



OUR LADY OF THE
Assumption
PARISH

Love and Serve God • Love and Serve One Another
5057 Cottage Way, Carmichael, CA 95608 ~ www.olaparish.net

Third Sunday of Lent
March 12, 2023

**If today you hear his voice,
harden not your hearts.**

Psalm 95

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Prelude Song

YOU ALONE

Sarah Hart and Dwight Liles

Refrain

You a-lone are ho - ly, you a-lone are Lord.

You a-lone are wor - thy to be hon-ored and a -

dored. Mer-cy you have giv - en, kind-ness you have

shown. Love is you a - lone.

1 to Verse 1

2 7 to Verse 2 Final

Love is you a - lone.

Verses

1. Who of us is sin-less in this place?
2. What is there to do but thank you, then,

1. Who of us de-serves your sav-ing grace?
2. for the gift that we might call you friend?

1. Who of us is good at all with-out your bless-
2. Great-er love has not been known than that for which

1. - ed love that falls up-on our hearts to
2. you gave your on-ly son, that you might

2 to Refrain

1. heal our bro-ken-ness?
2. see us, pure and blessed.

THE INTRODUCTORY RITES (GATHERING)

Entrance Antiphon

Cf. Psalm 25 (24):15-16

My eyes are always on the Lord, for he rescues my feet from the snare. Turn to me and have mercy on me, for I am alone and poor.

Entrance Hymn (verses 1 and 2) (Please stand.)

I HEARD THE VOICE OF JESUS

KINGSFOLD

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

1. rest; Lay down, thou wea - ry one, lay down Thy head up -
2. give The liv - ing wa - ter; thirst - y one, Stoop down, and
3. light; Look un - to me, thy morn shall rise, And all thy

1. on my breast." I came to Je - sus as I was, So
2. drink, and live." I came to Je - sus, and I drank Of
3. day be bright." I looked to Je - sus, and I found In

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

1. rest - ing place, And he has made me glad.
2. soul re - vived, And now I live in him.
3. life I'll walk Till trav - 'ling days are done.

Text: CMD; Horatius Bonar, 1808–1889, alt.
Music: trad. English melody, adapt. by Ralph Vaughan Williams, 1872–1958.

Greeting

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

(All make the Sign of the Cross.) **Amen.**

Priest: *The grace of our Lord Jesus Christ...be with you all. And with your spirit.*

Penitential Act

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned
in my thoughts and in my words,
in what I have done,
and in what I have failed to do;
(Strike breast) through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

Priest/Deacon: *May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. Amen.*

KYRIE, ELEISON

Chant

Priest/Deacon/Other Minister All respond Priest/Deacon/Other Minister

Ký - ri - e, e - lé - i - son. Ký - ri - e, e - lé - i - son. Chris - te, e - lé - i - son.

All respond Priest/Deacon/Other Minister All respond

Chris - te, e - lé - i - son. Ký - ri - e, e - lé - i - son. Ký - ri - e, e - lé - i - son.

Or

All respond

Ký - ri - e, e - lé - i - son.

Text and music: Graduale Romanum, 1974.

Collect

(After the Priest says the Collect, all respond.) **Amen.** (Please be seated.)

LITURGY OF THE WORD

First Reading

Exodus 17:3-7

A reading from the Book of Exodus

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 95:1-2, 6-7, 8-9. R. v.8



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Come, let us sing joyfully to the LORD;
let us acclaim the Rock of our salvation.
Let us come into his presence with thanksgiving;
let us joyfully sing psalms to him.
R. If today you hear his voice, harden not your hearts.
Come, let us bow down in worship;
let us kneel before the LORD who made us.
For he is our God,
and we are the people he shepherds, the flock he guides.

R. If today you hear his voice, harden not your hearts.

Oh, that today you would hear his voice:

“Harden not your hearts as at Meribah,
as in the day of Massah in the desert,

Where your fathers tempted me;

they tested me though they had seen my works.”

R. If today you hear his voice, harden not your hearts.

Second Reading

Romans 5:1-2, 5-8

A reading from the Letter of Saint Paul to the Romans

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 Acclamation and Verse

See John 4:42, 15

(Please stand.)



R. Praise to you, Lord Je - sus Christ, King of end - less glo - ry!

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Lord, you are truly the Savior of the world;
give me living water, that I may never thirst again.

Gospel

John 4:5-42 or John 4:5-15, 19b-26, 39a, 40-42

(Include the bracketed text for the long form; text in parentheses is for the short form only.)

The Lord be with you. **And with your spirit.**

The reading from the holy Gospel according to John. **Glory to you, O Lord.**

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 (who is) 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.

Homily (Please be seated.)

Profession of Faith (Nicene Creed) (Please stand.)

**I believe in one God, the Father almighty,
maker of heaven and earth, of all things visible and invisible.**

**I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.**

**God from God, Light from Light, true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.**

For us men and for our salvation he came down from heaven,

(At the words that follow, up to and including "and became man," all bow.)

and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

**For our sake he was crucified under Pontius Pilate,
he suffered death and was buried, and rose again on the third day
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.**

**I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.**

I believe in one, holy, catholic and apostolic Church.

