

The Celtic Rite

A CONTEMPLATIVE ONLINE LITURGY

ST. COLUMBA'S EPISCOPAL CHURCH

PENNY WASHBOURN, PRESIDING

MARCH 8, 2026



THE THIRD SUNDAY IN LENT

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MUSIC WILL BE PLAYED

OPENING RITE

PRESIDER: *Beannaim Chríost ionat!*

ASSISTANT & PEOPLE: *Beannaim Chríost ionat!*¹

PENITENTIAL RITE

PRESIDER: In the name of the Three-in-One, and One-in-Three. Amen.

PRESIDER: Let us pray. Bound in love to the triune God, let us call upon the Lord of our salvation and recollect in silence those times when we have failed to live as beings created for love, either because of that which we have done or for that which we have failed to do.

¹ “I greet Christ in you!” Pronounced: *Ben-im Kreest in-ot*

*Examination of conscience:
What obstacles prevent me from loving fully and
intimately?*

PRESIDER: Let us pray together then, to the God of Mercies.

PRESIDER & PEOPLE (on mute):

Most merciful God,

We confess that we have sinned against you,
against one another, and against our Mother
Earth.

Although you have made us incarnations of your
Love, we have not reflected your Divine
Image in the world.

Although you have called us to intimacy in Christ,
we have shunned you in ourselves, in others,
and in your Creation.

Although you have poured upon us the Spirit of
freedom, we have preferred our slavery to
our passions, greed, and complacency.

Turn to us Lord, even when our hearts turn away
from you.

Forgive us for the harm we cause to the innocent,
the vulnerable, the voiceless.

Forgive us for the harm we inflict
on the very planet that sustains us.

Instill in us a spirit of repentance.

Shake us from our complacency.

Move us to act in accordance with your Will
for the love of the planet and one another.

Awaken in us the hope of the Resurrection,
that recalling your boundless love for us
we may love boundlessly in return.

We ask this in the name of Christ Jesus.
Amen.

PRESIDER: ✠ Almighty God have mercy on us,
forgive us all our sins through our Lord Jesus
Christ, strengthen us in all goodness, and by the
power of the Holy Spirit keep us in eternal life.

Amen.

ASSISTANT: Glory to God in the highest
And peace to all people on Earth

ASSISTANT & PEOPLE (on mute): Loving God, your name is blessed from the rising of the sun to its setting; from the dawn of creation to its consummation. You give us breath to praise you and from east to west all creatures reflect your glory.

You send forth your Spirit and renew the heart of the Cosmos.

From knowing to unknowing, you reveal yourself in Christ,

the Holy One:

The Light which darkness cannot overcome;
the Peace which the world cannot give;

The Lamb of God who takes away the sin of the world;

the Love of God, poured into Creation.

And so, with one voice and one accord, we praise you, Triune God:

Creator, Redeemer, and Sanctifier, now and forever. Amen

COLLECT

Presider: 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 LESSONS

ASSISTANT: A reading from the Book of 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 quarreled 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 quarreled and tested the LORD, saying, “Is the LORD among us or not?”

Hear what the Spirit is saying.

Thanks be to God.

PSALM 95 *Please join Presider on mute in a responsive reading.*

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

8 Harden not your hearts, as your forebears
did in the wilderness, *

*at Meribah, and on that day at Massah,
when they tempted me.*

9 They put me to the test, *

though they had seen my works.

10 Forty years long I detested that
generation and said, *

*“This people are wayward in their hearts;
they do not know my ways.”*

11 So I swore in my wrath, *

“They shall not enter into my rest.”

THE EPISTLE

ASSISTANT: A reading from the Letter of Paul to the
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.

Thanks be to God.

THE GOSPEL

PRESIDER: A reading from the Holy Gospel
According to John [4:5-42]

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.”

May the words of the Gospel be made flesh in us.

Praise to you Lord Christ.

SERMON

KINDLY KEEP ALL MICS MUTED DURING SERMON

The Rev. Dr. Andrew Walmisley



SPIRITUAL COMMUNION

All are invited to sit in silent communion with one another. Presider will signal the end of our meditation after four minutes.

LECTIO DIVINA

All are invited to share a short few words, phrases, or themes from the sermon that speak to our hearts. We raise our 'yellow hands' when ready to speak and lower when finished. The Presider will call on us. We listen prayerfully to each one, but do not comment.

*When the Presider sees that everyone who wishes to speak has done so, the Presider says **Amen**. [We are invited to save further reflections to our Coffee with Jesus.]*

MUSIC SIGNALS THE END OF THE LECTIO DIVINA.

PROFESSION OF FAITH

ASSISTANT: Let us together proclaim our profession of faith, which has been handed down to us from ancient of days.

