

# ST. JOHN'S CATHEDRAL

The Cathedral of the Episcopal Diocese of East Tennessee

The Third Sunday in Lent

Sunday, March 8th, 2026 | 8:00 & 10:30 AM

Service items listed in red can be found in the red Book of Common Prayer. Hymns, listed in blue, can be found in the blue Hymnal.

## The Word of God

8:00 AM

**The Opening Sentence** (*Stand at the bell*)

*Celebrant:* Bless the Lord who forgiveth all our sins;

*People:* His mercy endureth for ever.

**Hymn 660:** *O Master, let me walk with thee* (v. 1 & 2)

**The Collect for Purity**

**The Summary of the Law** page 324

**The Collect of the Day**

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.*

**The Reading**

*Romans 5:1–11*

**The Psalm**

*Psalm 95: 1–7*

**The Gospel**

*John 4: 5–42*

**The Sermon**

*The Rev. Canon Thom Rasnick*

**The Nicene Creed** page 327

**The Prayers of the People – Form VI** page 392

**The Peace**

**The Offertory Sentence & Offertory**

**The Doxology:** *Praise God, from whom all blessings flow*

(Hymn 380, v. 3)

**The Great Thanksgiving** page 333

**Proper Preface**

Who dost bid thy faithful people cleanse their hearts, and prepare with joy for the Paschal feast.

**The Sanctus** page 334

**The Lord's Prayer** page 336

**The Communion of the People**

**Post Communion Prayer** page 339

**Hymn 690:** *Guide me, O thou great Jehovah* (v. 1 & 2)

**Postlude:** Fugue from Praeludium in G-moll

Dietrich Buxtehude (1637–1707)

10:30 AM

**The Opening Sentence** (*Stand at the bell*)

*Celebrant:* Bless the Lord who forgives all our sins;

*People:* His mercy endures for ever.

**Hymn 152:** *Kind Maker of the world, O hear*

**The Collect for Purity**

**Opening Cantic:** *Kyrie eleison* (S 86 Hurd)

**The Collect of the Day**

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 Reading**

*Romans 5:1–11*

**The Psalm**

*Psalm 95: 1–7*

**Sequence Hymn 455:** *O Love of God, how strong and true*

**The Gospel**

*John 4: 5–42*

**The Sermon**

*The Rev. Canon Thom Rasnick*

**The Nicene Creed** page 358

**The Prayers of the People – Form VI** page 392

**The Peace**

## Holy Communion

**The Offertory Sentence**

**The Offertory Anthem** Herbert Howells (1892–1983)

*Like as the hart desireth the waterbrooks*

**The Doxology:** *Praise God, from whom all blessings flow*

(Hymn 380, v. 3)

**The Great Thanksgiving** page 361

*Eucharistic Prayer A*

**Proper Preface**

You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast.

## 10:30 AM Holy Communion *continued*

The Sanctus: *Holy, holy, holy Lord* (S 124 Hurd)  
The Lord's Prayer

The Fraction anthem: *Christ our Passover* (S 154 Hurd)

The Communion Anthem William H. Harris (1883-1973)  
*The eyes of all wait upon thee, O Lord*

### Communion Hymns

328: *Draw nigh and take the Body of the Lord*

706: *In your mercy, Lord, you called me*

The Post Communion Prayer page 365

Hymn 690: *Guide me, O thou great Jehovah*

Postlude: Fugue from Praeludium in G-moll  
Dietrich Buxtehude (1637-1707)

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### Altar Flowers Dedication

The flowers in the Church are given to the glory of God  
and in memory of our grandmothers Cissie Lee,  
Pauline Sprouse, Betty Petagna and Anne Lafaye  
and in honor of our moms Anne Sprouse and Beth  
Charlton by David and Renée Sprouse.

....and in memory of Abdala H. Jubran  
by Doris Jubran.

...and in memory of Doris Dunning by Jim and Rhonda  
Clayton.

### Lay Ministries

8:00 AM  
Usher John Melnick  
Lay Reader / Chalice Bearer Chris Copelan  
Acolyte Rusty Russell

10:30 AM  
Ushers Jay Baker - Lead, Adam Brock, Roy Brown  
Bailey Sharp, Tommy Siler  
Greeters RJ, Clara & Early Justice,  
Brooke Swart

Lay Reader / Chalice Bearer Lee Moreland  
Lector / Chalice Bearer Susan Conway  
Chalice Bearer James Wolfenbarger  
Crucifer Becca Burrese  
Acolytes Liam Ownby, Ewan Ownby, Brandt Robinson,  
Gracie Robinson

Thurifer Stacy Taylor  
Verger Lloyd Terry  
Safety Chip Fuller

Broadcast Team Caleb Bales, Mike Bensey, Nick Cassell,  
Jim Foust, Christibeth Paul, & Whitney Ross

Altar Guild Linda Morris & Team  
Flower Guild Rick Boyd & Team

## Announcements

more information available at [www.stjohnscathedral.org](http://www.stjohnscathedral.org)

### Today at the Cathedral

9:20 AM Nursery & Childcare Opens – 2nd Floor  
9:30 AM Lectionary Bible Study – Rm. 9, Bottom Floor  
11:30 AM Cookies and Coffee – Ross Hall

### Table for 8 Gatherings

Table for 8 is an informal dinner for eight people in the home of a St. John's parishioner. The goal of the event is to share a meal and conversation. It is a one time event, not an ongoing group. Online registration is now available. Simply choose from the available dates and your host will contact you with details for your dinner.

