



## The Chapel of The Transfiguration

# Sung Eucharist

## The Third Sunday of Lent

Sunday 8<sup>th</sup> March 2026  
7.30 am



Like Nicodemus, the Samaritan woman encounters Jesus under cover, this time at Jacob's well in the searing heat of noon. The meeting prompts Jesus' most extended conversation with a single character in any of the Gospels. The woman is plucky and self-aware, conscious of their mismatched status, yet sufficiently curious to challenge Jesus to explain himself. In doing so he reveals his prior knowledge of her longing, and his irresistible promise of the water of life to satisfy that thirst inspires her testimony, which in turn prompts many more to believe that 'this is truly the Saviour of the world'.



### Music before the Service

Chorale Prelude: Petra

Alfred Floyd (1877–1974)

## Order of Service

*The congregation is asked to join in all text printed in **bold**.*

*If you are unable to stand at any point during the service, please feel free to remain seated.*

*The service is sung by  
The Chapel Choir of S. Thomas' College, Mount Lavinia.*

*Please remain silent before the service.*

# The Gathering

*Remain seated as the Choir enters*

*All stand as the procession of Clergy and Servers enter and move to the Sanctuary and the Altar is censed.*

## Processional Hymn



**I heard the voice of Jesus say,  
‘Come unto me and rest;  
Lay down, thou weary one, lay down  
Thy head upon my breast:’  
I came to Jesus as I was,  
Weary, and worn, and sad;  
I found in him a resting place,  
And he has made me glad.**

**I heard the voice of Jesus say,  
‘Behold, I freely give  
The living water, thirsty one;  
Stoop down, and drink, and live:  
I came to Jesus, and I drank  
Of that life-giving stream;  
My thirst was quenched, my soul revived,  
And now I live in him.**

**I heard the voice of Jesus say,  
‘I am this dark world’s Light;  
Look unto me, thy morn shall rise,  
And all thy day be bright:’  
I looked to Jesus, and I found  
In him my Star, my Sun;  
And in that light of life I’ll walk  
Till travelling days are done.**

Words: Horatius Bonar (1808–89)

Tune: Kingsfold  
English Traditional Melody

*All remain standing.*

## The Greeting

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
**Amen.**

“Come, everyone who thirsts, come to the waters.” Isaiah 55.1

Bless the Lord who forgives all our sins

**God’s mercy endures forever.**

*The Celebrant continues*

## Prayer of Preparation

Almighty God,

**to whom all hearts are open,**

**all desires known,**

**and from whom 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.**

*The Celebrant invites all to confess their sins*

## Prayers of Penitence

Compassion and forgiveness belong to the Lord our God, though we have rebelled against him. Let us then renounce our wilfulness and ask his mercy by confessing our sins in penitence and faith.

*All kneel and silence is kept.*

Most merciful God,

**Father of our Lord Jesus Christ,**

**we confess that we have sinned in thought,**

**word and deed.**

**We have not loved you with our whole heart.**

**We have not loved our neighbours as ourselves.**

**In your mercy forgive what we have been,**

**help us to amend what we are,**

**and direct what we shall be;**

**that we may do justly, love mercy,**

**and walk humbly with you, our God.**

**Amen.**

*The Choir sings*

Holy God,

Holy and Strong,

Holy and Immortal,

Have mercy on us.

Music: David Ogden (b.1966)

*The Celebrant pronounces the Absolution*

The almighty and merciful Lord

grant you pardon and forgiveness of all your sins,

time for amendment of life,

and the grace and strength of the Holy Spirit.

**Amen.**

*The Celebrant continues*

## The Collect for the Day

The Lord be with you

**And with thy spirit.**

Let us pray

*Silence is kept*

Almighty God, whose most dear Son  
went not up to joy but first he suffered pain,  
and entered not into glory before he was crucified:  
Mercifully grant that we, walking in the way of the cross,  
may find it none other than the way of life and peace;  
through Jesus Christ thy Son our Lord,  
who liveth and reigneth with thee,  
in the unity of the Holy Spirit,  
one God, now and for ever.

**Amen.**

*All sit*

## The Liturgy of the Word

### The Old Testament 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 quarrelled 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 quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

This is the Word of the Lord.

**Thanks be to God**

O come, let us sing to the Lord; •  
let us heartily rejoice in the rock of our salvation.

**Let us come into his presence with thanksgiving •  
and be glad in him with psalms.**

For the Lord is a great God •  
and a great king above all gods.

**In his hand are the depths of the earth •  
and the heights of the mountains are his also.**

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

**Come, let us worship and bow down •  
and kneel before the Lord our Maker.**

For he is our God; •  
we are the people of his pasture and the sheep of his hand.

