



TRINITY

EPISCOPAL CATHEDRAL
A house of prayer for all people

The Third Sunday in Lent
March 8, 2026, 8 a.m.

***Welcome:** Whether you are a first-time visitor or a long-time member, we are honored to worship with you today. If you are searching for a church home, we would love to tell you more about this congregation and to learn more about you. Fill out a visitor card found in the back of the pew in front of you, drop it in the offering plate, and we'll be in conversation with you this week. Above all, please know that this is your Cathedral, and all are welcome.*

THE HOLY EUCHARIST, RITE I

All stand as the ministers enter the Cathedral.

THE PENITENTIAL ORDER

Celebrant Bless the Lord who forgiveth all our sins.

People **His mercy endureth for ever.**

Celebrant 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 is faithful and just to forgive our sins, and cleanse us from all unrighteousness. *1 John 1:8, 9*

THE CONFESSION OF SIN

Deacon Let us humbly confess our sins unto Almighty God.

All kneel or stand.

Silence may be kept.

Deacon and People

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

Celebrant Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord.
Amen.

All stand.

THE KYRIE

Celebrant Lord, have mercy upon us.

People **Christ, have mercy upon us.**

Celebrant Lord, have mercy upon us.

THE 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. **Amen.**

All sit.

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?"

Lector The Word of the Lord.

People **Thanks be to God.**

Come, let us sing to the LORD; *
let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.

For the LORD is a great God, *
and a great King above all gods.

In his hand are the caverns of the earth, *
and the heights of the hills are his also.

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

Come, let us bow down, and bend the knee, *
and kneel before the LORD our Maker.

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!

Harden not your hearts, as your forebears did in the wilderness, *
at Meribah, and on that day at Massah, when they tempted me.

They put me to the test, *
though they had seen my works.

Forty years long I detested that generation and said, *
“This people are wayward in their hearts; they do not know my ways.”

So I swore in my wrath, *
“They shall not enter into my rest.”

THE SECOND READING

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.**

All stand.

THE GOSPEL

JOHN 4:5-42

Deacon 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.”

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

THE SERMON

THE NICENE CREED

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.

THE PRAYERS OF THE PEOPLE

The Deacon says

Let us pray for the whole state of Christ's Church and the world, saying "Lord, in thy mercy, hear our prayer."

All kneel or stand.

The Deacon and People pray responsively

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.

Intercessor Lord, in thy mercy,

People **Hear our prayer.**

Give grace, O heavenly Father, to all bishops and other ministers, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

Intercessor Lord, in thy mercy,

People **Hear our prayer.**

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.

Intercessor Lord, in thy mercy,

People **Hear our prayer.**

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

Intercessor Lord, in thy mercy,

People **Hear our prayer.**

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor (_____ and) all those who in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

Intercessor Lord, in thy mercy,

People **Hear our prayer.**

We pray for _____ .

Intercessor Lord, in thy mercy,

People **Hear our prayer.**

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear (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.

Intercessor Lord, in thy mercy,

People **Hear our prayer.**

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

People **Amen.**

THE PEACE

Celebrant The peace of the Lord be always with you.

People **And with thy spirit.**

Then all may greet one another in the name of the Lord.

THE HOLY COMMUNION

*At this time ushers collect an offering from the congregation.
Use the QR code to make a plate offering.*



THE GREAT THANKSGIVING

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.**

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...

...Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

THE SANCTUS

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.

All stand or kneel.

Celebrant All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption...

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

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

People and Celebrant

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

A period of silence is kept.

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.**

Celebrant and People

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.

Celebrant The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

THE ADMINISTRATION OF HOLY COMMUNION

To receive the Bread and Wine of Holy Communion, please come forward and kneel or stand at the Altar rail. Gluten-free Bread is available upon request. If you prefer not to drink the Wine, please know that receiving only Bread is a "full Communion." If you prefer to receive a blessing instead of the Bread and Wine, come forward to the rail and cross your arms over your chest. If, for whatever reason, you prefer to receive the Bread and Wine in your pew, let your usher know.

THE POSTCOMMUNION PRAYER

Celebrant Let us pray.

Celebrant and People

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.

THE SOLEMN PRAYER OVER THE PEOPLE

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

THE DISMISSAL

Deacon Let us bless the Lord.

People **Thanks be to God.**

✠ ALTAR GIFTS ✠

TO THE GLORY OF GOD AND IN LOVING MEMORY OF
MARY WORTHEN PENICK AND JAMES HENRY PENICK ,SR., EVELYN AND ED PENICK, SR.,
AND ANA AND GEORGE WHITMORE
BY THE ED PENICK FAMILY

LITURGICAL LEADERS

Celebrant

The Rev. Peggy Cromwell, *Priest Associate for Pastoral Care*

Preacher

The Very Rev. Andrea McMillin, *Dean and Rector*

Assisting Priest

The Rev. Thomas Alexander, *Curate*

Deacon

The Rev. Dr. Susan Loy Lyon

Lector and Lay Eucharistic Minister

Judy Barger

ANNOUNCEMENTS

This week at and around the Cathedral

Today	4 p.m., Choral Evensong	5 p.m., St. Cecilia Singers
	5 p.m., Catechumenate	5:30 p.m., Community Dinner
	No EKC or EYC this afternoon	5:30 p.m., Healing Eucharist
Monday	7 a.m., Breakfast Bible Study	6 p.m., Koinonia Eucharist
	8:30 a.m., Morning Prayer	6:30 p.m., Book Club
Tuesday	8:30 a.m., Morning Prayer	7:30 p.m., Choral Compline
Wednesday	8:30 a.m., Morning Prayer	Thursday
	11 a.m., Bible Study	8 a.m., Men's Group
	12:15 p.m., Organ Recital	8:30 a.m., Morning Prayer
	4 p.m., Trinity Choristers	5:15 p.m. Evening Prayer
	5 p.m., Trinity Ringing Society	7 p.m., Cathedral Choir Rehearsal

