

SACRED HEART, TAMPA
Third Sunday of Lent
5:30 PM CONTEMPORARY SERVICE
08 March 2026

INTRODUCTORY RITES

Opening Song: Give Us Clean Hands
(Hall)

V.1 We bow our hearts,
we bend our knees
Oh Spirit come make us humble
We turn our eyes
from evil things
Oh Lord we cast down our idols

Chorus:

Give us clean hands;
give us pure hearts
Let us not lift our souls to another
Give us clean hands
give us pure hearts
Let us not lift our souls to another

And oh God let us be
a generation that seeks
That seeks Your face oh God of Jacob
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That seeks Your face oh God of Jacob

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PENITENTIAL RITE

Cantor: Lord Jesus, you welcome saints
and sinners to walk with you:

Lord have mercy,

All: *Lord have mercy!*

Cantor: Christ Jesus, you welcome the
weary and the burdened to rest in you:

Christ have mercy,

All: *Christ have mercy!*

Cantor: Lord Jesus,
you welcome all of us to dine with you:

Lord have mercy,

All: *Lord have mercy!*

LITURGY OF THE WORD

First Reading:

Ex 17:3-7

In those days, in their thirst for water, the people grumbled against Moses, saying, “Why did you ever make us leave Egypt? Was it just to have us die here of thirst with our children and our livestock?” So Moses cried out to the LORD, “What shall I do with this people? A little more and they will stone me!” The LORD answered Moses, “Go over there in front of the people, along with some of the elders of Israel, holding in your hand, as you go,

the staff with which you struck the river. I will be standing there in front of you on the rock in Horeb. Strike the rock, and the water will flow from it for the people to drink.” This Moses did, in the presence of the elders of Israel. The place was called Massah and Meribah, because the Israelites quarreled there and tested the LORD, saying, “Is the LORD in our midst or not?”

The Word of the Lord **Thanks be to God!**

Responsorial Psalm – Psalm 95

**If today you hear God's voice,
Harden not your hearts!**

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Second Reading: Rom 5:1-2, 5-8

Brothers and sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith to this grace in which we stand, and we boast in hope of the glory of God. And hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit who

has been given to us. For Christ, while we were still helpless, died at the appointed time for the ungodly. Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die. But God proves his love for us in that while we were still sinners Christ died for us.

The Word of the Lord **Thanks be to God!**

Gospel Greeting: Thy Word
(Grant/Smith)

**Thy Word, is a lamp unto my feet,
and a light, unto, my path!**

Verse 2:

I will not forget,
Your love for me and yet,
My heart forever is wandering.
Jesus be my guide
And hold me to your side,
I will love you
Till the end!

**Thy Word, is a lamp unto my feet,
and a light, unto, my path!**

Amy Grant | Michael W. Smith © 1984 Word Music, LLC (a div. of Word Music Group, Inc.) Meadowgreen Music Company (Admin. by Capitol CMG Publishing)

Gospel:

Jn 4:5-42

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon. A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" —For Jews use nothing in common with Samaritans.— Jesus answered and said to her, "If you knew the gift of God and who 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 do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I may not 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 and said to him, “I do not have a husband.” Jesus answered her, “You are right in saying, ‘I do not have a 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 can see that you are a prophet. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem.” Jesus said to her, “Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor

in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people 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 the Messiah is coming, the one called the Christ; when he comes, he will tell us everything.” Jesus said to her, “I am he, the one speaking with you.” At that moment his disciples returned,

and were amazed that he was talking with a woman, but still no one said, “What are you looking for?” or “Why are you talking with her?” The woman left her water jar and went into the town and said to the people, “Come see a man who told me everything I have done. Could he possibly be the Christ?” They went out of the town and came to him. Meanwhile, the disciples urged him, “Rabbi, eat.” But he said to them, “I have food to eat of which you do not know.” So the disciples said to one another, “Could someone have brought him something to eat?” Jesus said to them, “My food is to do the will of the one who sent me

and to finish his work. Do you not say, 'In four months the harvest will be here'? I tell you, look up and see the fields ripe for the harvest. The reaper is already receiving payment and gathering crops for eternal life, so that the sower and reaper can rejoice together. For here the saying is verified that 'One sows and another reaps.' I sent you to reap what you have not worked for; others have done the work, and you are sharing the fruits of their work." Many of the Samaritans of that town began to believe in him because of the word of the woman who testified, "He told me everything I have done." When the Samaritans

came to him, they invited him to stay with them; and he stayed there two days. Many more began to believe in him because of his word, and they said to the woman, “We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world.”

