flock with man - na in the
word of grace, in strength of which we
then de - part; Sa - vior, a - bide with
and thy Blood, that liv - ing bread, that

wil - der - ness, with wa - ter from the rock.
trav - el on to our a - bid - ing - place.
us, and spread thy ta - ble in our heart.
heaven - ly wine, be our im - mor - tal food.

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 (S 86)

David Hurd

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.

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 Sung by Choir

Cambridge Chant

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."

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

Martyrdom

1 As longs the deer for cool - ing streams in
2 For thee, my God, the liv - ing God, my
3 Why rest - less, why cast down, my soul? Hope
4 To Fa - ther, Son, and Ho - ly Ghost, the

parched and bar - ren ways, so longs my soul, O
thirst - y soul doth pine: O when shall I be -
still, and thou shalt sing the praise of him who
God whom we a - dore, be glo - ry, as it

God, for thee and thy re - fresh - ing grace.
hold thy face, thou Ma - jes - ty di - vine?
is thy God, thy health's e - ter - nal spring.
was, is now, and shall be ev - er - more.

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

Anthem *Grazioso*

(Ring and Rejoice Handbell Choir)

Arnold Sherman

Presentation of the Gifts *Sung Doxology*

Old 100th

All Praise God from whom all blessings flow;
Praise him all creatures here below;
praise him above, ye heavenly host:
praise Father, Son, and Holy Ghost. 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.

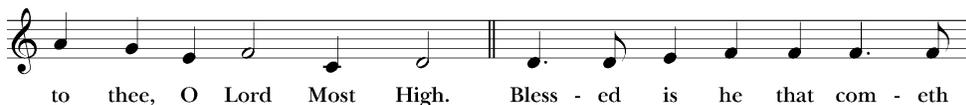
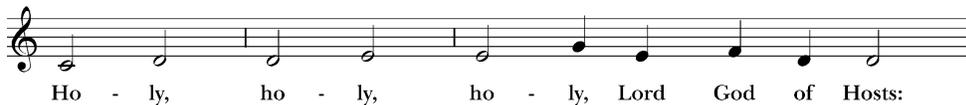
People It is meet and right so to do.

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:

Sanctus (S 113)

John Merbecke



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

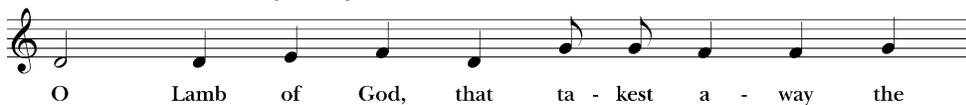
Celebrant And now, as our Savior Christ hath taught us, we are bold to say,
All Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against 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.

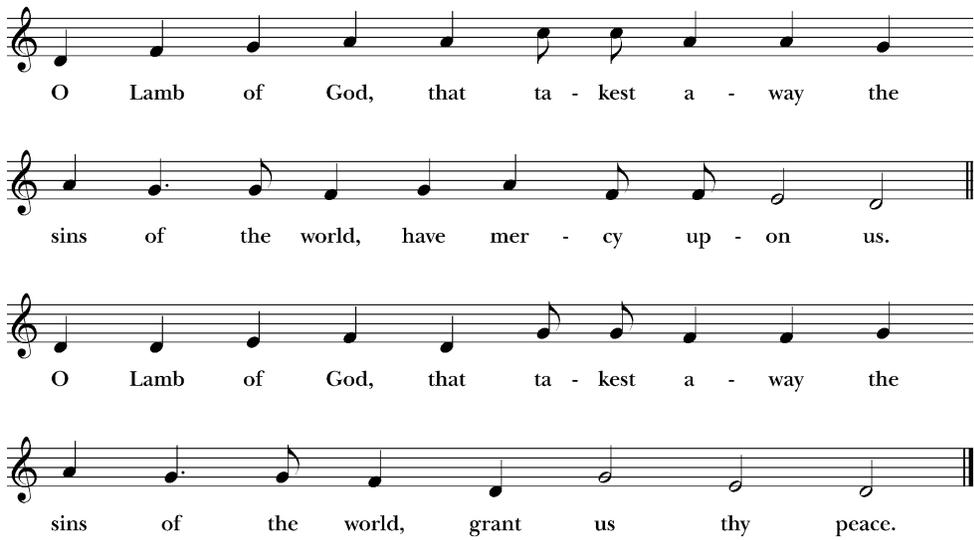
The Breaking of the Bread

The Celebrant breaks the consecrated Bread.

