

Welcome to Most Holy Redeemer Catholic Church



3<sup>rd</sup> Sunday of Lent

March 8, 2026

Celebration of the First Scrutiny

JACOB, NATE, MATT, DILLON, JEREMY



100 DIAMOND STREET, SAN FRANCISCO

ENTRANCE HYMN

SOMEBODY'S KNOCKIN' AT OUR DOOR



Some - bod - y's knock-in' at your door; Some - bod - y's



knock-in' at your door; O sin - ner, why don't you



an - swer? Some - bod - y's knock-in' at your door.



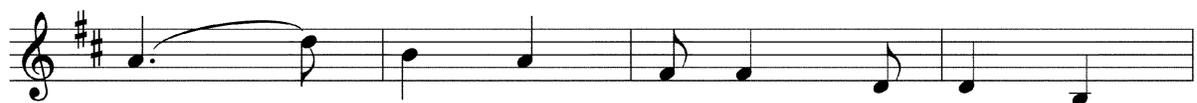
*Solo:* *All:*

1. Knocks like Je - sus,
2. Can't you hear him? Some - bod - y's knock-in' at your door.
3. Je - sus calls you,
4. Can't you trust him?



*Solo:* *All:*

- Knocks like Je - sus,  
Can't you hear him? Some - bod - y's knock-in' at your door.  
Je - sus calls you,  
Can't you trust him?



O sin - ner, why don't you an - swer?



Some - bod - y's knock-in' at your door.

Text: African-American spiritual  
Tune: SOMEBODY'S KNOCKIN', Irregular; African-American spiritual; harm. by Richard Proulx, b.1937

## GREETING

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

*Assembly:* **Amen.**

*Presider:* The Lord be with you.

*Assembly:* **And with your spirit.**

## PENITENTIAL ACT

*Cantor, then all:*

*Cantor or choir, then all:*

Ký - ri - e, e - lé - i - son.  
Lord, have mer - cy.

Chri - ste, e - have  
Christ, have

lé - i - son.  
mer - cy.

Ký - ri - e, e - lé - i - son.  
Lord, have mer - cy.

Music: *Mass of Saint Ann*, Ed Bolduc, © 2011, World Library Publications, a division of GIA Publications, Inc.

## COLLECT

*Presider:* Let us pray.

*THE PRIEST COLLECTS THE PRAYERS OF THE PEOPLE. WE RESPOND.*

*Assembly:* **Amen.**

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## LITURGY OF THE WORD

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### FIRST READING

EXODUS 17:3-7

*Lector:* The Word of the Lord.  
*Assembly:* **Thanks be to God**



# RESPONSORIAL PSALM 95

Grace Renaud

If to day\_ you\_ hear\_ God's\_ voice\_ har- den not\_ your\_ hearts\_

5  
If to day\_ you\_ hear\_ God's\_ voice\_ har\_ den not your hearts\_

1. Come, let us sing with joy, sing praise to the Rock who saves us.  
Come now with open hearts, singing songs of thanks, singing songs of praise.
2. Come, let us kneel to God, bow down to the Lord who made us.  
We are the flock of God; God who shepherds us, God who guides us home.
3. If you should hear God's voice, do not let your hearts be hardened  
as in the desert land; there they saw my works, still they tested me.

## SECOND READING

ROMANS 5:1-2, 5-8

*Lector:* The Word of the Lord.  
*Assembly:* **Thanks be to God**

## GOSPEL ACCLAMATION

*Mass of the Desert*  
Tom Booth

Glo-ry to you, Word of God, Lord Je - sus Christ!

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

## GOSPEL

JOHN 4:5-42

*Presider:* The Gospel of the Lord.  
*Assembly:* **Praise to you, Lord Jesus Christ.**

## HOMILY

## CELEBRATION OF THE FIRST SCRUTINY - 10AM ONLY

### INTERCESSIONS FOR THE ELECT & CANDIDATES – 10AM ONLY



### EXORCISM - 10AM ONLY

*10AM ONLY* – 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.

### PROFESSION OF FAITH – APOSTLE’S CREED

**I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,**

*At the words that follow, up to and including “the Virgin Mary,” all bow.*

**who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father almighty;  
from there he will come to judge the living and the dead.**

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

### PRAYERS OF THE FAITHFUL



## PREPARATION OF GIFTS

## SEEK THE LORD

Roc O'Connor, SJ

Refrain

\*a. Seek the Lord whose mer-cy a - bounds;

a. call a-loud to God who is near.

