

WELCOME TO ST. MARK'S EPISCOPAL CHURCH



CAPITOL HILL

ST. MARK'S MISSION STATEMENT

St. Mark's is an open community, welcoming people wherever they are on their faith journey. We celebrate the gifts of God that empower us to engage boldly in life's struggles and care for others with love, justice, and compassion.

THE THIRD SUNDAY IN LENT

March 8, 2026

5:00 PM HOLY EUCHARIST

Pastoral Associate

The Reverend Patricia Catalano

Seminarian

Rebekah Taylor

Director of Music

Jeff Kempeskie

Children, Youth, & Family Ministry

Director

Lisa Ramish

Rector

The Reverend Michele H. Morgan

Associate Rector

The Reverend Caitlin Frazier

Welcome to St. Mark's Episcopal Church ✠ Capitol Hill

To view the **parish calendar online**, please visit our homepage www.stmarks.net and click "Calendar" at the top of the page.

Hearing – Infrared headsets providing amplified sound are in the tract racks by the

doors, or ask an usher.

Restrooms are available in the foyer, with more downstairs.

Land Acknowledgement We acknowledge with respect the history, spirituality, and culture of the peoples on whose traditional territory we are located, specifically the Piscataway and Nacotchtank (Anacostan) peoples. We make this acknowledgment mindful of the traumatic events and the ongoing forces of systemic racism and oppression that forced native peoples from their lands. We continue our commitment to learning, growing, and finding a new way forward for meaningful, mutual healing.

As we move into the season of Lent, you will notice several changes: the cross over the altar is **the broken mirror cross** created by the late Joya Cox, symbolizing our broken nature. All the silver is stored until Easter: the offering plates, alms basin; the candlesticks on the altar are wood, and our chalices are **pottery**. The acolytes wear **Jerusalem crosses** made of olive wood from Bethlehem on purple ribbons. The hangings on the pulpit, lectern, and altar are purple, the color of penitence, as are the stoles worn by the clergy. All crosses are draped in purple until Holy Week, when the color changes to red.



THE LITURGY OF THE WORD

OPENING SENTENCES

Listen to the silence.

Hear the Voice of all;

The still, small Voice.

The Voice of God.

Silence is observed.

Seek the silence.

Find the Source of all.

That still, small Voice.

The Voice of God.

Silence is observed.

Welcome the silence.
Live in the Center of all;
The still, small Voice.
The Voice of God.

A period of silence is observed.

THE COLLECT

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 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.

Hear what the Spirit is saying to us.

Thanks be to God.

THE GOSPEL John 4:5-42

The Gospel of Jesus according to John.

Glory to you, Lord Christ.

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.”

The Gospel of Jesus.

Praise to you, Lord Christ.

SERMON The Reverend H. Michele Morgan **MUSIC FOR MEDITATION**

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,
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.
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,
who with the Father and the Son is worshiped and glorified,
who 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.**

A period of silence is observed.

Let us pray for the Church, ourselves, and the world.

Gracious God: As we walk through this season of Lent, we give thanks for our chosen spiritual home, all who guide and work for it, here and abroad.

Our help comes from you.

Creator God, who breathed this world into being and established a covenant with those who follow you: bring us out of the captivity of our lives into your promised land. **Our help comes from you.**

Forgiving God, you entrusted to us this world of wonder and delight, yet we so often use it for our own glory rather than yours. Awaken us to its beauty, to its fragility, and to our call to speak and act for its healing.

Our help comes from you.

Loving God, you hold every life as precious. We pray for everyone affected by the conflict among Iran, Israel, and the United States, for the dead and the grieving, the fearful and the displaced. Do not let us look away from their suffering. Turn our hearts and our leaders toward peace, and renew in us compassion and courage.

Our help comes from you.

Loving God, you taught that none are forgotten in your sight. Be near to the lonely, the isolated, and the weary. Carry us all through these dark days, and breathe new life into us, as you breathe new life into the earth each spring.

Our help comes from you.

Living God, your Son walked among us and touched those the world overlooked. Help us remember the unhoused, the refugee, and the stranger, and remind us that we are your hands in the world.

Our help comes from you.

Comforting God, you welcomed your Son home after his earthly life. Welcome into your embrace all those we have loved and lost, those we remember and those we do not, those known and those forgotten, and remind us that one day we too shall be welcomed home.

Our help comes from you.

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

“This is my prayer,” to which all will respond, “Amen.”

