

# The Third Sunday in Lent

Spiritual Communion

Sunday, March 8, 2026 at 9 AM

Church of the Redeemer

162 Bloor St. West, Toronto, ON M5S 1M4

office@theredeemer.ca • Tel: (416) 922 4948 • www.theredeemer.ca



## OUR VISION

### **Becoming the Body of Christ at the corner of Bloor & Avenue Road and beyond**

Guided by commitment to our shared values, we seek to become the body of Christ, nurturing a lively faith, a persistent hope, and an ever-expanding love for God's world.

We seek to – open our doors and hearts, embracing all who seek a sacred space. We offer worship in many forms, touching the hearts of those yearning for spiritual connection, in-person or online.

We seek to – listen deeply, hearing the stories of Jesus and of one another with open minds and hearts. Through faithful questioning, reflection, and shared learning, we grow together in wisdom and grace.

We seek to – serve with generous hospitality, gathering at the table with our physical and spiritual hunger. We walk alongside one another with compassion in the seasons and conditions of life, sharing our needs and thanks.

We seek to – embody Jesus' teachings that all people are God's children, worthy of love, and that all of creation is interconnected. Where structures or attitudes threaten or diminish, we advocate for justice, peace, equity and ecological responsibility.

We seek to – reach out in-person and virtually to the world around us. We dare to love in word and action so that others see something of God in their midst.

## OUR VALUES

**Compassion:** meeting every soul with tenderness and dignity

**Openness:** welcoming questions, embracing differences, and following the movement of the Spirit

**Respect:** honouring each person's unique story and gifts, and the inherent worth of all Creation

**Inclusion:** making room for all to enter, find a place, and participate fully

**Stewardship:** nurturing respect for our resources and partnerships for long-term vitality



# WELCOME TO THE CHURCH OF THE REDEEMER!

## Who We Are

We are followers of Jesus: children, young adults, families, and seniors who come from a variety of backgrounds. We are long-time members and newcomers; people of deep faith and those still searching; people shaped by many traditions—and sometimes seeking a deeper sense of faith and community. We are not limited by ability, age, economic status, ethnicity, gender identity, personal history or sexual orientation.

## Where We Stand

Dwelling on the traditional lands of the Wendat, Haudenosaunee, and Mississauga of the Credit First Nation, Church of the Redeemer stands at the crossroads, physical and virtual—of neighbourhoods and nations, of government, education, arts, culture, and commerce—in the heart of Toronto.

From this place we seek to live into our identity as the body of Christ: living our faith, offering hope, and sharing love for God's world.

If you would like to stay up to date with our news and events, please feel free to subscribe to our eNewsletter by going to <https://theredeemer.ca/post-17524>.

[theredeemer.ca](http://theredeemer.ca)

[instagram.com/TheRedeemerTO](https://www.instagram.com/TheRedeemerTO)

[facebook.com/TheRedeemerTO](https://www.facebook.com/TheRedeemerTO)

**President:** Liska Stefko

**Welcome**

## Land Acknowledgement

During the season of Lent, we will begin the liturgy in silence. Therefore, all are encouraged to offer this prayer, acknowledging the lands on which we dwell before the service begins.

In this Holy time of Lent, we acknowledge with respect that we gather today in many sacred places that were home to those who have been displaced. We recognize that our church dwells on the traditional lands of the Wendat, the Haudenosaunee and the Anishinaabe Nations, including the Mississaugas of the Credit First Nation. Holy One, help us to repent of all that we have done, and to make peace with those whom we have wronged, through Jesus Christ our Redeemer. Amen.



*Your support of the ministries of the Church of the Redeemer allows us to be witnesses to God's love on our corner of Bloor Street and Avenue Road. Donations can be made through the QR code. Thank you for your gift and for joining in worship today.*

## ✠ The Penitential Rite

Liska Stefko

*Priest:* The Lord be with you.

*All:* **And also with you.**

*Priest:* Let us pray. Almighty God,

*All:* **to you all hearts are open, all desires known,  
and from you no secrets are hidden.**

**Cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord. Amen.**

*Priest:* Dear friends in Christ  
as we prepare to worship almighty God,  
let us with penitent and obedient hearts confess our sins,  
that we may obtain forgiveness  
by God's infinite goodness and mercy.