**O that today you would listen to his voice: •**

**‘Harden not your hearts as at Meribah,  
on that day at Massah in the wilderness,**

‘When your forebears tested me, and put me to the proof, •  
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.” ’

**Glory to the Father, and to the Son,  
and to the Holy Spirit,  
as it was in the beginning, is now,  
and shall be for ever.**

**Amen.**

## New Testament Reading

Romans 5.1-11

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 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.

This is the Word of the Lord.

**Thanks be to God.**

*All stand to sing*

## Gradual Hymn



**Rock of ages, cleft for me,  
Let me hide myself in thee;  
Let the water and the blood,  
From thy riven side which flowed,  
Be of sin the double cure,  
Cleanse me from its guilt and power.**

**Not the labours of my hands  
Can fulfil thy law's demands;  
Could my zeal no respite know,  
Could my tears for ever flow,  
All for sin could not atone;  
Thou must save, and thou alone.**

**Nothing in my hand I bring,  
Simply to thy cross I cling;  
Naked, come to thee for dress;  
Helpless, look to thee for grace;  
Foul, I to the fountain fly;  
Wash me, Saviour, or I die.**

**While I draw this fleeting breath,  
When mine eyes are closed in death,  
When I soar through tracts unknown,  
See thee on thy judgement throne;  
Rock of ages, cleft for me,  
Let me hide myself in thee.**

Words: Arthur Toplady (1740–78)

Tune: Petra  
Richard Redhead (1820–1901)

*Remain standing and face the Gospel*

## The Gospel Reading

**Choir:** Praise to you O Christ, King of eternal glory.

**All repeat:**



**Choir:** Blessed are those who have endured temptation;  
they have stood the test  
and will receive the crown of life.

**Praise to you O Christ, King of eternal glory.**

The Lord be with you

**And with thy spirit**

Hear the Gospel of our Lord Jesus Christ according to  
St. John, 4<sup>th</sup> Chapter, beginning at the 5<sup>th</sup> verse

**Glory be to thee, O Lord**

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 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. 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 labour. Others have laboured, and you have entered into their labour.'

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 for 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 Saviour of the world.'

*At the end,*

This is the Gospel of our Lord Jesus Christ

**Praise be to thee, O Christ**

*Remain standing until invited to be seated*

Sermon

*given by*

Ven. Samuel Ponniah | Chaplain

*All stand to sing*

## Affirmation of Faith

We believe in one God,  
**the Father Almighty, Maker of heaven and earth,  
And of all things visible and invisible;**

**And in one Lord Jesus Christ,  
the only-begotten Son of God, Begotten  
of his Father before all worlds,  
God of God, Light of Light, very God of very God,  
begotten, not made,  
being of one substance with the Father,  
By whom all things were made:**

**Who for us men, and for our salvation  
came down from heaven,  
and was incarnate by the Holy Spirit of the  
Virgin Mary, and was made man,  
and was crucified also for us under Pontius Pilate,  
He suffered and was buried,  
and the third day he rose again  
according to the Scriptures,  
and ascended into heaven,  
and sitteth on the right hand of the Father.  
And he shall come again with glory to judge  
both the quick and the dead:  
Whose Kingdom shall have no end.**

**And we believe in the Holy Spirit,  
the Lord, the giver of life,  
Who proceedeth from the Father,  
who with the Father and the Son together  
is worshiped and glorified,  
who spake by the Prophets.  
And we believe One Holy Catholic  
and Apostolic Church.  
We acknowledge one Baptism  
for the remission of sins.  
And we look for the Resurrection of the dead,  
And the life of the world to come.  
Amen.**

*All kneel or sit*

## Prayers of Intercession

*during which the following response is used*

Lord, in your mercy  
**Hear our prayer**

# The Liturgy of the Sacrament

*All stand*

## Greeting of Peace

Since we are justified by faith,  
we have peace with God through our Lord Jesus Christ,  
who has given us access to his grace.

The peace of the Lord be always with you.

