

# **St. Cyprian's Episcopal Church**

**THE THIRD SUNDAY IN LENT**

**SUNDAY, MARCH 8, 2026**

**10 a. m.**

***YouTube LIVE***



**The Rev. Dr. Hector E. K. Sintim  
Priest-in-Charge**

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Tuesdays – Thursdays/9:30 a.m. – 2:30 p.m

# THE THIRD SUNDAY IN LENT SUNDAY, MARCH 8, 2026

THE HOLY EUCHARIST, RITE II  
10 a.m.

PROCESSIONAL ~ (*Silent*)

**A PENITENTIAL ORDER: RITE TWO**

**BCP p. 351**

*The people standing, the Celebrant says*

*Celebrant:* Bless the Lord who forgives all our sins.

*People:* ***His mercy endures for ever.***

*The Celebrant may read one of the following sentences*

**BCP p. 351**

Since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. ~ ***Hebrews 4:14, 16***

*The Deacon or Celebrant then says*

Let us confess our sins against God and our neighbor.

*Silence may be kept.*

*Minister and People*

**Most merciful God,  
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 neighbors 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.**

*The Bishop when present, or the Priest, stands and says*

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. *Amen.*

*When this Order is used at the beginning of the Liturgy, the service continues with the Gloria in excelsis, the Kyrie eleison, or the Trisagion.*

### **The Kyrie S91**

**BCP p. 356**

*Celebrant:* Lord, have mercy.

*People:* **Christ, have mercy.**

*Celebrant:* Lord, have mercy.

### **The COLLECT**

**BCP p. 218**

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**

#### **OLD TESTAMENT: 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?” (*NRSV*)

*Reader:* The Word of the Lord.

**People:** **Thanks be to God.**

**PSALM 95**

*Venite, exultemus*

**BCP p. 724**

- 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: 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. (NRSV)

*Reader:* The Word of the Lord.  
*People:* **Thanks be to God.**

### **THE GRADUAL HYMN/HYMN OF THE MONTH**

(HYMNAL # 142) ~ “Lord, Who Throughout These Forty Days”

### **A READING FROM THE HOLY GOSPEL**

*Gospeller:* The Holy Gospel of our Lord Jesus Christ according to **John 4:5-42**  
*People:* **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.” (NRSV)

*Gospeller:* The Gospel of the Lord.

*People:* Praise to you, Lord Christ.

SERMON HYMN (WLP #800) ~ “Precious Lord, Take My Hand”

THE SERMON

THE PRIEST

THE NICENE CREED

BCP p. 358

**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:  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary,  
and was made man.  
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 and the Son.  
With the Father and the Son he is worshiped and glorified.  
He 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.*

## **PRAYERS OF THE PEOPLE FOR THE LENTEN SEASON**

*Prayers will be said by all during the Lenten Season.*

### **Prayer for Strength**

Lord God Almighty, shaper and ruler of all creatures, we pray for your great mercy, that you guide us towards you, for we cannot find our way. And guide us to your will, to the need of our soul, for we cannot do it ourselves. And make our mind steadfast in your will and aware of our soul's need.

*Lord in your divine mercy, hear our request.*

Strengthen us against the temptations of the devil, and remove from us all lust and every unrighteousness, and shield us against our foes, seen and unseen. Teach us to do your will, that we may inwardly love you before all things with a pure mind. For you are our maker and our redeemer, our help, our comfort, our trust, our hope; praise and glory be to you now and forever.

*Lord in your divine mercy, hear our request.*

### **Prayer to Protect from Any Temptation**

O Christ, Son of God, for our sake you fasted forty days and allowed yourself to be tempted. Protect us so that we may not be led astray by any temptation. Since man does not live by bread alone, nourish our souls with the heavenly food of your Word; through your mercy, O our God, you are blessed and live and govern all things, now and forever. *Amen.*

*Lord in your divine mercy, hear our request.*

### **Lenten Prayer for Protection**

Lord God, heavenly Father, you know that we are set in the midst of so many and great dangers, that by reason of the frailty of our nature we cannot always stand upright: Grant us such strength and protection, to support us in all danger, and carry us through all temptations; through your Son, Jesus Christ our Lord. *Amen.*

*Lord in your divine mercy, hear our request.*

### **Prayer for God to Bring Beauty from Ashes**

Dear God, in this season of Lent, we're reminded of our difficulties and struggles. Sometimes, the way seems too dark. Sometimes, we feel like our lives have been marked by such grief and pain we don't see how our circumstances can ever change.

*Lord in your divine mercy, hear our request.*

But during our weakness, we ask that you would be strong on our behalf. Lord, rise within us. Let your spirit shine out of every broken place we've walked through. Allow your power to be manifested through our weakness so that others will recognize it is you who is at work on our behalf.