*Priest:* Blessed be God who forgives all our sins;

*All:* **whose mercy endures forever.**

## Confession and Absolution

Liska Stefko

*Priest:* Most merciful God,

*All:* **we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done, and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbours as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us,  
that we may delight in your will, and walk in your ways,  
to the glory of your name. Amen.**

*Priest:* Almighty God have mercy upon you,  
pardon and deliver you from all your sins,  
confirm and strengthen you in all goodness,  
and keep you in eternal life; through Jesus Christ our Lord. **Amen.**



For our God is a great God, \*  
and reigns a- / bove all gods.

God holds all the caverns of the earth, \*  
and cradles the heights / of the mountains.

The sea belongs to the One who made it, \*  
whose hands also have shaped / the dry land.  
Come, let us bow down and bend the knee, \*  
and kneel before / our Maker.

For you are our God;  
and we are the people of your pasture and the sheep of your hand; \*  
O that today we would hear- / ken to your 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 was grieved with 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."

**Gospel Acclamation**

*Led by Redeemer Music Team*

**Praise and honour to you, Lord Jesus Christ**

**The Gospel**

*Steven Mackison*

*Priest:* The Lord be with you.

*All:* **And also with you.**

*Priest:* The Holy Gospel of our Lord Jesus Christ according to John.

*All:* **Glory to you, Lord Jesus 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." (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."

*Priest:* The Gospel of Christ.

John 4.5-42

*All:* **Praise to you, Lord Jesus Christ.**

**Homily:** Steven Mackison

*A moment of silence is observed.*

*At this time you are invited to write down prayers for the concerns of your heart.*

**Prayers of the People**

*Christina Chang*

*Leader:* Let us pray. Because you, God, love the world,  
because in Christ you walked it, we dare to pray;

*Please add your prayers, either silently or in the chat.*

*Leader:* God, send your spirit:

*All:* **O Lord hear my prayer.**

*Leader:* To connect the words of ancient scripture to the life of the world today; to let the urgent summons of Jesus surpass our reticence to respond, God, send your spirit: to awaken the minds of those in power to the realities of those they govern; to confront the arrogance of the privileged with the vulnerability of the poor,

*Please add your prayers, either silently or in the chat.*

*Leader:* God, send your spirit:

*All:* **O Lord hear my prayer.**

*Leader:* To engage the fragile state of the planet with those who carelessly abuse it; to let the pain of those who are hurting awaken the caring potential in the healthy,

*Please add your prayers, either silently or in the chat.*

*Leader:* God, send your spirit:

*All:* **O Lord hear my prayer.**

*Leader:* To eradicate the distance between our convictions and commitments, our potentials and our performance, our prayers and our politics, our faith and our discipleship,

*Please add your prayers, either silently or in the chat.*

*Leader:* God, send your spirit:

*All:* **O Lord hear my prayer.**

*Leader:* To hold before God in confidence the ones for whom we weep, and the ones who, in joy or sorrow weep for us; the ones who reveal in themselves what is hidden, and the ones who treat as precious all we confide in them, the ones who, today, we want to pray for, and the ones who, unasked, today will pray for us,

*Please add your prayers, either silently or in the chat.*

*Leader:* God, send your spirit:

*All:* **O Lord hear my prayer.**

*Leader:* Convince us, gracious God, that all is up for redemption.  
And since in Jesus you destined all to be changed and made new,  
enable us to be agents of your purpose. We pray in Jesus' name:

*Leader:* God, send your spirit:

*All:* **O Lord hear my prayer. Amen.**

## The Peace

*Liska Stefko*

*Priest:* The peace of the Lord be always with you.

*All:* **And also with you.**

## Offertory Hymn: #502 (Gather) "Come to the Water"

*Led by Redeemer Music Team*



1. O let all who thirst, let them come to the water.  
2. And let all who seek, let them come to the water.  
3. And let all who toil, let them come to the water.  
4. And let all the poor, let them come to the water.