**And also with you.**

## Preparation of the Table

### Offertory Hymn

*during which the bread, wine and water are placed on the altar,  
and a collection is taken for the work of the chapel*



**Jesu, Lover of my soul,  
Let me to thy bosom fly,  
While the nearer waters roll,  
While the tempest still is high:  
Hide me, O my Saviour, hide  
Till the storm of life is past;  
Safe into the haven guide,  
O receive my soul at last.**

**Other refuge have I none,  
Hangs my helpless soul on thee;  
Leave, ah, leave me not alone,  
Still support and comfort me.  
All my trust on thee is stayed,  
All my help from thee I bring;  
Cover my defenceless head  
With the shadow of thy wing.**

**Thou, O Christ, art all I want,  
More than all in thee I find:  
Raise the fallen, cheer the faint,  
Heal the sick, and lead the blind.  
Just and holy is thy name,  
I am all unrighteousness;  
False and full of sin I am,  
Thou art full of truth and grace.**

**Plenteous grace with thee is found,  
Grace to cover all my sin;  
Let the healing streams abound,  
Make and keep me pure within.  
Thou of life the fountain art,  
Freely let me take of thee,  
Spring thou up within my heart,  
Rise to all eternity.**

Words: Charles Wesley (1707–88)

Tune: Aberystwyth  
Joseph Parry (1841–1903)

*Remain standing. The Celebrant invites all to say,*

**All things come from you and of your own do we  
give you, Creator and Lord of the universe, ever  
adored by the holy Angels. Accept these gifts  
of bread and wine and these offerings which we  
present at your holy table and with them the  
dedication of our lives for your service, through  
Jesus Christ our Lord.  
Amen.**

*Remain standing. The Celebrant continues*

## The Eucharistic Prayer

The Lord be with you  
**And with thy spirit**

Lift up your hearts  
**We lift them up unto the Lord**

Let us give thanks unto the Lord our God  
**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.

And now we give thee thanks,  
because thou hast given us the spirit of discipline,  
that we may triumph over evil and grow in grace,  
as we prepare to celebrate the paschal mystery with  
mind and heart renewed.

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

*All sing*

**Holy, Holy, Holy, Lord God of hosts,  
heaven and earth are full of thy glory.  
Glory be to thee,  
O Lord most high.**

*All kneel or sit*

Holy indeed are you Almighty Father eternal Sovereign, who in all your gifts and works manifests your holiness to all humanity. Holy is your Only Begotten Son Jesus Christ, through whom you did order the universe. And Holy is your ever blessed Spirit who reveals all things, even the deep things of you O God. Just as you yourself are holy, so also you created us in your own image that we might live in holy fellowship.

And when we disobeyed your commandments, you did not abandon us but you guided us as a merciful Father; you revealed yourself to us through the Sages, the Law and the Prophets, and through your redeeming acts in history, and when the time was ripe, you came among us through your Son Jesus, whom you sent into the world to share our human nature in order that the Lord Jesus might revive your own image in us.

**Generous God, Jesus loves us  
and sacrificed himself for us  
and heralded the new life  
in breaking bread with companions.**

On the very night that he was betrayed to suffer death upon the cross for us, the Lord Jesus took bread and when he had given thanks to you Almighty Father, he broke it and gave it to his disciples saying:

Take, eat, this is my body which is given for you.

Do this in remembrance of me.

In the same manner after supper, he took the cup also, and after giving thanks, he gave it to them saying:

Drink, all of you from this,

for this is my blood of the new covenant

which is poured out for many for the forgiveness of sins.

Do this, as often as you drink it, in remembrance of me.

Christ is the Bread of Life

**When we eat this bread and drink this cup  
we proclaim your death, Lord Jesus,  
until you come in glory**

And so Father, we present this bread and cup in communion with your whole church, in fellowship with Blessed Mary, St. Thomas and all the saints, and in union with all creation we celebrate your Son's death and victory; giving thanks for all that Christ has done for us; for preparing us for all that lies ahead, we receive the benefits of Christ's life, death, resurrection and session in glory, and we eagerly await the heavenly banquet after Christ's coming again.

And we entreat you most merciful God to hear us and send your All Holy Spirit on us and on these your gifts, that they being blessed and hallowed by that life giving power, may be for us the Body and Blood of your most dearly loved Son, to the end that we receiving the same may be sanctified and filled with your grace and heavenly blessing.

**Accept this our sacrifice of praise and thanksgiving; make us one body in Jesus Christ our Lord, by whom and with whom and in whom in the unity of the Holy Spirit all honour and glory be to you Almighty Father, world without end.**

*All sing:* **Amen.**

## Breaking of the Bread

The bread which we break  
is it not a sharing in the body of Christ?

**We being many are one bread,  
one body for we all partake of the one bread.**

## The Lord's Prayer

As our Saviour Christ has taught us, we now pray

*All sing*

Our Father,  
**which art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
in earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive them who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.**

*The Celebrant continues*

The peace of the Lord be always with you  
**And also with you.**

The gifts of God for the people of God

*All sing*

Benedictus

**Blessed is he that cometh in the name of the Lord.  
Hosanna in the highest.**

Deep Silence

*The Choir sings*

## Agnus Dei

O Lamb of God, that takest away the sins of the world  
Have mercy upon us.