*Lord in your divine mercy, hear our request.*

## **Prayer for Victory**

We ask that you trade the ashes of our lives for the beauty of your presence. Trade our mourning and grief for the oil of joy and gladness from your spirit. Trade our despair for hope and praise. We choose to give you thanks today and believe that this season of darkness will fade away.

***Lord in your divine mercy, hear our request.***

Thank you for being with us in whatever way we face and that you are greater than this trial. We know and recognize that you are sovereign, we thank you for the victory that is ours because of Christ Jesus, and we are confident that you have good still in store for our future. We thank you for being at work right now, trading our ashes for greater beauty. We praise you, for making all things new. In Jesus' Name, ***Amen.***

***Lord in your divine mercy, hear our request.***

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

*Silence*

*Prayer for the sick will be led by Eucharistic Minister*

We pray for those who are sick and those who may be suffering, especially, *Juanita Alexander, Ardelle Anderson, Daisy Bell, Jeffery Corbin II, Keri Corbin, Sandra Corbin, Crystal Diggs Gray, Patricia Dixon, Regal DuBose, Lorraine Edwards (aunt of Crystal Diggs Gray), Samuel E. Ewell, Jr., Olivia Ghanem (mother of Fr. Sintim), Gene Harden, Betty Lewis, Marc Miller, Delores Minor, Ron Minor, Gwendolyn Newsome, Shane Otey, Eleanor Pritchett, Alberta Reid, Angela J. Russell, Henry P. Russell, Jr., Barbara Savage, Minnie Stiff, Vernell Walden, Wayne Walden, John Watkins, Sr., Bernice Wilson, Lucius Wyatt, and Samantha B. B. Burney.*

***Lord in your divine mercy, hear our request.***

*People may add their own petitions.*

*Silence*

*The Celebrant adds a concluding Collect.*

**CONCLUDING COLLECT**

**BCP p. 394**

Heavenly Father, you have promised to hear what we ask in the Name of your Son: Accept and fulfill our petitions, we pray, not as we ask in our ignorance, nor as we deserve in our sinfulness, but as you know and love us in your Son Jesus Christ our Lord. *Amen.*

**THE PEACE** ~ *Please stand.*

*The Celebrant says to the people*

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

*People:* **And also with you.**

**OFFERTORY SENTENCE** (*To be said by all*)

Ascribe to the Lord the honor due his Name; bring offerings and come into his courts. ~ *Psalm 96:8*

**THE OFFERTORY ANTHEM** (*HYMNAL # 143*)

~ *“The Glory of These Forty Days”*

**PRESENTATION OF OFFERINGS AND DOXOLOGY HYMN**

(*All Stand*) ~ (*HYMNAL # 380 v 3*)

*Representatives of the congregation bring the people’s offerings of money or other gifts, to the deacon or celebrant. The people stand while the offerings are presented and placed on the Altar.*

*Celebrant and People*

***Praise God from whom all blessings flow.***

***Praise Him, all creatures here below.***

***Praise Him above, ye heavenly host.***

***Praise Father, Son, and Holy Ghost. Amen***

*Celebrant:* We pray, brethren, that your sacrifice and mine may be acceptable by the Lord Almighty.

*People:* ***May the Lord receive our sacrifice both for our benefit and that of his holy Church.***

**THE HOLY EUCHARIST~ Eucharistic Prayer C      BCP p. 369**

*In this prayer, the lines in italics are spoken by the People.*

*Celebrant:*      The Lord be with you.

***People:***      ***And also with you.***

*Celebrant:*      Lift up your hearts.

***People:***      ***We lift them to the Lord.***

*Celebrant:*      Let us give thanks to the Lord our God.

***People:***      ***It is right to give him thanks and praise.***

*Then, facing the Holy Table, the Celebrant proceeds*

God of all power, Ruler of the Universe, you are worthy of glory and praise.

***Glory to you for ever and ever.***

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

***By your will they were created and have their being.***

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

***Have mercy, Lord, for we are sinners in your sight.***

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

***By his blood, he reconciled us.***

***By his wounds, we are healed.***

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

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

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

*The Celebrant continues*

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

*At the following words concerning the bread, the Celebrant is to hold it, or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.*

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, “Take, eat: This is my Body, which is given for you. Do this for the remembrance of me.”