Merciful God, **grant that what we, your servants, have prayed for, we may have grace to work for; and in the purpose of your love, answer our prayers and fulfill our hope. Amen.**

CONFESSION

Together,
**Forgiving God,
we have sinned against you;
we have done evil in your sight.
We are sorry and repent.
Have mercy on us according to your love.
Wash away our wrongdoing and cleanse us from our sin.
Renew a right spirit within us
and restore us to the joy of your salvation,
through Jesus Christ our Lord. Amen.**

ABSOLUTION

God forgives you, forgive yourself and go in peace.

THE PEACE

May the peace of God be with you!
And also with you.

VESTRY GREETING

WELCOME

ELECTRONIC OFFERING

Please consider supporting the work of the church. You may make an online gift, or learn about the other ways to give, by visiting the St. Mark's website, stmarks.net, and choosing “Donate or Pledge” at the top.

Gifts to St. Marks can also be made by texting “stmarks20003” to 73256, or by visiting the QR code. Thank you for your generous support of our collective work.



Food offerings may be brought forward to the baskets under the altar at this time. 7

OFFERTORY SENTENCE

Offer to the Holy One a sacrifice of Thanksgiving and make good your vows to the Most High.

(Psalm 50:14)

THE LITURGY OF THE TABLE

God be with you.

And also with you.

Lift up your hearts.

We lift them to God.

Let us give thanks to God.

It is right to give our thanks and praise.

Eternal God, in the abundance of your love, you have caused all things to be; from dust and spirit you have woven our humanity; in all our wanderings, you never cease to call us to fullness of life.

You gave us Jesus, son of Mary, the bread of life broken for the world; he fed us and feasted with us, suffering with us, in his dying and rising, sharing with us the pattern of our living.

Therefore, with all whom you have made, cherished, and called, with all who hunger for your kingdom and will not rest until all your children are fed, with the broken saints and redeemed sinners of all the ages, we take up the song of your praise:

**Holy, Holy, Holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is the one who comes in the name of the Lord.

Hosanna in the highest.

We ask that your Holy Spirit fall upon us and upon these gifts that these fragile, earthly things may be to us the body and blood of our lord and brother, Jesus Christ; who, on the night that he was betrayed, gathered with his faltering friends for a meal that tasted of freedom.

Calling them to his table, he took bread, gave thanks, broke it, and said, "This, my body, I give to you. Eat and remember me." In the same way, after supper, he took the cup, saying: "This, my blood, I give to you. Drink and remember me."

As on that night, so here and now he offers himself in touch and taste beyond all words can hold. Great is the mystery of faith.

Christ has died. Christ is risen. Christ will come again.

Therefore, in our eating and drinking, we are filled with Jesus' life-giving presence; we proclaim him as creation's host, transforming poverty into plenty in the reckless generosity of love.

Inspire us with the hope that one day death and greed will be no more and people without number will come from east and west, north and south to share the kingdom meal. **AMEN.**

THE LORD'S PRAYER

And now, as Jesus taught us, let us pray:

**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 FRACTION

Christ our Passover is sacrificed for us;

Therefore, let us keep the feast.

THE INVITATION TO COMMUNION

We recognize this as God's table and this bread and wine as God's food for us all. **Therefore, whoever we are, from wherever we have come, and whatever we believe or do not believe, All are welcome and invited to receive. Amen!**

THE COMMUNION

St. Mark's receives communion "in the round" as a symbol of our strong belief in the power of community.

You will be offered bread by a celebrant and invited to drink from the common cup. Please put out your hands to help guide the cup to your lips, and drink.

If you do not wish to receive the wine, please cross your hands over your chest. Please refrain from intincting (dipping) the host (the bread) into the wine.

MUSIC DURING COMMUNION

POST-COMMUNION PRAYER

Together, let us pray.

Lord of this feast beyond measure and price: we thank you for meeting us in our brokenness so that none might be lost: liberate us now to share bread with our neighbor, each receiving from the other what we need to be ourselves. Amen.

THE BLESSING

May our wilderness bear no terror for us, only truth. May our truth never break us, only make bold our strength. May we, in our strength, seek not to sustain only ourselves but make swift our service to others. And may the blessing of God – Creator, Redeemer, Sustainer – shine in us and through us, this day and always.

Amen.

DISMISSAL

In this season of contemplation, let us move into a world

In which we bring all of ourselves

Go in peace, to love and serve God.

Thanks be to God.