The Gospel of the Lord

Praise to You Lord Jesus Christ

*No repeat of the refrain outside
Ordinary Time - Please be seated.*

Homily

Apostles Creed

I believe in God, the Father almighty,
Creator of heaven and earth,
and in Jesus Christ,
his only Son, our Lord,
 (all bow during the next two lines)
 who was conceived by the Holy
 Spirit, born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day,
he rose again from the dead;
he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will come
to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

Universal Prayer

**Response: “Have mercy on us and on
the whole world.”**

LITURGY OF THE EUCHARIST

Preparation of Gifts & Altar:

At The Cross (Love Ran Red) (Tomlin)

V.1 There's a place where mercy reigns
and never dies

There's a place where streams of grace
flow deep and wide

Where all the love, I've ever found
Comes like a flood, comes flowing down

Chorus:

At the cross, at the cross

I surrender my life

I'm in awe of You. I'm in awe of You

Where Your love ran red

and my sin washed white

I owe all to You, I owe all to You, (Jesus)

V.2 There's a place
Where sin and shame are powerless
Where my heart
Has peace with God and forgiveness
Where all the love, I've ever found
Comes like a flood, comes flowing down
(chorus)

Chorus:

At the cross, at the cross
I surrender my life
I'm in awe of You. I'm in awe of You
Where Your love ran red
and my sin washed white
I owe all to You, I owe all to You, (Jesus)
(2nd time to bridge)

Bridge:

Here, my hope is found

Here, on holy ground

Here I bow down, here I bow down

Here, arms open wide

Here, You saved my life

Here I bow down. here I bow (down)

Chorus:

At the cross, at the cross

I surrender my life

I'm in awe of You. I'm in awe of You

Where Your love ran red

and my sin washed white

I owe all to You, I owe all to You, (Jesus)

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Eucharistic Acclamations:

Mass of a Joyful Heart (Angrisano)

Holy, Holy – When We Eat – Amen

COMMUNION RITE

Our Father

Lamb of God: Agnus Dei (Honore)

Communion Song 1 – O Come To The Altar

V.1 Are you hurting and broken within?
Overwhelmed by the weight of your sin?

Jesus is calling!

Have you come to the end of yourself?

Do you thirst for a drink from the well?

Jesus is calling!

Chorus:

O come to, the altar,
The Father's arms are open wide!
Forgiveness, was bought with,
The precious blood of Jesus Christ!

V.2 Leave behind your
regrets and mistakes.

Come today
there's no reason to wait.

Jesus is calling!

Bring your sorrows
and trade them for joy,
From the ashes a new life is born!
Jesus is calling!

Chorus:

O come to, the altar,
The Father's arms are open wide!
Forgiveness, was bought with,
The precious blood of Jesus Christ!

V.3 Bear your cross
as you wait for the crown
Tell the world
of the treasure you've found!

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Communion Song 2: Down to the River to Pray (Public Domain)

V.1 As I went down in the river to pray
Studyin' about that good ole way
And who shall wear the starry crown
Good Lord show me the way

Chorus:

Oh sisters, let's go down
Let's go down, come on down
Oh sisters, let's go down
Down in the river to pray

V.2 As I went down in the river to pray
Studyin' about that good ole way
And who shall wear the robe and crown
Good Lord, show me the way

Chorus:

Oh brothers, let's go down
Let's go down, come on down
Oh brothers, let's go down
Down in the river to pray

V.3 As I went down in the river to pray
Studyin' about that good ole way
And who shall wear the starry crown
Good Lord show me the way

Chorus:

Oh mothers, let's go down
Let's go down, come on down
Oh mothers, let's go down
Down in the river to pray

V.4 As I went down in the river to pray
Studyin' about that good ole way
And who shall wear the robe and crown
Good Lord show me the way

Chorus:

Oh fathers, let's go down
Let's go down, come on down
Oh fathers, let's go down
Down in the river to pray

V.5 As I went down in the river to pray
Studyin' about that good ole way
And who shall wear the starry crown
Good Lord show me the way

Chorus:

Oh sinners, let's go down
Let's go down, come on down
Oh sinners let's go down
Down in the river to pray

V.6 As I went down in the river to pray
Studyin' about that good ole way
And who shall wear the robe and crown
Good Lord show me the way

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CONCLUDING RITE

Sending Forth Song – Your Grace Is Enough (Maher)

V. 1 Great is Your faithfulness

O God of Jacob

You wrestle with

the sinner's restless heart

You lead us by still waters into mercy

Where nothing can keep us apart

Pre-Chorus:

(So) remember Your people

Remember Your children

Remember Your promise O God

Chorus:

(For) Your grace is enough

Yeah Your grace is enough

Yeah Your grace is enough

Yeah Your grace is enough, for me!

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