O Lamb of God, that takest away the sins of the world  
Have mercy upon us.

O Lamb of God, that takest away the sins of the world  
Grant us thy peace.

## Giving of Communion

*The Celebrant invites the people to receive the Holy Communion, saying*

Draw near with faith and take this Holy Sacrament to your comfort.

**Lord, I am not worthy to receive you,  
but only say the word and I shall be healed.**

*All sit. If you receive communion in your own church, you are welcome to do so here.*

*The choir sings*

## The Lent Prose

*Hear us, O Lord, have mercy upon us: for we have sinned against thee.*

To thee, Redeemer, on thy throne of glory:  
lift we our weeping eyes in holy pleadings:  
listen, O Jesu, to our supplications. *Hear us, &c.*

O thou chief Cornerstone, Right Hand of the Father:  
Way of Salvation, Gate of Life Celestial:  
cleanse thou our sinful souls from all defilement. *Hear us, &c.*

God, we implore thee, in thy glory seated:  
bow down and hearken to thy weeping children:  
pity and pardon all our grievous trespasses. *Hear us, &c.*

Sins oft committed now we lay before thee:  
with true contrition, now no more we veil them:  
grant us, Redeemer, loving absolution. *Hear us, &c.*

Innocent, captive, taken unresisting:  
falsely accused, and for us sinners sentenced,  
save us, we pray thee, Jesu our Redeemer. *Hear us, &c.*

Music: Mode V  
arranged by John Scott (1952–2015)

*All kneel or remain seated*

## Prayers after Communion

*The Celebrant says,*

Give thanks to the Lord for God is gracious.

**God's mercy endures forever.**

“To the thirsty I will give water as a gift from the spring of the water of life.”

Revelation 21:6

**Almighty God,  
we thank you for feeding us  
with the Body and blood of your Son Jesus Christ.  
Through Christ we offer you ourselves  
to be a living sacrifice.  
Send us out in the power of your Spirit to live  
and work to your praise and glory.  
Amen.**

## The Dismissal

Blessing

Christ give you grace to grow in holiness,  
to deny yourselves, take up your cross,  
and follow him;  
and the blessing of God almighty, the Father,  
the Son and the Holy Spirit, be among you  
and remain with you always.

**Amen.**

*All stand*

Go in peace to love and serve the Lord  
**In the name of Christ. Amen.**

Recessional Hymn  
*during which the servers and clergy depart*



**Glorious things of thee are spoken,  
Sion, city of our God;  
He whose word cannot be broken  
Formed thee for his own abode:  
On the Rock of Ages founded,  
What can shake thy sure repose?  
With salvation's walls surrounded,  
Thou may'st smile at all thy foes.**

**See, the streams of living waters,  
Springing from eternal love,  
Well supply thy sons and daughters,  
And all fear of want remove:  
Who can faint, while such a river  
Ever flows their thirst to assuage?  
Grace, which like the Lord the giver,  
Never fails from age to age.**

**Saviour, if of Sion's city  
I through grace a member am,  
Let the world deride or pity,  
I will glory in thy name:  
Fading is the worldling's pleasure,  
All his boasted pomp and show;  
Solid joys and lasting treasure  
None but Sion's children know.**

Words: John Newton (1725–1807)

Tune: Austria  
Joseph Haydn (1732–1809)

*Remain standing as the Choir moves out, then sit.  
You are invited to be seated for the playing of the organ voluntary  
or you may leave quietly at this point.*

Music after the Service

Lantana from 'Plymouth Suite'

Percy Whitlock (1903–46)

**Sunday Fellowship**

You are all invited to a time of fellowship on the chapel steps.

**22<sup>nd</sup> March 2026 | 6.00 pm**

**Choral Evensong**

Fifth Sunday of Lent

*(Passiontide begins)*

The Chapel Choir will sing Evensong at the Cathedral of Christ the Living Saviour, Colombo 7.

All are welcome to attend.

**Holy Week and Easter**

All our Services during Holy Week and Easter are posted on the Notice board. Should you wish to receive this in a digital format please speak to the Chaplain after this Service.



Material from Common Worship is included in this service and is copyright © The Archbishops' Council. The text for the day is by Rev'd. Anna Jones, Chaplain, Queen's College, Cambridge, The Mass Setting is by Harold Darke. Hymns are taken from the College Hymnal. The Bible passages are read from the New Revised Standard Version of the Bible (Anglicised edition).