**TÍRECHÁN'S CREED (FROM THE PATRICIAN TEXTS FROM THE
BOOK OF ARMAGH, AD670) *Please join Assistant on mute***

ASSISTANT: Our God is the God of all,
The God of heaven and Earth,
The God of the sea and rivers,
The God of the sun and moon,
The God of all the heavenly bodies,
The God of the lofty mountains,
The God of the lowly valleys.
God is above the heavens;
And beneath the heavens.
Heaven and Earth and sea,
And everything that is in them,

Such is the abode of the Holy One.
God inspires all things,
gives life to all things,
stands above all things,
And stands beneath all things.
God enlightens the light of the sun,
strengthens the light of the night and the stars,

makes wells in the arid land and dry islands in the sea,
And places the stars in the service of the greater lights.

God has a Son who is co-eternal;
And similar in all respects;
And neither is the Son younger than the Father,
Nor is the Father older than the Son;
And the Holy Spirit breathes in them.

✠ And the Father and the Son and the Holy Spirit are inseparable. Amen.

THE OFFERING OF PEACE

PRESIDER: ✠ Blessed be God, most holy, glorious, and undivided Trinity.

ASSISTANT: And blessed be God's Kingdom now and forever.

Amen.

PRESIDER: Lord, you taught us always to be reconciled with our sisters and brothers, let us strive to be faithful to your law of compassion: that we may forgive seven-times-seven, that we may love even our enemies, and bless those who curse us. And where we struggle Lord, let our earnest striving be enough for you, who sent your Son Jesus to be a healing balm of love. In His Name, O God, have mercy.

Amen.

PRESIDER: My sisters and brothers, the peace of Christ is with you!

ASSISTANT: And with your spirit.

PRESIDER: Let us embody Christ's peace for one another.

Presider will invite us into small groups for five minutes to get to know one another. If you are new to St. Columba's we welcome you. If you are a member already, please extend a warm welcome to those in your group. Should you prefer to stay where you are and spend the next five minutes meditating alone, that's fine too!

BIDDING PRAYERS

PRESIDER: The Lord be with you.

And also with you.

Let us pray.

Please pray responsively on mute, led by Presider:

PRESIDER: In peace, we pray to you, Lord God.

For all people in their daily life and work;

For our families, friends, and neighbors, and for those who are alone.

For this community, the nation, and the world;

For all who work for justice, freedom, and peace.

For the just and proper use of your creation;

For the victims of hunger, fear, injustice, and oppression.

For all who are in danger, sorrow, or any kind of trouble;

For those who minister to the sick, the friendless, and the needy.

For the peace and unity of the Church of God;
*For all who proclaim the Gospel, and all who seek
the Truth.*

For Sean our Presiding Bishop, Austin our Bishop in
the Diocese of California, Sarah Archbishop of
Canterbury, and for all bishops and other ministers,
both lay and ordained;
For all who serve God and their neighbors.

For the special concerns of this congregation.

Silence

PRESIDER: For whom or for what else shall we pray?

*All are invited to voice prayers before the community or
offer them in the silence of your heart. [Unmute before
speaking, then kindly mute again.]*

PRAYER RESPONSE:

PRESIDER: Let us pray to the Lord.

ASSISTANT: *Lord hear our prayer.*

PRESIDER: Lord God, hear the prayers of your people:
those we have voiced in the presence of your
Assembly, those we hold in the silence of our hearts,

and those for which we have yet to find words. In gratitude and love, we entrust ourselves to you who knows better than we the deepest needs of our hearts. In the name of Christ Jesus our Lord.

Amen.

ASSISTANT: Let us join then with the disciples of all ages, as we pray together in the Way of Christ:

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,
Forever and ever. Amen.

ASSISTANT: Deliver us Lord from every evil and grant us peace in our day. In your mercy keep us free from all anxiety as we wait in joyful hope for the coming of our savior Jesus Christ.

PRESIDER: Lord, make me your other self, that I may embody God's love in the world. Heal me of my iniquities, that I may be as an icon of your Holy Spirit.

My sisters and brothers, see who you are, become who you see.

Amen.

ASSISTANT & PEOPLE (on mute): Lord Jesus, make my hands your hands, my feet your feet, my heart your heart. Let me see with your eyes, listen with your ears, speak with your lips, love with your heart, understand with your mind and serve with your Will. By the power of the Spirit, make me your other Self. Amen.

FINAL BLESSING & DISMISSAL

PRESIDER: May our All-Loving God, ✠ Father, Son, and Holy Spirit, bless us and keep us now and forever.

Amen.