Scan QR code below to Register or visit [www.sjcknox.org](http://www.sjcknox.org)

### Downtown Lenten Services & Lunch | 12 Noon

Celebrate Lent with the downtown Knoxville faith community. The annual Lenten services offer a time for reflection, worship, and fellowship. Come for a noon service and stay for complimentary lunch as we journey through this sacred season together. Schedule below:

Wed., March 11th	<i>Spring Break - No Service</i>
Wed., March 19th	Immaculate Conception Church
Wed., March 25th	First Baptist Church

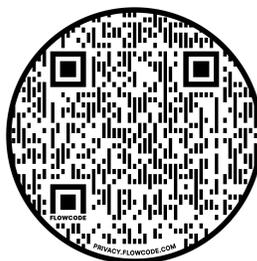
### Cathedral Offices Closed

Tues., March 10th, Wed., March 11th and Fri., March 13th.  
*Check with your small group / studies leaders for altered schedule.*

### Let's Talk "Church Tomorrow?"

Monday, March 9th 7:00-8:00 PM St. John's Cathedral  
with Rev. Canon Stephanie Spellers & Bishop Brian Cole

Bishop Brian Cole and St. John's Cathedral host this inspiring gathering with the Rev. Canon Stephanie Spellers, whose new book, Church Tomorrow?: What the 'Nones' and 'Dones' Teach Us About the Future of Faith, wrestles with the decline of traditional religion and the voices of nonreligious Millennials and Gen Zs. Spellers traveled America to ask young 'Nones' and 'Dones': Why are they saying "no" to church? Where are they experiencing the sacred and belonging? What would they tell churches? And where do we go from here? If you're wondering about church tomorrow, let's listen today.



Scan QR Code for:

- Guest Information
- Online Giving
- Prayer Request Submission
- Weekly Cathedral Update
- And more

## The Reading

Romans 5:1-11

### A reading from Paul's letter to the Romans:

Therefore, 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 afflictions, knowing that affliction produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, 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, therefore, since we have now 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.

*Reader:* The Word of the Lord.

*People:* THANKS BE TO GOD.

## Psalm 95

8:00: *The Psalm is read in unison by ALL.* 10:30: *The refrain is sung by ALL, and the choir sings the verses.*

**Refrain**



To-day if you would hear God's voice, hard-en not your hearts.

from *Gradual Psalms for the RCL*, ed. Bruce E. Ford, Church Publishing Incorporated

- |   |   |
|---|---|
| 1 Come, let us sing to the LORD; *<br>let us shout for joy to the Rock of our salvation.                              | 5 The sea is his, for he made it, *<br>and his hands have molded the dry land.<br><b>REFRAIN</b>  |
| 2 Let us come before his presence with thanksgiving *<br>and raise a loud shout to him with psalms.<br><b>REFRAIN</b> | 6 Come, let us bow down, and bend the knee, *<br>and kneel before the LORD our Maker.   |
| 3 For the LORD is a great God, *<br>and a great King above all gods.  | 7 For he is our God, and we are the people of his<br>pasture and the sheep of his hand. *<br>Oh, that today you would<br>hearken to his voice! <b>REFRAIN</b> |
| 4 In his hand are the caverns of the earth, *<br>and the heights of the hills are his also.                           |   |

## The Gospel

*John 4: 5-42*

### The Holy Gospel of our Lord Jesus Christ according to John.

*People: GLORY BE TO THEE, O LORD.*

*People: GLORY TO YOU, LORD CHRIST.*

So he 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'. The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' 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 worshipped 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 worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him.

*Reader: The Gospel of the Lord.*

*People: PRAISE BE TO THEE, O CHRIST.*

*Reader: The Gospel of the Lord.*

*People: PRAISE TO YOU, LORD CHRIST*

**Offertory anthem:** *Like as the hart desireth the waterbrooks*  
(Herbert Howells)

Like as the hart desireth the waterbrooks  
so longeth my soul after thee, O God.

My soul is athirst for God, yea, even for the living God  
when shall I come to appear before the presence of God?

My tears have been my meat day and night  
while they daily say unto me, Where is now thy God?

*Psalms 42:1-3*

**Communion anthem:** *The eyes of all wait upon thee, O Lord*

(William H. Harris)

The eyes of all wait upon thee, O lord:  
And thou givest them their meat in due season.

Thou openest thine hand,  
And fillest all things living with plenteousness.

The Lord is righteous in all his ways:  
And holy in all his works.

The Lord is nigh unto all them that call upon him:  
Yea all such as call upon him faithfully.

He will fulfill the desire of them that fear him,  
He also will hear their cry and will help them.

The Lord preserveth all them that love him,  
All them that love him.