Verses 1-3

1a. To-day is the day — and now the prop-er hour to for-  
 2a. As high as the sky — is a-bove the earth, 7 so  
 3a. 7 O-pen your heart — to hear the voice of God, 7 whose

1a. sake our sin - ful lives — and turn to the Lord.  
 2a. high a-bove our ways, — the ways of the Lord.  
 3a. words, whose ways — 7 lead us to life.

to Refrain

Text: Based on Isaiah 55:6–9. Text and music © 1975, 1996, Robert F. O'Connor, SJ, and OCP. All rights reserved.

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

*Assembly:* **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.**

*Presider:* The Lord be with you.

*Assembly:* **And with your spirit**

*Presider:* Lift up your hearts.

*Assembly:* **We lift them up to the Lord.**

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

*Assembly:* **It is right and just.**

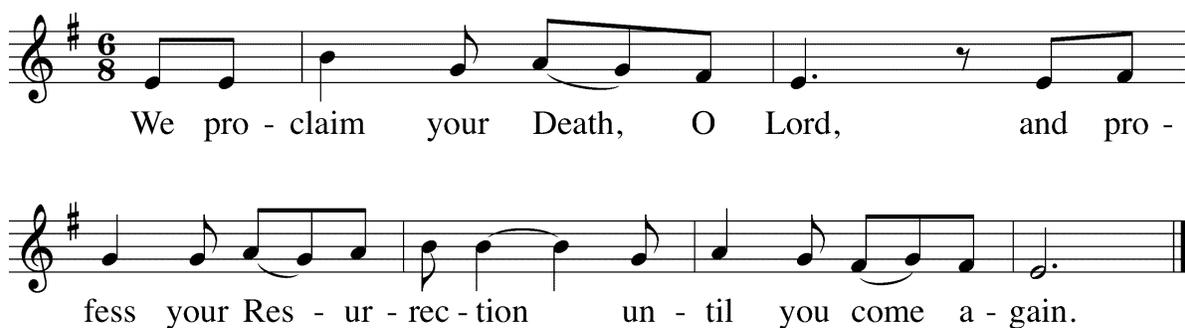
## SANCTUS



Ho - ly, Ho - ly, Ho - ly Lord God of hosts.  
Heav'n and earth are full of your glo - ry. Ho -  
san - na, ho - san - na, ho - san - na in the  
high - est, ho - san - na, ho - san - na, ho -  
san - na in the high - est. Bless - ed is he who comes in the  
name of the Lord. Ho - san - na, ho -  
san - na, ho - san - na in the high - est, ho -  
san - na, ho - san - na, ho - san - na in the high - est.

Text: ICEL, © 2010  
Music: *Mass of the Angels and Saints*, Steven R. Janco, © 1996, 2010, GIA Publications, Inc.

## MEMORIAL ACCLAMATION



We pro - claim your Death, O Lord, and pro -  
fess your Res - ur - rec - tion un - til you come a - gain.

Text: ICEL, © 2010  
Music: *Mass of the Angels and Saints*, Steven R. Janco, © 1996, 2010, GIA Publications, Inc.

AMEN

A - men, a - men, a - men.

A - men, a - men, a - men.

Music: *Mass of the Angels and Saints*, Steven R. Janco, © 1996, GIA Publications, Inc.

COMMUNION RITE

LORD'S PRAYER

SIGN OF PEACE

LAMB OF GOD

Bob Hurd

Cor - de - ro de Dios, que qui - tas el pe - ca - do del  
 7 Lamb of God, you take a - way the sins of the

mun-do, ten pie - dad de no - so - tros, ten pie -  
 world, have mer - cy on us, have

dad de no - so - tros. mun-do, da - nos la  
 mer - cy on us. world, grant us

paz, da - nos la paz, da - nos la paz.  
 peace, grant us peace, grant us peace.

Music: *Misa del Pueblo Inmigrante*, © 2005, 2010, Bob Hurd. Published by OCP. All rights reserved.

*Presider:* Behold the Lamb of God, behold him who takes away the sins of the world.  
 Blessed are those called to the supper of the Lamb.

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

# COMMUNION SONG

## BEYOND THE DAYS

Ricky Manalo, CSP

Refrain

Be - yond the days of hope and mys - t'ry we  
see a light of faith re - newed, and in our long - ing  
we thirst for guid - ance to walk with you day by day.

1-4 to Verses

Final Verses

day, to walk with you day by day. 1. For - ty days and  
2. Not on bread a -  
3. In your hands, O  
4. On our Lent - en

1. nights, you guide the steps of our jour - ney. May your  
2. lone are we to walk on this jour - ney. Speak the  
3. God, we feel the touch of your guid - ance. Keep us  
4. path we see the dawn of a new day. Be our

3 to Refrain

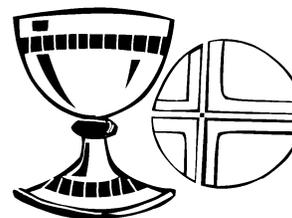
1. pres - ence be felt in the whis - per of your voice.  
2. words that give life to the yearn - ings of our hearts.  
3. safe in your care: may your gen - tle - ness be there.  
4. vi - sion of hope; be the prom - ise of our lives.