CLOSING MUSIC WILL BE PLAYED

At its conclusion the Assistant proclaims the Dismissal:

ASSISTANT: This celebration has ended. Let us go in peace to love and serve Christ in one another.

Thanks be to God!



ANNOUNCEMENTS

**THANK YOU TO ALL WHO HAVE REACHED OUT
TO SUPPORT OUR MINISTRY!**

ONLINE DONATIONS MAY BE MADE VIA THE **"GIVE"** BUTTON ON OUR
WEBSITE, OR CHECKS MAILED TO:

ST. COLUMBA'S INVERNESS

PO BOX 430
INVERNESS, CA
94937

VIRTUAL CHAPEL ONLINE OFFERINGS

IF YOU ARE NEWLY JOINING US

**Please go to our website's VIRTUAL CHAPEL to access all of our
online offerings or to register your name and email to be
informed of our future offerings:**

www.stcolumbasinverness.org

NEED PASTORAL ASSISTANCE?

Please Email Meredith Burrell

who can help direct your needs to the right person:

mburrell01@hotmail.com

ONLINE EVENTS

EVENSONG

First Thursdays, Monthly

April 9, 7pm

Led by Ann McChesney-Young



BREATHING ROOM:

Writing for Stillness and Peace

Online mini-conference with James Crews

Saturday, April 19, 10am–12pm

Registration open now



NOON PRAYER

Weekly, Wednesdays, 12pm

Prayer, scripture study, meditation, and discussion, led by Mother Teri Waldron



IN-PERSON EVENTS

ANGLICAN STUDIES WITH FR. ANDREW

TODAY! 12:30pm in St. Jerome

The Soul of Anglicanism and the Vision of God in the Life and Thought of William Laud, Archbishop of Canterbury 1633-1645



ST. PATRICK'S DAY CELTIC CONCERT

Next Sunday, March 15, 3–5pm

Lively tunes with Valerie Rose (fiddle), Jason Pollack (Irish flute), and Jimmy Murphy (mandolin, guitar).



WHITE EVANGELICALISM

Unpacking the movement's history to understand its influence on the country and culture today

Cara Meredith, ThM

Thursday, March 26, 7pm

Free and open to the public



TRIDUUM LITURGIES

FREE AND OPEN TO THE PUBLIC

Maundy Thursday, April 2, 8pm

Washing of the Feet, Stripping of the Altar,
Meditation on the Farewell Discourses of John's
Gospel

Good Friday, April 3

Outdoor Ecological Way of the Cross, *12pm*
Solemn Veneration of the Cross, *3pm*

The Great Vigil of Easter, April 4, 8pm

Followed by a celebratory reception

Easter Sunday, April 5, 10am

Eucharistic Liturgy in celebration of the
Resurrection of our Lord
Easter Brunch to follow—All welcome!

BEACON OF LIGHT SERIES

Shining a Light on Hope in Action

ROOTED IN COMMUNITY: PRESERVING PLACE AND PEOPLE IN POINT REYES *with Chris Hulls, Good Luck Fund*



*Sunday, April 12 at 4 pm
wine and cheese reception to follow*

Join us on April 12 at 4 pm for “Rooted in Community: Preserving Place and People in Point Reyes.” This event welcomes Chris Hulls, founder of the Good Luck Fund, who will share about the Fund’s work preserving historic buildings, supporting essential community services, and sustaining the long-term vitality of Point Reyes and West Marin. Grounded in a deep love for place, the Good Luck Fund partners locally to ensure that the people, history, and character of this region endure for generations to come.

Chris Hulls is the founder of the Good Luck Fund and a lifelong Point Reyes resident. An alumnus of West Marin School and Tomales High School, he is Executive Chair and cofounder of Life360, which he founded in Point Reyes.

**This event is free and open to all.
Donations to the Good Luck Fund are welcome.**

12835 Sir Francis Drake Blvd., Inverness



stcolumbasinverness.org/
beaconofflight

CELTIC CONCERT

With Lisa Lynne and Aryeh Frankfurter.
Celtic harps, rare instruments, and wondrous
stories

Sunday, May 3, 3-5pm

Tickets available now



SAVE THESE DATES

July 11-12

Community-wide 20th Jubilee celebration of
Father Vincent's ordination

October 24 at Grace Cathedral

St. Columba's will be voted in as a parish with
seat, voice, and vote!

CHRISTIAN MEDITATION

Wednesdays, 7pm

Chapel

ST. COLUMBA'S VIRTUAL PLATE FOR YOUR DONATIONS



OTHER ANNOUNCEMENTS?

COFFEE WITH JESUS

Take few minutes to get your favorite morning beverage and return to us for coffee hour small group conversation.