**I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.**

Universal Prayer (Prayers of the Faithful) (Please stand.)

LITURGY OF THE EUCHARIST

Hymn for Presentation of the Gifts and Preparation of the Altar

(Please be seated.)

COME TO THE WATER

John Foley, S.J.

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

1. wa - ter. And let all who have noth-ing,
2. wa - ter. And let all who have noth-ing,
3. wa - ter. And let all who are wea - ry,
4. wa - ter. Bring the ones who are lad - en,

1. let them come to the Lord: with-out
2. let them come to the Lord: with-out
3. let them come to the Lord: all who
4. bring them all to the Lord: bring the

1. mon-ey, with-out price. Why should you pay the
2. mon-ey, with-out strife. Why should you spend your
3. la - bor, with-out rest. How can your soul find
4. chil-dren with-out might. Eas - y the load and

1. price, ex-cept for the Lord?
2. life, ex-cept for the Lord?
3. rest, ex-cept for the Lord?
4. light: 7 come to the Lord.

Text: Based on Isaiah 55:1-2; Matthew 11:28-30. Text and music © 1978, John B. Foley, S.J., and OCP.
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Presentation of the Gifts and Preparation of the Altar

Priest: ...that my sacrifice and yours may be acceptable to God, the almighty Father,"

(Please stand.) **May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good and the good of all his holy Church.**

Prayer over the Offerings

Amen

Preface

Priest: *The Lord be with you. And with your spirit.*

Priest: *Lift up your hearts. We lift them up to the Lord.*

Priest: *Let us give thanks to the Lord our God. It is right and just.*

Holy

Ho-ly, Ho-ly, Ho-ly Lord God of hosts.

Heav-en and earth are full of your glo-ry. Ho -

san - na in the high-est. Bless-ed is he who

comes in the name of the Lord. Ho - san - na in the

high-est. Ho - san - na in the high - est.

Text: ICEL, © 2010

Music: *Mass of Creation*, Marty Haugen, © 1984, 1985, 2010, GIA Publications, Inc.

(Please kneel.)

Mystery of Faith

When we eat this Bread and drink this Cup, we pro -

claim your Death, O Lord, un - til you come a - gain.

Text: ICEL, © 2010

Music: *Mass of Creation*, Marty Haugen, © 2010, GIA Publications, Inc.

Amen

(Please stand.)



Music: *Mass of Creation*, Marty Haugen, © 1984, 1985, GIA Publications, Inc.

Our Father

**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.**

Priest: *Deliver us, Lord ... the coming of our Savior Jesus Christ.*

For the kingdom, the power and the glory are yours now and forever.

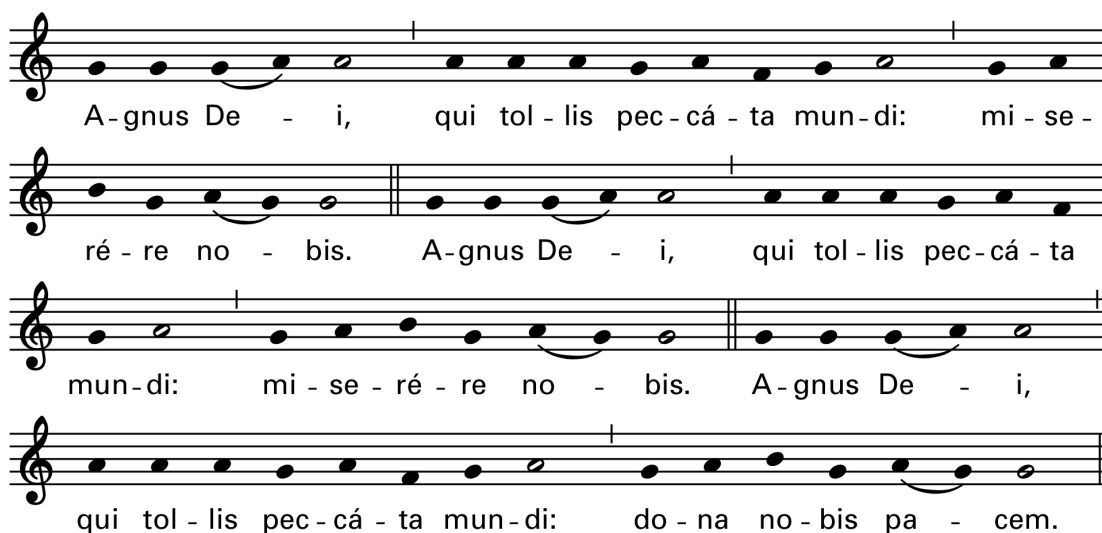
Priest: *Lord Jesus Christ ... Who live and reign for ever and ever. Amen*

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

Sign of Peace

Lamb of God

AGNUS DEI XVIII



Text and music: Chant; *Graduale Romanum*, 1974.

(Please kneel.)

Communion

Priest: *Behold the Lamb of God ... Blessed are those called to the supper of the Lamb.*

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You.