The Fraction Anthem (S 157)

John Merbecke





O Lamb of God, that ta - kest a - way the
sins of the world, have mer - cy up - on us.
O Lamb of God, that ta - kest a - way the
sins of the world, 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.

Anthem *Sicut cervus* Giovanni Palestrina
Sicut cervus desiderat ad fontes aquarum, As the hart longs for the water springs,
ita desiderat anima mea ad te, Deus. So longs my soul for thee, O God.

Hymn 692 *I heard the voice of Jesus say* *The Third Tune*



1 I heard the voice of Je - sus say, "Come un - to me and rest;
2 I heard the voice of Je - sus say, "Be - hold, I free - ly give
3 I heard the voice of Je - sus say, "I am this dark world's light;

and in your wea - ri - ness lay down your head up - on my breast.
 the liv - ing wa - ter; thirst - y one, stoop down and drink, and live."
 look un - to me, your morn shall rise, and all your day be bright."

I came to Je - sus as I was, so wea - ry, worn, and sad;
 I came to Je - sus, and I drank of that life - giv - ing stream;
 I looked to Je - sus, and I found in him my Star, my Sun;

I found in him a rest - ing place, and he has made me glad.
 my thirst was quenched, my soul re - vived, and now I live in him.
 and in that light of life I'll walk till pil - grim days are done.

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.

Recessional Hymn 686 *Come, thou fount of every blessing*

Nettleton

1 Come, thou fount of ev - ery bless - ing, tune my
 2 Here I find my great - est trea - sure; hith - er,
 3 Oh, to grace how great a debt - or dai - ly

heart to sing thy grace! Streams of mer - cy nev - er
by thy help, I've come; and I hope, by thy good
I'm con - strained to be! Let thy good - ness, like a
ceas - ing, call for songs of loud - est praise.
plea - sure, safe - ly to ar - rive at home.
fet - ter, bind my wan - dering heart to thee:
Teach me some me - lo - dious son - net, sung by
Je - sus sought me when a stran - ger wan - dering
prone to wan - der, Lord, I feel it, prone to
flam - ing tongues a - bove. Praise the mount! Oh, fix me
from the fold of God; he, to res - cue me from
leave the God I love; here's my heart, oh, take and
on it, mount of God's un - chang - ing love.
dan - ger, in - ter - posed his pre - cious blood.
seal it, seal it for thy courts a - bove.

The Dismissal

The Priest gives the dismissal.

People Thanks be to God.

Postlude *Prelude in g minor*

Franz Tunder

COMING EVENTS

Episcopal 101 Mini-Retreat – March 13 & 14

A journey to explore faith, Episcopal tradition, and the promises made at baptism. These classes involve small group discussions, theological learning, and spiritual formation to prepare for the laying on of hands by a bishop. Register with Christine+ at Christine.mendoza@good-shepherd.net. Please purchase your copy of *Episcopal Questions*, *Episcopal Answers* before the first class, so you can skim/read it.

Lenten Organ Concert following Parish Breakfast – Sunday, March 15 (Sanctuary)

From Penitence to Promise: A Lenten Organ Meditation traces the spiritual arc of Lent from sober confession to quiet hope. The program opens with Matthias Weckmann's *Ach wir armen Sünder*, a poignant chorale meditation of repentance, and continues with three original works inspired by beloved hymn tunes and reflective prayer. The recital concludes with Josef Rheinberger's Organ Sonata No. 11 in D minor, Op. 148, whose depth and lyricism carry the listener toward a sense of promise beyond sorrow. All are warmly invited to an afternoon of contemplation and devotion in sound.

PRAYER LIST – Those Added This Week

For the special concerns of: Mary Helman, Judy and Ray Cadell.

In thanksgiving for: the birth of Saturn Isaac Foerster.

For the repose of the soul of: Noel Moreno, Dahl Kanold, and Kate Vitt.