UPCOMING EVENTS

Trinity Connections

The Transition Committee is planning a series of small gatherings around Little Rock to get to know the Very Reverend Andrea McMillin, our new Dean and Rector. The gatherings are scheduled in different parts of Little Rock and will involve food, conversations, and opportunities to connect. Scan the QR Code to see the schedule and sign up.



Memorials for Easter

Due Friday, March 27 at 5:00 p.m.

On Easter Sunday, the Cathedral is decorated with flowers given by parishioners in honor or in memory of loved ones, and these memorials are listed in the service booklets. Donations of any amount are welcome. To arrange a memorial, contact Missy McCain, Parish Administrator (missy@trinitylittlerock.org) or use this QR code no later than Friday, March 27 at 5:00 p.m.



Lenten Intergenerational Service Project: Undie Sunday

Sunday, March 15

9:15 a.m., Morrison Hall

The Matthew 25 Outreach group is asking your assistance to “Share our blessings, help our neighbor!” Beginning in March, we are gathering supplies which we will collect, organize, and distribute during the Lenten Intergenerational Service Project on March 15.

Between March 1 - 15: Please bring your donations to the Cathedral or church office. All items must be new, please no used or worn donations. Men's, women's, and children's sizes of the following:

- T-shirts
 - Socks
 - Underwear
 - Diapers
- March 15: Join us to sort and prepare gifts to be sent to St. Francis House and Dorcas House!

Spring Seed Swap

Sunday, March 15

11:30 a.m. to 12:30 p.m.

Please join us in the Garth to swap seeds with each other. Bring any and all seeds that you would like to trade and hopefully we will have a wide selection to “swap” just in time for spring planting! Put on with love by the Broadway Community Garden.

Palm Cross Making

Saturday, March 28

9:00 - 12:00 p.m., Lounge

Everyone is invited to come fold palm crosses on Palm Saturday! Even if you have never made one before, we are happy to teach you how and there are several methods. Each one is unique and a loving offering for our Palm Sunday celebrations the following day. Join us! For questions contact Dawn Howe (501-690-0997 or howeow@aol.com).

The Rite of Reconciliation

Those who wish to make a private confession are welcome to do so at any time in the Episcopal Church. The season of Lent is a good opportunity for newcomers to try out this practice. To make an appointment, please contact the Very Rev. Andrea McMillin (andrea@trinitylittlerock.org), the Rev. Thomas Alexander (thomas@trinitylittlerock.org), and the Rev. Peggy Cromwell (cromwellpeggy@gmail.com).

Wednesdays in Lent

At Trinity, every Wednesday in Lent will be full of opportunities to go deeper into a life with God. Every Wednesday follows the same schedule, including Community Dinner and Koinonia Eucharist each week.

11:00 a.m. – Bible Study: The Psalms as Prayer

12:15 p.m. – Organ Recital

5:30 p.m. – 6:30 p.m. – Community Dinner

5:30 p.m. – Healing Eucharist

6:00 p.m. – Koinonia Eucharist

6:30 p.m. – Book Club: Gary Anderson's *Sin: A History*

7:30 p.m. – Choral Compline

Daytime Bible Study: The Psalms as Prayer

Wednesdays in Lent, 11 a.m. (beginning February 25)

Baker Parlor in Keller House

Join Thomas for this weekday, daytime Bible study during the Lenten season to develop prayer practices using the Psalms. Participants are more than welcome to bring their lunch with them. To learn more, contact the Rev. Thomas Alexander (thomas@trinitylittlerock.org).

Book Club: *Sin: A History* by Gary Anderson

Wednesdays in Lent, 6:30 p.m. (beginning February 25)

Conference Room in Keller House

What is sin? Spanning nearly two thousand years, the book brilliantly demonstrates how sin as a concept has evolved over history. This will be a wonderful class for the Lenten season. To sign up, contact the Rev. Thomas Alexander (thomas@trinitylittlerock.org).

CHILDREN & YOUTH ANNOUNCEMENTS

For all program questions contact Emma Mitchell,

emma@trinitylittlerock.org

EKC/EYC Schedule in March:

4:00-5:00 p.m. EKC

5:00 p.m. Shared Dinner

5:30-6:30 p.m. EYC

March 8: NO EKC/EYC (AYE Weekend)

March 15: EKC/EYC (Gym)

March 22: Spring Break Church Cleaning Day!

March 29 (Palm Sunday): EKC/EYC (Gym)

Koinonia Wednesdays

Every Wednesday in Lent

4:00 p.m. Trinity Choristers

5:00 p.m. St. Cecilia Singers

5:30 p.m. Community Dinner (Morrison Hall)

6:00 p.m. Koinonia Eucharist (Cathedral)

Join us *every* Wednesday in Lent, beginning February 18, for children's choir, St. Cecilia Singers, Community Dinner, and family-friendly worship! We are looking for a few volunteers to host dinners and lead worship, please let Emma know if you can volunteer for one of these roles.