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### PRAYER AFTER COMMUNION

*Presider:* Let us pray...

*Assembly:* **Amen.**



## CONCLUDING RITES

### GREETING AND FINAL BLESSING

- Presider:* The Lord be with you.  
*Assembly:* **And with your spirit.**  
*Presider:* May almighty God bless you, the Father, and the Son, and the Holy Spirit.  
*Assembly:* **Amen.**  
*Presider:* Go in peace.  
*Assembly:* **Thanks be to God!**

### CLOSING HYMN

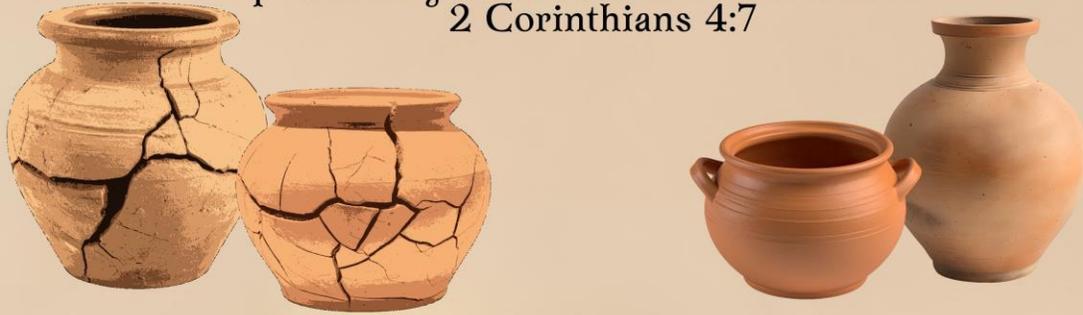
#### I HEARD THE VOICE OF JESUS

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.

# Me? A Wounded Healer?

“For we hold this treasure in earthen vessels, that the surpassing power may be of God and not from us.”  
2 Corinthians 4:7



**Saturday, March 28, 2026**  
**9:30 AM - 2:15 PM**

**Most Holy Redeemer Parish Retreat**  
**Ellard Hall 100 Diamond St. San Francisco, CA.**  
Suggested Donation \$40

Taken. Blessed. Broken. Given.

These are not just Eucharistic words. They are the pattern of our lives.

We are called in Baptism. Blessed for the journey. Shaped through weakness. Raised through surrender. In our fragility, God reveals strength. In our dying, there is rising.

Come reflect on the mystery of being a wounded healer.  
Come discover the treasure within your own earthen vessel.



OR



office@MHR.org  
415-863-6259



Sr. Joann Heinritz, CSJ, is a member of the Sisters of Saint Joseph of Carondelet. She currently serves in the sabbatical program at the Jesuit School of Theology in Berkeley, where she ministers as a spiritual director, retreat director, and instructor. She holds master's degrees in Theology and in Spirituality and is also a certified Massage Practitioner.

Sr. Joann has led retreats nationally and internationally, accompanying individuals and communities in deepening their spiritual lives and cultivating paths toward wholeness and holiness.

# Lenten Prayer Services

March 11, 18 & 25

7:00 PM



## LITURGICAL MINISTRY WORKSHOP

### Enhance Your Ministry

This workshop offers valuable insights into liturgy, preparation techniques, and the richness of our faith community's worship, fostering growth and connection among all participants and enhancing communal prayer experiences.

## Sunday, March 15

11:30 AM - 1:00 PM

Attend to discover how you can make a difference in our community's worship life!



No registration required. Just come as you are.  
We will have a place ready for you.

For questions, please contact [office@MHR.org](mailto:office@MHR.org) or 415-863-6259



100 Diamond Street., San Francisco  
Ellard Hall, Most Holy Redeemer Catholic Church



**Laura Bertone** holds a Master of Theological Studies with a concentration in Liturgy from the University of Notre Dame and a Licentiate in Canon Law from Saint Paul University in Ottawa. She served for fourteen years as Director of the Office of Worship for the Archdiocese of San Francisco and currently serves as Controller for Catholic Cemeteries of the Archdiocese. A member of St. Patrick Parish in Larkspur, she ministers throughout the Archdiocese as a reader, Extraordinary Minister of Holy Communion, Master of Ceremonies, and catechist.



## Welcome to Most Holy Redeemer!

If you would like to donate to MHR or any one of our many ministries, please use the QR code provided above.

*Thank you, in advance, for your generosity.*