

THE PARISH CHURCH OF ST MARY, PULBOROUGH



THE THIRD SUNDAY OF LENT

Sunday 8th March, 2026

10.30am THE PARISH EUCHARIST

We are very grateful that the leaflets today have been generously sponsored

**Happy Birthday, Mr Leese (Grandy)
Three score and ten!!
Now rapidly approaching middle age.
With much love from all the family.**

Welcome to our celebration on this Third Sunday of Lent

In Lent we think of our **prayerfulness and giving** even more. To keep our church heated, **lit and insured and to pay our parish contribution for the ministry we receive**, is a weekly financial challenge for us. By joining the **Parish Giving Scheme**, our Treasurer is assured of a regular income, even when you are **unable to attend church**. Please consider using the PGS, details can be found at the back of the church. Cash is always welcome, please **ONLY** use a white gift aid envelope if you are tax payer and able to fill in your details on the front of the envelope.



We also have a **sum-up machine** at the back of the church for paying by card or you can use our **QR code to the right**.

Thank you so much for supporting our churches' ministry and mission

In the event of a fire or emergency in the Church, the exits available are: the West Door, the North Door, the South Door in the Chancel and the door through the Vestry. Please leave the building by an exit nearest to you

Refreshments are served after the service. Do join us.

*Introductory organ music: "Gavotte in F"
William Boyce*

Please stand when the bell is rung

Entrance Hymn: NEH 340 (Tune 475)

Timothy Dudley-Smith (1926-2024) from *Daniel 2*

- 1** Beyond all mortal praise
God's Name be ever blest,
unsearchable his ways,
his glory manifest;
from his high throne
in power and might
by wisdom's light
he rules alone.
- 2** Our times are in his hand
to whom all flesh is grass,
while as their Maker planned
the changing seasons pass.
He orders all:
before his eyes
earth's empires rise,
her kingdoms fall.
- 3** He gives to humankind,
dividing as he will,
all powers of heart and mind,
of spirit, strength and skill:
nor dark nor night
but must lay bare
its secrets, where
he dwells in light.

4 **To God the only Lord,
 our fathers' God, be praise;
his holy Name adored
 through everlasting days.
 His mercies trace
 in answered prayer,
 in love and care,
 and gifts of grace.**

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

The Greeting

Grace mercy and peace from God our Father and the Lord Jesus
Christ be with you
and also with you.

*Fr. Paul introduces the day's celebration and invites people
to make an act of penitence*

The Prayers of Penitence

**Almighty God, our heavenly Father,
we have sinned against you
and against our neighbour
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are truly sorry and repent of all our sins.
For the sake of your Son Jesus Christ,
who died for us,
forgive us all that is past
and grant that we may serve you in
newness of life
to the glory of your name. Amen**

Almighty God,
who forgives all who truly repent,
have mercy upon us,
pardon and deliver us from all our sins,
confirm and strengthen us in all goodness,
and keep us in life eternal;
through Jesus Christ our Lord. **Amen**

The Kyries

Lord have mercy
Lord have mercy

Christ have mercy
Christ have mercy

Lord have mercy
Lord have mercy

The Collect for the Day

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

Please sit

The First Reading: Exodus 17. 1-7

A reading from the book of Exodus

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the LORD?'

But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' So Moses cried out to the LORD, 'What shall I do with this people? They are almost ready to stone me.' The LORD said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go.

I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the LORD, saying, 'Is the LORD among us or not?'

This is the word of the Lord

Thanks be to God

The Second Reading: Romans 5. 1-11

A reading from Paul's letter to the Romans

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces

character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

This is the word of the Lord.

Thanks be to God

Please stand

**The Gradual Hymn: NEH 337
Nahum Tate (1652-1715), Nicholas Brady (1659-1726)**

- 1 As pants the hart for cooling streams
when heated in the chase,
so longs my soul, O God, for thee,
and thy refreshing grace.**

- 2 For thee, my God, the living God,
my thirsty soul doth pine:
O when shall I behold thy face,
thou Majesty divine?**

3 Why restless, why cast down, my soul?
hope still, and thou shalt sing
the praise of him who is thy God,
thy health's eternal spring.

4 To Father, Son, and Holy Ghost,
the God whom we adore,
be glory as it was, is now,
and shall be evermore.

The Gospel Reading: John 4. 5-42

The Lord be with you
And also with you

Hear the Gospel of our Lord Jesus Christ according to John
Glory to you, O Lord

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 worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.’ Jesus said to her, ‘Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.’ The woman said to him, ‘I know that Messiah is coming’ (who is called Christ). ‘When he comes, he will proclaim all things to us.’ Jesus said to her, ‘I am he, the one who is speaking to you.’

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, ‘What do you want?’ or, ‘Why are you speaking with her?’ Then the woman left her water-jar and went back to the city. She said to the people, ‘Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?’ They left the city and were on their way to him.

Meanwhile the disciples were urging him, ‘Rabbi, eat something.’ But he said to them, ‘I have food to eat that you do not know about.’ So the disciples said to one another, ‘Surely no one has brought him something to eat?’ Jesus said to them, ‘My food is to do the will of him who sent me and to complete his work. Do you not say, “Four months

more, then comes the harvest”? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, “One sows and another reaps.” I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.’

Many Samaritans from that city believed in him because of the woman’s testimony, ‘He told me everything I have ever done.’ So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, ‘It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.’