*Celebrant ~ “Father, We Adore Thee”*

After supper, he took the cup of wine, gave thanks, and said, “Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

*People ~ “Jesus, We Adore You; Spirit, We Adore You”*

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

***We celebrate his death and resurrection,  
as we await the day of his coming.***

Lord God of our Fathers: God of Abraham, Isaac, and Jacob; God and Father of our Lord Jesus Christ: Open our eyes to see your hand

at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

***Risen Lord, be known to us in the breaking of the Bread.***

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **AMEN.**

*As our Savior Christ has taught us, we now pray,*

*People and Celebrant*

**THE LORD'S PRAYER**

**BCP p. 364**

**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 forever. *Amen.***

**THE BREAKING OF THE BREAD**

**BCP p. 364**

*The Celebrant breaks the consecrated Bread*

**THE FRACTION ANTHEM**

*A period of silence is kept.*

*Celebrant:* Christ our Passover is sacrificed for us;

*People:* ***Therefore let us keep the feast.***

*Celebrant and People*

**Lamb of God, you take away the sins of the world: have mercy on us.  
Lamb of God, you take away the sins of the world: have mercy on us.**

**Lamb of God, you take away the sins of the world: grant us peace.**

*Facing the people, the Celebrant says the following Invitation*

The Gifts of God for the People of God.

*and may add*

Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

*The ministers receive the Sacrament in both kinds, and then immediately deliver it to the people.*

*(All baptized Christians are invited to receive the bread and wine. To receive, please come to the altar rail; kneel or stand with hands outstretched to receive the bread. Then decide whether to receive the wine by dipping the bread or drinking from the large common cup.)*

**COMMUNION HYMN (HYMNAL # 302)**

~“Father, We Thank Thee Who Hast Planted Thy Holy Name”

**PRAYERS FOR BIRTHDAYS AND ANNIVERSARIES**

**WELCOME**

**ANNOUNCEMENTS**

**THE POSTCOMMUNION PRAYER**

**BCP p. 366**

*Celebrant: Let us pray.*

Almighty and everliving God,  
we thank you for feeding us with the spiritual food  
of the most precious Body and Blood  
of your Son our Savior Jesus Christ;  
and for assuring us in these holy mysteries  
that we are living members of the Body of your Son,

and heirs of your eternal kingdom.  
And now, Father, send us out  
to do the work you have given us to do,  
to love and serve you  
as faithful witnesses of Christ our Lord.  
To him, to you, and to the Holy Spirit,  
be honor and glory, now and for ever. *Amen.*

**THE BLESSING**

**THE DISMISSAL**

**BCP p. 366**

*Celebrant:* Go in peace to love and serve the Lord.  
*People:* **Thanks be to God.**

*Silent Processional*

**THE POSTLUDE**



**CHURCH ATTENDANCE**  
**SECOND SUNDAY IN LENT- MARCH 1, 2026- 10 a.m.**

Present – 34  
Communion – 34  
*YouTube* – 15

**CHURCH ATTENDANCE**  
**LENTEN SUPPER - MARCH 4, 2026- 5 p.m.**

Present – 34

# MARCH BIRTHDAYS AND ANNIVERSARIES

## BIRTHDAYS

- 3/2 Marilyn Outlaw Evans
- 3/3 William Walls Sr.
- 3/4 Dorian Moore
- 3/8 Fay Winston
- 3/12 Karen McAdoo
- 3/13 Alexis Canty
- 3/14 John “Holland” Watkins, Jr.
- 3/15 Phyllis Holland-James
- 3/22 Barbara Savage
- 3/24 Simone Griffin
- 3/27 Gwendolyn Newsome
- 3/29 Joy Maria Watkins

## ANNIVERSARIES

None

## THE THIRD SUNDAY IN LENT- LITURGICAL SERVERS March 8, 2026 - 10 a.m.

- Eucharistic Minister** – William H. Walls Jr.
- Altar Guild** – Lucretia Clayton; Lora Ham; Eleanor Pritchett
- Acolyte** – William H. Walls Jr.
- Ushers** – B. T. Brandon; Regal Dubose; Connie McCullough
- Webmaster & Audio Visual Technician** – Mark Farquharson
- Trustees** – Stanley Carnegie; Gail B. Jones; Lucius Wyatt