And let all who have nothing, let them come to the Lord:  
And let all who have nothing, let them come to the Lord:  
And let all who are weary, let them come to the Lord:  
Bring the ones who are laden, bring them all to the Lord:



With-out mon-ey, with-out price. Why should you  
With-out mon-ey, with-out strife. Why should you  
All who la-bour, with-out rest. How can your  
Bring the children with-out might. Eas - y the



pay the price, ex-cept for the Lord?  
spend your life, ex-cept for the Lord?  
soul find rest, ex-cept for the Lord?  
load and light: 7 come to the Lord.

## The Lord's Prayer

Liska Stefko

*Priest:* As our Saviour taught us, let us pray:

*All:* **Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done,  
on earth as in heaven.**

**Give us today our daily bread.**

**Forgive us our sins as we forgive those who sin against us.**

**Save us from the time of trial, and deliver us from evil.**

**For the kingdom, the power, and the glory are yours,  
now and for ever. Amen.**

## The Giving and Receiving of Communion

Liska Stefko

*Priest:* Dear friends, I invite you in this moment, wherever you may be, to receive Christ, in communion with the saints, and the gathering of God's people, unseen and yet present with us now.

*For those of us participating at home, it is a strange experience to be invited to Communion – not through the physical bread and wine we can touch and taste – but a Spiritual Communion with the God who comes to meet us wherever we are.*

*There are no special words or prayers for this, all the Church has ever thought necessary is genuine true desire, lively faith, and genuine love. Come honestly before God the way you know how.*

*You may wish to pray quietly this prayer to help you:*

*One:* O Christ,  
I believe that you are truly present in the Blessed Sacrament of the Altar.  
I desire to offer you praise and thanksgiving as I proclaim your resurrection.  
I love you above all things, and long for you in my soul.  
Since I cannot receive you in the Sacrament of your Body and Blood,  
come spiritually into my heart.  
Cleanse and strengthen me with your grace, Lord Jesus,  
and let me never be separated from you.  
May I live in you, and you in me,  
in this life and in the life to come. Amen.

# The Doxology

Liska Stefko

*Priest:* Glory to God,

*All:* whose power working in us  
can do infinitely more than we can ask or imagine.  
Glory to God from generation to generation,  
in the Church and in Christ Jesus for ever and ever. Amen.

## Concluding Hymn: #508 (Common Praise) "I Heard the Voice of Jesus Say"

*Led by Redeemer Music Team*



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



rest; lay down, thou wea - ry one, lay down thy  
give the liv - ing wa - ter; thirs - ty one, stoop  
light; look un - to me, thy morn shall rise, and



head up - on my breast." I came to Je - sus as I was, so  
down and drink and live." I came to Je - sus and I drank of  
all thy day be bright." I looked to Je - sus and I found in



wea - ry, worn, and sad; I found in him a  
that life - giv - ing stream; my thirst was quenched, my  
him my star, my sun; and in that light of



rest - ing place, and he has made me glad.  
soul re - vived, and now I live in him.  
life I'll walk till trav - elling days are done.

## Dismissal

Steven Mackison

*Priest:* Go in peace to love and serve the Lord.

*All:* **Thanks be to God.**

---

### FURTHER CREDITS FOR THIS BULLETIN

Unless stated otherwise, all liturgical texts are excerpted from the Book of Alternative Services © 2004 by the General Synod of the Anglican Church of Canada. All rights reserved. Reproduced under license from ABC Publishing, Anglican Book Centre, a ministry of the General Synod of the Anglican Church of Canada, from Anglican Liturgical Library. Prayers of the People Lenten Litany are adapted from John L. Bell & Graham Maule / Wild Goose Resource

Cover art is JESUS MAFA. Nicodemus, from **Art in the Christian Tradition**, a project of the Vanderbilt Divinity Library, Nashville, TN. Original source: <http://www.librairie-emmanuel.fr>.