This is the Gospel of the Lord.

Praise to you, O Christ

Please sit

The Homily

Please stand

**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, was incarnate from
the Holy Spirit and 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,
who with the Father and Son is
worshipped and glorified,
who 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**

Intercessions – the prayers of the church

The following responses may be used:

Lord, in your mercy
Hear our prayer

Lord, hear us.
Lord, graciously hear us

The Intercessions conclude with the following

Merciful Father,
**accept these prayers for the sake of your Son,
our Saviour Jesus Christ. Amen.**

Please stand

THE LITURGY OF THE SACRAMENT

The Peace

Fr. Paul introduces the Peace:

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

Let us offer each other the sign of peace



*At this point in the service a **collection will be taken** for the running of St. Mary's Church. **Please only use a white Gift-Aid envelope if you are a tax payer and fill in the details on the front of the envelope.** Thank you.*

The Offertory Hymn: NEH 373 (Tune – Coe Fen)
John Mason (c.1645-1694)

- 1 How shall I sing that Majesty
which angels do admire?
Let dust in dust and silence lie;
sing, sing, ye heavenly choir.
Thousands of thousands stand around
thy throne, O God most high;
ten thousand times ten thousand sound
thy praise; but who am I?

- 2 Thy brightness unto them appears,
whilst I thy footsteps trace;
a sound of God comes to my ears;
but they behold thy face:
they sing because thou art their Sun:
Lord, send a beam on me;
for where heaven is but once begun,
there alleluias be.

- 3 Enlighten with faith's light my heart,
in flame it with love's fire;
then shall I sing and bear a part
with that celestial choir.
I shall, I fear, be dark and cold,
with all my fire and light;
yet when thou dost accept their gold,
Lord, treasure up my mite.

- 4 How great a being Lord, is thine,
which doth all beings keep!
Thy knowledge is the only line
to sound so vast a deep:
thou art a sea without a shore,
a sun without a sphere;
thy time is now and evermore,
thy place is everywhere.

Pray my dear brothers and sisters that my sacrifice and yours may be acceptable to God, the almighty Father.

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.

The Prayer over the gifts is said

The Eucharistic Prayer

The Lord be with you
and also with you.

Lift up your hearts
We lift them to the Lord

Let us give thanks to the Lord our God
It is right to give thanks and praise

Fr. Paul continues with the prayer

**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.**

Fr. Paul continues until the following is used:

Jesus Christ is Lord:
**Lord, by your cross and resurrection
you have set us free
You are the Saviour of the world**

Fr. Paul continues and leads into the conclusion of the prayer:

Blessing and honour and glory and power be yours for ever and ever. Amen

Please kneel or sit



The Lord's Prayer

**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,
the power, and the glory,
for ever and ever. Amen**

The Breaking of the Bread

**We break this bread to share in the body of Christ.
Though we are many, we are one body because we all
share in one bread.**

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

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

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



The Giving of Communion

Fr. Paul issues the invitation to communion in these or very similar words:

Jesus is the Lamb of God
who takes away the sin of the world.
Blessed are those who are called to his supper.
**Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.**

*Communion is administered in both kinds. Receiving consecrated wine directly from the chalice is offered for those who feel comfortable to do this. **Please do not dip the consecrated wafer into the chalice.***

Please wait to be directed to communion.

*Choir Motet: **Wash me thoroughly**
David Halls*

Post Communion Hymn: NEH 385

Jesu dulcis memoria

**Bernard of Clairvaux (attributed)(1090-1153), Anonymous Latin
(12th century), Edward Caswall (1814-1878)**

- 1 Jesu, the very thought of thee
with sweetness fills the breast;
but sweeter far thy face to see,
and in thy presence rest.**
- 2 No voice can sing, nor heart can frame,
nor can the memory find,
a sweeter sound than thy blest name,
O Saviour of mankind!**
- 3 O hope of every contrite heart,
O joy of all the meek,
to those who fall how kind thou art!
how good to those who seek!**
- 4 But what to those who find? Ah, this
nor tongue nor pen can show;
the love of Jesus, what it is
none but his loved ones know.**
- 5 Jesu, our only joy be thou,
as thou our prize wilt be;
Jesu, be thou our glory now,
and through eternity.**

Post Communion Prayer

Merciful Lord,
grant your people grace to withstand the temptations
of the world, the flesh and the devil,
and with pure hearts and minds to follow you, the only God;
through Jesus Christ our Lord. **Amen.**

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

Notices are given out

Please stand

The Blessing

The Lord be with you.
and also with you.

The Dismissal

Go in the peace of Christ.
Thanks be to God.

Recessional Hymn: NEH 376 Horatius Bonar (1808-1889)

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

2 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.

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

FAIR-TRADED EASTER EGGS

We are pleased to say that as from next Sunday, Miq Kelland will be selling Fair-traded Easter eggs after the Parish Eucharist. Do please support this very worthy initiative for your Easter eggs this year. Miq will be pleased to receive **cash** for all purchases.



There is a separate sheet for the prayers, the diary and the notices this week.



Prayer of St Richard of Chichester

Thanks be to thee, my Lord Jesus Christ,
for all the benefits thou hast given me,
for all the pains and insults thou hast borne for me.
O most merciful redeemer, friend and brother, may I know thee
more clearly,
love thee more dearly,
and follow thee more nearly, day by day. Amen