## ANNOUNCEMENTS

### UPCOMING IN THE WEEK AHEAD...

Sun.	Mar. 8 <sup>th</sup>	9 a.m.	Bible Study
Sun.	Mar. 8 <sup>th</sup>	10 a.m.	Holy Eucharist, Rite II- <i>YouTube</i> Rev. Hector K. Sintim, Preacher
Sun.	Mar. 8 <sup>th</sup>		March Birthday Celebration
Sun.	Mar. 8 <sup>th</sup>	11 a.m.-12 p.m.	Communion Pick-up
Sun.	Mar. 8 <sup>th</sup>		Peak Childhood Center Donation
Tue.	Mar. 10 <sup>th</sup>	11 a.m.	Vestry Meeting
Wed.	Mar. 11 <sup>th</sup>	11 a.m.-12 p.m.	Communion Pick-up
Wed.	Mar. 11 <sup>th</sup>	12 p.m.	Noonday Prayer
Wed.	Mar. 11 <sup>th</sup>	5 p.m.	Lenten Service/Emmanuel
Thur.	Mar. 12 <sup>th</sup>	11 a.m.	Choir Rehearsal
Thur.	Mar. 12 <sup>th</sup>	12 p.m.	Bible Study
Thur.	Mar. 12 <sup>th</sup>	11 a.m.-12 p.m.	Communion Pick-up
Sun.	Mar. 15 <sup>th</sup>	9 a.m.	Bible Study
Sun.	Mar. 15 <sup>th</sup>	10 a.m.	Holy Eucharist, Rite II- <i>YouTube</i> Rev. Hector K. Sintim, Preacher
Sun.	Mar. 15 <sup>th</sup>		Stewardship Sunday
Sun.	Mar. 15 <sup>th</sup>	11 a.m.-12 p.m.	Communion Pick-up
Wed.	Mar. 18 <sup>th</sup>	11 a.m.-12 p.m.	Communion Pick-up
Wed.	Mar. 18 <sup>th</sup>	12 p.m.	Noonday Prayer
Wed.	Mar. 18 <sup>th</sup>	5 p.m.	Lenten Service/St. John's
Thur.	Mar. 18 <sup>th</sup>	11 a.m.	Choir Rehearsal
Thur.	Mar. 18 <sup>th</sup>	12 p.m.	Bible Study
Thur.	Mar. 18 <sup>th</sup>	11 a.m.-12 p.m.	Communion Pick-up

#### IN OUR CYCLES OF PRAYER:

We Pray for Our Bishop: The Rt. Rev. Susan B. Haynes

We Pray for Our Ministry for Postulancy: Cornelia Taylor



### **We Pray for Parishioners:**

Juanita Alexander, Ardelle Anderson, Daisy Bell, Jeffery Corbin II, Keri Corbin, Sandra Corbin, Crystal Diggs Gray, Patricia Dixon, Regal DuBose, Lorraine Edwards (*aunt of Crystal Diggs Gray*), Samuel E. Ewell, Jr., Olivia Ghanem (*mother of Fr. Sintim*), Gene Harden, Betty Lewis, Marc Miller, Delores Minor, Ron Minor, Gwendolyn Newsome, Shane Otey, Eleanor Pritchett, Alberta Reid, Angela J. Russell, Henry P. Russell, Jr., Barbara Savage, Minnie Stiff, Vernell Walden, Wayne Walden, John Watkins, Sr., Bernice Wilson, Lucius Wyatt, and Samantha B. B. Burney

### **We Pray for Friends and Family:**

Derrick Edmonds, Lois Martin, Margaret Comegys, Clay Cane, Alexa Munoz, Cheryl Maxson, Doris Harris, Marcus Reid, Jeannie & Paul Saunders, Beverly Amaya, Lily Holloman, Allison Jordan, Greg & Patrina Newton, Kenneth Bullock, Peggy Winston, Dominique Jordan, Tony Leroy Duncan, Edith & Sana Harris, Jasen Fykes (*grandson of Eleanor Pritchett*), Sophia & Wendell McCloud (*sister and brother-in-law of Lucretia Clayton*), Shawna Mathias (*sister of Crystal Diggs*), Joy Staton, Christine Calhoun, Jeffrey Peele, Oliver Christian (*brother of The Rev. Earl R. Christian*), Howard Moore (brother of Lucretia Clayton), Philip Whitaker (brother of Crystal Diggs), Tyrone Comegys, Russell Rhorer (*brother-in-law of Samuel Ewell, Jr.*), Evita Ogden (*niece of Alberta Reid*), Phillip Wilson, William & Margaret Boyd (*nephew of Gwendolyn Newsome*), Barry Lockett (neighbor of Lora & Steve Ham), Yvonne Hargrove (*sister of Stephen Ham {Lora}*), Betty Rivera (*neighbor of Lora & Stephen Ham*), Nettie Smiley (*friend of Portia Goode-Herd*), Julyn Sheppard (*wife of the late Jerome Sheppard*), Doris Powell, Jaden Cooper (*nephew of Crystal Diggs Gray*), Jill & Mike Wojcik (*neighbor of Gwendolyn Newsome*), Thomas Dru Montague (*grandson of DeLaine Headen*), Claire Martine (*sister of Gwendolyn Newsome and aunt of Sharon and Sylvester Newsome Jr.*), and Lorean Hester (*mother of Earl Hester*)

**We Pray for Those Serving in the Military:**

LaToya Artis (*niece of Dr. Minnie Stiff*); Major Luke Carpenter, III (*grandson of Bill and Fannie Walls*), U.S. Marine Corps; John “Holland” Watkins (*son of John & Maria Watkins*), U.S. Navy; and LT. Joy Maria Watkins (*daughter of John & Maria Watkins*), U.S. Coast Guard

**We Pray for The Departed:**

A memorial service honoring the life of ***Olive Ezell*** will be held **Saturday, March 14, at 11 a.m.** at St. Cyprian’s. We pray for the praying for the blessed repose of the soul of ***Olive Ezell***. Please keep her family and friends in your prayers during this difficult time.