Never permit me to be separated from You. Amen.

Communion Antiphon

John 4:13-14

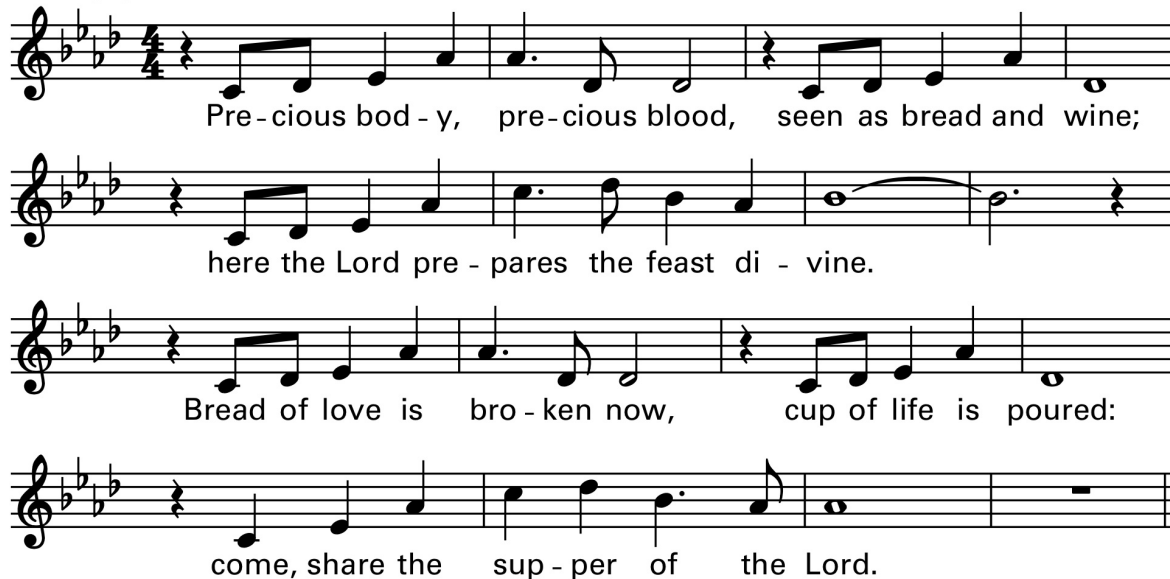
For anyone who drinks it, says the Lord, the water I shall give will become in him a spring welling up to eternal life.

Communion Hymn

THE SUPPER OF THE LORD

Laurence Rosania

Refrain




Pre-cious bod - y, pre-cious blood, seen as bread and wine;
here the Lord pre - pares the feast di - vine.
Bread of love is bro - ken now, cup of life is poured:
come, share the sup - per of the Lord.

Verses



1. This is the bread of God com - ing down from heav'n,
2. "I am the liv - ing spring of e - ter - nal life;
3. "I am the bread of heav'n giv - ing life to you;
4. "All those who feed on me have their life in me,
5. All praise to you, O Christ, pres - ent in this feast;



1. giv - ing life to us, to all the world.
2. you that drink from me shall not thirst a - gain."
3. you that eat this bread shall nev - er die."
4. as I have my life in the liv - ing God."
5. in this bread, we share in one life, one Lord.

Text: Verses 1-4 based on John 4, 6.

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Prayer after Communion

THE CONCLUDING RITES

Greeting and Blessing

(Please stand.)

Priest: *The Lord be with you. And with your spirit.*

Priest: *May almighty God bless you, the Father, the Son, and the Holy Spirit. Amen*

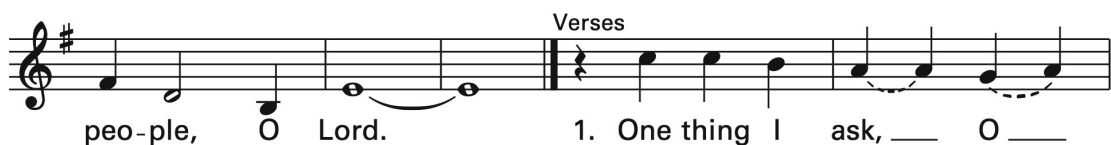
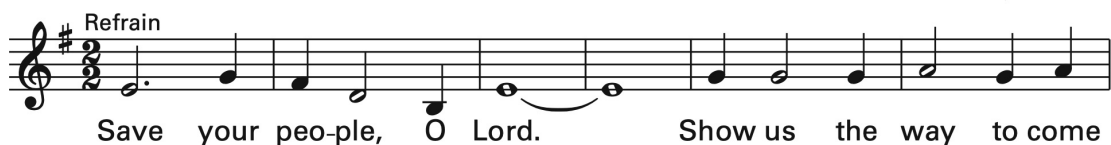
Dismissal

Deacon/Priest: *Go in peace. Thanks be to God.*

Recessional Hymn (verse 3)

SAVE YOUR PEOPLE

Jim Farrell



1. One thing I ask, O
2. For you will hide me in the
3. Lis - ten, O Lord, to the
4. Thus will I bless you all the