All music not in the public domain is reproduced under OneLicense.net #A-707061

Pray · Fast · Give

1	March	9 AM - Worship on Zoom 10:30 AM - Holy Eucharist <i>in the church and on YouTube</i> 4 PM - Be Still <i>in the church and on YouTube</i>
8	March	9 AM - Worship on Zoom 10:30 AM - Holy Eucharist <i>in the church and on YouTube</i> 4 PM - No Service
15	March	9 AM - Worship on Zoom 10:30 AM - Holy Eucharist <i>in the church and on YouTube</i> 4 PM - Bach Vespers <i>in the church</i>
22	March	9 AM - Worship on Zoom 10:30 AM - Holy Eucharist <i>in the church and on YouTube</i> 4 PM - Be Still <i>in the church and on YouTube</i>

Reflect · Repent

# CHURCH OF THE REDEEMER LEADERSHIP

## Pastoral Staff

**Incumbent:** Steven Mackison  
**Associate Priest:** Liska Stefko  
**Children, Youth & Family Minister:** Lor Maroney  
**Honorary Assistants:** Jim Boyles, Susan Haig, Ann Jervis, Renata Koke, Paul MacLean, Margaret Rodrigues, Paul G. Walker, Katy Waugh, Andrew Wesley  
**Theological Intern:** Bianca Mathews

## Program Staff

**Director of Music:** Dan Norman  
**Assistant Director of Music:** Mike Daley  
**Musician in Residence:** Jill Daley

## Common Table Staff & Leads

**Director:** Tom More  
**Outreach Worker:** Jim Willis  
**Volunteer & Kitchen Coordinator:** Beverley Galandzy  
**Kitchen Coordinator:** Natalie Buyniak  
**Counsellors:** Jane Brushey-Martin, Francis Martin

## Ministry Support

**Administrative Assistant:** Brianna Davies  
**Bookkeeper & IT Support:** Nasir Qamar  
**Facilities Manager:** Craig Martin  
**Communications:** Ann Cope  
**AV & Sound Tech:** M. Yew  
**Event Hosts:** Michael Broder, Catharin Carew, Mark Rainey  
**Duty Custodian:** Lloyd Simangan

## Members of Diocesan Synod

Wesley Acheampong, Chris Ambidge, Peter Bennett, Lyn Sibley, Karen Visser, Richrd Van Delft (alternate)

## Board of Management

**Chair:** Carol Scovil  
**Vice-Chair:** Laura Boast  
**Advisory Board Chair:** Henry Krol  
**Property:** Susan Graham Walker  
**Stewardship:** Ron Waldie  
**Finance:** James Newman  
**HR:** Wesley Acheampong  
**At Large:** Jonathan Batty, Sheila Crummey

## Advisory Board

**Chair:** Henry Krol  
**Vice-Chair:** Susanne Hunter  
**Board of Management Chair:** Carol Scovil  
**Creation Matters:** Grant Jahnke, Andrew Scorer  
**ISWG:** Stephen Allen  
**Redeemer Explorers:** David Townsend, Deb Deacon  
**At Large:** Christina Chang, Mark Ebden, Louise Grieg, Deb Hinton, Scott MacLeod, Dawn Lee, Alanna Zоргdrager

## Redeemer Ministry Leads

**Accessibility Advocate:** Carol Scovil  
**Archives:** Nancy Luno  
**Catechesis:** Georgi Georgievski  
**Creation Matters:** Grant Jahnke, Andrew Scorer  
**Hospitality:** Tony Crosbie  
**Human Resources:** Tim Hadwen  
**Inclusion:** Christina Chang  
**Indigenous Solidarity Working Group:** Stephen Allen  
**Liturgy Animator:** Ann Cope  
**Martha League:** Richard Van Delft  
**Meditation Group:** Lilian Junkin  
**Pastoral Care:** Tony Crosbie  
**Property:** Susan Graham Walker  
**Redeemer Explorers:** David Townsend, Deb Deacon  
**Redeemer Pilgrims:** Susan Haig  
**Refugee Settlement:** Alison Colvin, Henry Krol  
**Stewardship:** Ron Waldie  
**Trans Ministry:** Margaret Rodrigues  
**Young Adults:** Shirley Park  
**Zoom Moderators:** Anne Lee

If you spot any errors or omissions, or to find out more about our ministry areas, please contact us: [office@theredeemer.ca](mailto:office@theredeemer.ca)