***Olive Ezell*** transition to the greater beyond on **Saturday, February 21, 2026.**

*Eternal rest, grant unto Olive O Lord, and let perpetual light shine upon her. May her soul and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.*

**Live-Streaming** – We welcome all who visit us online by *YouTube*. Our service is live streamed each Sunday at 10 a.m. If you missed a service or just want to hear it again, recordings of our worship services are on our *YouTube* channel. To access the *YouTube* channel, click on the link: <http://www.stecyprianshamptonva.org>.

**For Our Homebound** – If you are not able to worship in person for any reason and would like to receive communion and healing prayer, please contact Rev. Dr. Hector Sintim by cell at 757-690-6739 or email him directly at [revsintim@hotmail.com](mailto:revsintim@hotmail.com). You may also call the church office at (757) 723-8253 to schedule a visit.

**Birthdays and Anniversaries** – Each Sunday we pause during our service to offer prayers of blessing for all those celebrating a birthday or a wedding anniversary during the month. If you are celebrating this month, please join us during our Sunday morning worship service at 10 a.m. so that we can add to your celebration by giving you a special blessing.

**Ministry Opportunities** – Volunteers of all ages are welcome to participate in the Sunday morning worship service. Opportunities

include serving as Eucharistic Minister, Lay Reader, Greeter/Usher, or Acolyte. Reach out to Lucretia Clayton or Fr. Sintim for more information. Thank you. ~ *Fr. Sintim*

**Sunday Prayer for Healing and Strength** – Everyone is welcome to join us for a special time of communal prayer following Sunday morning worship in Howard Chapel. This gathering offers an opportunity to seek healing, peace, and renewed strength, whether you are dealing with health concerns, emotional struggles, or looking for spiritual support. We invite members, friends, and neighbors from our community to experience the comfort and restoration that prayer can bring. Let us unite to share our burdens, discover peace, and renew our faith together. ~ *Fr. Sintim*

**From the Music Ministry** – The Procession and Dismissal will be silent, in observance of the Lenten Season, which recognizes the forty days and nights spent in the wilderness by Jesus Christ. We invite you to use this time for personal reflection. ~ *Phyllis Holland-James, Director of Music Ministries*

**Calling For Bibles** – We are seeking to replenish our collection of church Bibles for use during Bible Study sessions and Sunday readings. If you have additional Bibles at home that you wish to donate, please bring them to the church on Sunday or drop them off during our regular office hours. Thank you. ~ *Fr. Sintim*

**Daylight Savings Time begins today, March 8** - Clock should be set ahead (spring forward) one hour.

**Easter Lilies** – Help beautify St. Cyprian's at Easter! Our sanctuary will be adorned with traditional lilies on Easter Sunday, April 5, 2026. If you would wish to purchase one, please complete the Sign-up Order Sheet that is located on the front hallway table outside of the Parish Office. The cost is \$20 per Easter lily and the deadline is **Sunday, March 29<sup>th</sup>**. ~ *Eleanor Pritchett*

**Year-End Contribution Statements** – The Treasury Team has printed out parishioners 2025 Contribution Statements, which you may need for taxes. These statements are located in the box on the

table in the narthex. End-of-year contribution statements may also be picked up during the week during our regular Parish Office hours.

**Fall Bazaar Planning Committee** – For those interested in helping to plan for the Fall Bazaar, which is scheduled for September 29, 2026, we need your assistance. If you have a specialty in the following areas: arts and crafts, baked goods, jewelry, making preserves, picture taking, etc., please sign up to serve on the planning committee. The sign-up sheet is posted on the front hallway table. ~ *Lora Ham*

**Our Daily Bread Devotionals** – The latest issue of the popular daily devotional, *Our Daily Bread*, is available on the front hallway table for pick-up during the church's regular office hours. This edition covers March, April and May. For those looking for a spiritual way to observe the season of Lent, consider picking up a copy.

**Thank You for Your Support** – Thanks to all who made a contribution or submitted their pledge. If you have not done so, we are still accepting your pledge or gift by **mail** or **electronic giving**.

- **Giving By Mail** – You may mail your financial contribution to the church address-**1242 West Queen Street, Hampton, VA 23669** or **P. O. Box 65, Hampton, VA 23669**.
- **Electronic Giving** – Please visit our website to make electronic contributions to St. Cyprian's Episcopal Church.
- **Donations/Contributions** – If you are not a member of St. Cyprian's but would like to make a **contribution** to the church, please know how grateful we are. You can also make a contribution online. Visit our home page and click on the green *GIVE* button. Create your account and log in to enter your information. Whether you choose to make a recurring contribution or a one-time gift, we thank you for your generosity and faithful support of this parish.