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Liturgical Leaders and Worship Participants

We'd love to talk to you if you're interested in serving in the liturgy in any of the following roles! For more information, contact our Assistant Rector Caitlin Frazier, Caitlin@stmarks.net

Ministers All the Members of St. Mark's

Presider & Preacher The Reverend Michele H. Morgan

Verger Michael Bloomfield

Acknowledgements: Opening Sentences: Lisa Frenz 1999. The Collect: *The Book of Common Prayer*. Prayers of the People: Saint Mark's Common Usage. Eucharistic Prayer: *Prayers for an Inclusive Church* -- Eucharistic Prayer I. Post-communion Prayer, The Blessing: *Prayers from an Inclusive Church* by Steven Shakespeare. The Dismissal: The Rev. Michele H. Morgan

Notes

Cycle of Prayer

In the Diocese of Washington

Pray in thanksgiving for the life and witness of Harriet Ross Tubman
Church of the Good Shepherd, Silver Spring
Good Shepherd Episcopal Preschool, Silver Spring

Anglican Communion

The Episcopal Church in Jerusalem & The Middle East

Parish Prayer List

Ben Alquiros • Nora Alquiros • Pam Baugh • Alex Beau • Jackie Boddie
Joseph Boone • Suzanne Burnette • Tracy Councill
Mark, Karen, Abby & Aimee Dahl • Martin & Mary De Nys • Charley Donnelly Pete
Eveleth • Karen Falk • Rudy Grube • Jack Guza • Dianne Hall Barbara Harvey • Michael
Henely • Jack Howell • Gale Johnson • Julia Jones Liam Kenny • Shadi Khoury • Hatcher
Byrd Kincheloe • Pat Latin Marwan Ibrahim Maadi • Lila Marks • Nat Marks • Taylor
Emerson Marks Walt Moody • Fred Muller (and family) • Delia Neuman (and family) •
Hester Ohbi Malik Robinson Jr • Charlie Rupp • T.H. Salmon • Ben Schaibly • Bob
Schaaf Stephanie Seely • Elin Whitney Smith • Richard Smith • Helen Soheilli Martha
Kincheloe Spain • Suzanne Stepanek Spratt • Barbara Starkey Deb Sullivan • Anthony
Sullivan • Yasser & Jawaher Toshtash • David Thacker Carol Thornhill • Stephanie Toth •
Stephen Wolf • Geoffrey Wood • Tom Zarek

Parishioners and Family Members Serving in the Military

Chase Allen Ammon • Clint Billings • Jason Earnest • Noah Landen Ensign
Andrew Loevinger • Lt. Tyler Gray-Hoehn • 1st Lt. Colin Gray-Hoehn

*If you would like to request to add or remove a name,
please email the Bulletin Coordinator at bulletin@stmarks.net*

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The Vestry

Senior Warden Alix Pereira srwarden@stmarks.net
Junior Warden Martha Huizenga juniorwarden@stmarks.net

Class of '27 Elizabeth Becker, Kristina Keenan & Doug Padgett Class of '28 Mary Ellison, Ben Flowers, Katherine White
Class of '29 Laura Gladstone, Randy Marks, Bo Ranney

Officers

Doug Ammon, *Treasurer* Roy Phillips, *Asst. Treasurer* Nick Simons, *Risk Manager*
Ryan Baugh, *Clerk*
Karen Wiedemann, *Vestry Counsel*

Diocesan Delegates

J.R. Randall (2027), Mary Neznec (2027), Jan Lipscomb (2028), Michael Knipe (2029)

Upcoming Vestry Meetings will be held on March 24th 7:00 PM via Zoom and in-person. If you have questions, contact the Vestry Clerk at clerk@stmarks.net

Welcome Guests!

We'd like to get to know you better!



We invite you to fill out this page, tear it off, and drop it into the offering plate or hand it to one of the greeters as you leave. If you have questions, please speak with the clergy or one of the greeters after the service.

To complete this form online, or sign up for our weekly newsletter, use this QR code:



I attended: _____ 5 p.m. Worship Service on March 8, 2026

Name	_____	E-mail
	_____	Phone No.
	_____	Zip Code

I am interested in learning more about:

- Becoming a member
- Service and Social Justice
- Adult education classes and prayer groups
- Volunteer during worship (Greet, Lay Serve, Altar Guild, Read, etc.)
- Baptism/Confirmation (child, adult)
- Music (choir, lessons)
- Children/youth classes & programs including Sunday School
- Affinity groups (20s/30s, Men's Group, Women's Group)
- Getting married at St. Mark's
- Meditation Center
- Yoga classes
- Dance classes
- St. Mark's Players (theatrical productions)

Anything else you would like to share?

Thank you for visiting St. Mark's today. *Go in peace and return often!*