**Racial Healing Workshop** – Specific individual and groups within the diocese recommended to participate in the Racial Healing

Workshops. Those individuals and groups include search committees, vestries and leadership boards (Standing Committee, Commission on Ministry, Executive Board, among others), diocesan staff, church staff, and clergy.

- Sat., April 18, 2026, 9 a.m.-3 p.m./Galilee Virginia Beach
- Sat., May 16, 2026, 9 a.m.-3 p.m./ St. Andrew's Lawrenceville
- Sat., May 30, 2026, 9 a.m.-3 p.m./St. Thomas Chesapeake
- Sat., June 27, 2026, 9 a.m.-3 p.m./Christ & Grace Petersburg



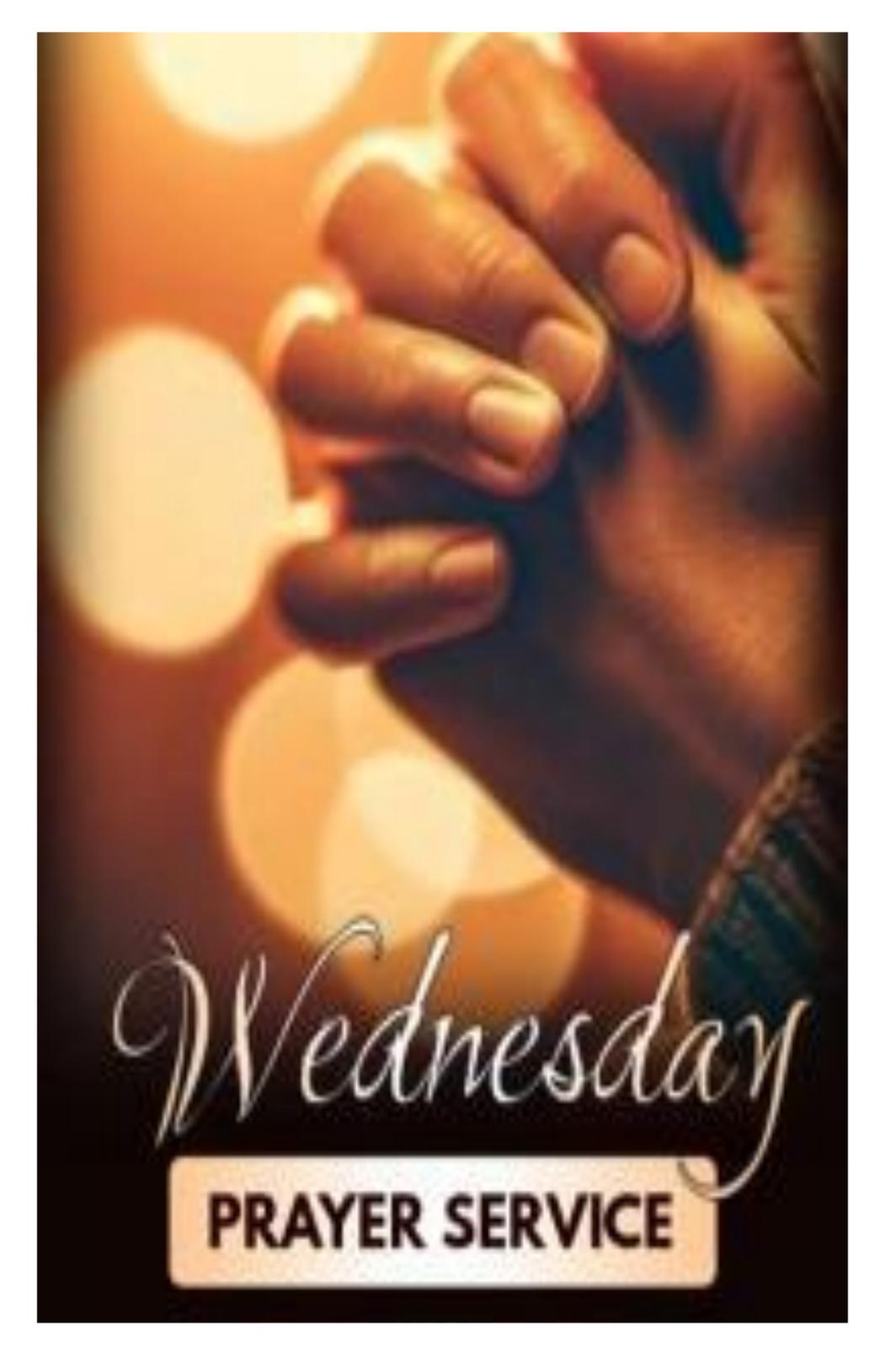
**Safe Church Training** – Specialized Training is offered for vestry members, clergy, and church staff. To register for a workshop session, visit the Diocesan website.

- Sat., March 21, 2026, 9 a.m.-3 p.m./Bruton Parish Williamsburg
- Sat., May 9, 2026, 9 a.m.-3 p.m. at Christ Church Danville
- Sat., June 13, 2026, 9 a.m.-3 p.m./Emmanuel Virginia Beach
- Sat., July 11, 2026, 9 a.m.-3 p.m./St. Barnabas North Chesterfield

**Universal Safe Church Training:**

- Thurs., March 19, 2026, 6:30-8:00 p.m. via Zoom
- Wed., April 15, 2026, 6:30-8:00 p.m./ at St. Paul's Petersburg

**Palm Sunday** – The observance of the Blessing of Palms will be held on **Sunday, March 29, 2026** at 10 a.m. During the morning service, the priest will bless the palms. This sacramental act will commemorate Christ's entry into Jerusalem, in his royal splendor, as a joyous occasion. Additional information will be forthcoming regarding readers for the *Liturgy of the Palms, Maundy Thursday, Good Friday- Stations of Cross*, and the celebration of Easter and Christ's resurrection.

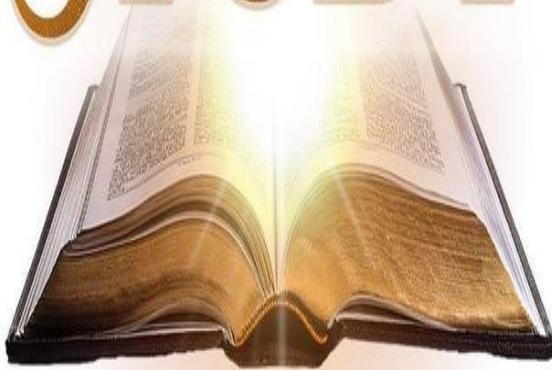


*Wednesday*

**PRAYER SERVICE**

WEEKLY BIBLE STUDY

BIBLE  
STUDY



EVERY THURSDAY AT 12 NOON

OPEN TO THE PUBLIC !

ENJOY WONDERFUL FELLOWSHIP AND LIVELY DISCUSSIONS.

**JOIN US AS WE CELEBRATE  
HAMPTON EPISCOPAL CHURCHES**

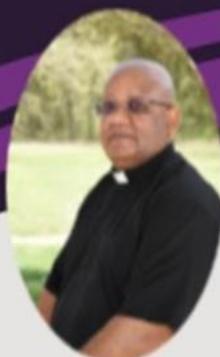
*Lent*  
*Season of Renewal*



**REV. DEA. DARLENE JACKSON**



**REV. LISA M. ERDELJON**



**REV. DR. HECTOR K. SINTIM**



**REV. RHONDA WHEELER**

**FEBRUARY 25 & MARCH 18**

**MARCH 4**

**MARCH 11**

**ST. CYPRIAN'S EPISCOPAL CHURCH  
EMMANUEL EPISCOPAL CHURCH  
ST. JOHN'S EPISCOPAL CHURCH  
HAMPTON, VIRGINIA**

**FOR MORE INFO CONTACT: 757-723-8253**

**Lenten Service-March 4, 2026 at St. Cyprian's**  
The Rev. Dr. Hector K. Sintim  
*Transformative Power of God (Mark 4:35)*





*Let Us Go to the Other Side*

## 2026 Ecumenical Lenten Series

Hosted by St. Cyprian's, Emmanuel, and St. John's Episcopal Churches

We warmly welcome you to take part in the 2026 Ecumenical Series, held every Wednesday throughout Lent for the next four Lenten weeks, with participation from our Episcopal Churches in Hampton. This season presents an opportunity for personal reflection, renewal, and meaningful growth through engagement with our faith communities. Join us and experience inspiration among a vibrant community of believers!

**Wednesdays: 5 p.m. – 7 p.m.**

5:00 p.m. Dinner with soup and salad

5:30 p.m. Program

6:30-7 p.m. Compline Prayer

### SCHEDULE

**February 25<sup>th</sup>** – St. John's ~ The Rev. Lisa Erdeljon  
*Renewal of Mind and Spirit, Part 1 (Romans 12:2)*

**March 4<sup>th</sup>** – St. Cyprian's ~ The Rev. Dr. Hector K. Sintim  
*Transformative Power of God (Mark 4:35)*

**March 11<sup>th</sup>** – Emmanuel ~ The Rev. Rhonda Wheeler & Rev.  
Deacon Darlene Jackson  
*Radical Welcome: Ubuntu, "I am because we are." (John 4:1-42)*

**March 18<sup>th</sup>** – St. John's ~ The Rev. Lisa Erdeljon  
*Renewal of Mind and Spirit, Part II (Romans 12:2)*





*“By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return.” ~ Genesis 3:1*

## LENTEN SCHEDULE OF SERVICES

St. Cyprian’s Lenten and Easter Season observances will feature a detailed Lenten Study, Palm Sunday readings, a presentation of the Stations of the Cross, and inspiring music on Easter Sunday. We are pleased to participate in the Lenten Ecumenical Services alongside other Episcopal Churches in Hampton over the next four weeks, centered around the theme *“Let Us Go to the Other Side.”* All are invited to attend and participate in these services.

- March 8** Education Sunday/Daylight Savings Begins  
**Finance & Treasury Team Meeting**
- March 11** Lenten Study – *Radical Welcome: Ubuntu, “I am because we are.”* (John 4:1-42)  
**Emmanuel ~ The Rev. Rhonda Wheeler**
- March 15** Stewardship Sunday  
**Health Committee Meeting**
- March 18** Lenten Study – *Renewal of Mind and Spirit, Part II*  
(Romans 12:2)  
**St. John’s ~ The Rev. Lisa Erdeljah**
- March 22** Testimonial Sunday  
**St. Cyprian’s ~ The Rev. Hector K. Sintim**
- March 27** Healing Service  
**St. Cyprian’s ~ The Rev. Hector K. Sintim**

## HOLY WEEK SCHEDULE OF SERVICES

**March 29** Palm Sunday – *The Sunday of The Passion*  
St. Cyprian’s ~ 10 a.m. — *YouTube Live*

*The first day in Holy Week, Palm Sunday is the Sunday before Easter when Jesus’ triumphal entry into Jerusalem and Jesus’ Passion on the cross are recalled.*

**April 2** **Maundy Thursday**  
St. Cyprian’s ~ 6 p.m.

*Maundy Thursday services commemorate the Last Supper, which Christians consider the institution of Holy Eucharist, also known as the Lord’s Supper or Communion. This service is often associated with foot-washing, an outward-facing example of Jesus’ “new commandment” for his disciples to love one another, as he had loved them.*

**April 3** Good Friday – *Stations of the Cross*/16 members  
St. Cyprian’s ~ 3 p.m.

*On the Friday before Easter Day, we commemorate the crucifixion of Jesus. The liturgy of the day includes John’s account of the Passion gospel and a solemn form of intercession known as the solemn collects.*

**April 4** Holy Saturday Service – *Great Vigil of Easter Service*  
St. Cyprian’s ~ 6 p.m.

*On this most holy night, in which our Lord Jesus passed over from death to life, the Church invites her members, dispersed throughout the world, to gather in vigil and prayer.*

**April 5** **Easter Sunday** ~ *The Sunday of the Resurrection*  
St. Cyprian’s ~ 10 a.m. — *YouTube Live*

*Easter Day marks the annual feast of Christ’s resurrection, and the beginning of the Great Fifty Days (Easter Eve through Pentecost). During this season the word “Alleluia” is said or sung repeatedly, which contrasts sharply with the season of Lent when the Alleluia is omitted.*



# NOTES

**Diocese of Southern Virginia**

*The Rt. Rev. Susan B. Haynes, Diocesan Bishop*

**St. Cyprian's Episcopal Church**

*The Rev. Dr. Hector K. E. Sintim, Priest –in-Charge*

**Worship Services and Times/ Sundays – 10 a.m.**

**The Staff**

*Phyllis Holland-James, Director of Music Ministries*

*Bettie J. Swain, Parish Administrator*

**The Vestry**

***(Meets the 2nd Tuesday of each month – 12 p.m.)***

*Mary T. Jackson (2025,) Senior Warden*

*Charles Wynder Sr., (2027) Junior Warden*

*Lisa B. Youngblood (2027), Register*

*Mark Farquharson (2028)*

*Marshall Jackson (2027)*

*Dorian Moore (2028)*

*Alberta W. Reid (2026)*

*Joy D. Strawn (2026)*

*Fannie J. Walls (2027)*

*Clayton Winston (2028)*

*Lora P. Ham, Treasurer*

*Mark Farquharson, Webmaster/Audio Visual Technician*

**St. Cyprian's Episcopal Church**

P.O. Box 65

Hampton VA 23669-0065

Phone: 757-723-8253

**Rev. Dr. Hector E. K. Sintim - 757-690-6739 (Cell)**

**Office Hours:** Tuesdays through Thursdays/ 9:30 a.m. - 2:30 p.m.

**E-Mail:** [Office@stcyprianshamptonva.org](mailto:Office@stcyprianshamptonva.org)

**Website:** <http://www.stcyprianshamptonva.org>

**YouTube:** St. Cyprian's Episcopal Church, Hampton, VA

*Saint Cyprian's Church is named after Cyprian, the first Bishop of Carthage, North Africa (248-258). He spoke for reconciliation of the Church with those who had denied their faith. Cyprian was beheaded for refusing to worship pagan gods and deny Christianity. Thus, he became a martyr of Christ's Church universal.*