



*St Thomas of
Canterbury, the Parish
Church for Brentwood*

The Order of Mass

**The Third Sunday
of Lent**

Sunday 8th March 2026

These prayers are suitable as preparation for Mass

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen

From the Book of Common Prayer

Almighty and ever-living God, I approach the sacrament of Your only-begotten Son Our Lord Jesus Christ, I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and needy to the Lord of heaven and earth. Lord, in your great generosity, heal my sickness, wash away my defilement, enlighten my blindness, enrich my poverty, and clothe my nakedness. May I receive the bread of angels, the King of kings and Lord of lords, with humble reverence, with the purity and faith, the repentance and love, and the determined purpose that will help to bring me to salvation. May I receive the sacrament of the Lord's Body and Blood, and its reality and power.

Kind God, may I receive the Body of Your only-begotten Son, our Lord Jesus Christ, born from the womb of the Virgin Mary, and so be received into His mystical body and numbered among His members. Loving Father, as on my earthly pilgrimage I now receive Your beloved Son under the veil of a sacrament, may I one day see him face to face in glory, who lives and reigns with You for ever. Amen.

St Thomas Aquinas

It is our custom to keep a prayerful silence before Mass

Please STAND when the bell rings, at 08.00 our worship begins with the Angelus.

The Angel of the Lord brought tidings to Mary,
And she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee; Blessed art thou among women and blessed is the fruit of thy womb Jesus
Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Behold the handmaid of the Lord.
Be it unto me according to thy Word.

Hail Mary, full of grace, the Lord is with thee; Blessed art thou among women and blessed is the fruit of thy womb Jesus
Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

And the Word was made flesh,
And dwelt among us.

Hail Mary, full of grace, the Lord is with thee; Blessed art thou among women and blessed is the fruit of thy womb Jesus
Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Pray for us, O holy Mother of God.
That we may be made worthy of the promises of Christ.

Let us pray:

We beseech thee, O Lord, pour thy grace into our hearts; that as we have known the Incarnation of thy Son, Jesus Christ, by the message of an angel, so by his ✕ Cross and Passion we may be brought to the glory of his resurrection; through the same Jesus Christ our Lord.

Amen.

The Gathering

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

Amen.

The Greeting

The Lord be with you

And also with you.

The priest welcomes us and introduces the service.

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.

Absolution

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

Lord, have mercy.

Lord, have mercy

Christ, have mercy.

Christ, have mercy

Lord, have mercy.

Lord, have mercy

Kyrie eleison

Kyrie eleison

Christe eleison

Christe eleison

Kyrie eleison

Kyrie eleison

The Collect

The Celebrant introduces a period of silent prayer with the words 'Let us pray':

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.**

THE LITURGY OF THE WORD

We SIT for the first readings.

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 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.

At 08.00, the psalm is said. We join in with the appropriate response.

Psalm 95

R: O that today you would hearken to his voice! Harden not your hearts.

Come, let us sing to the Lord; let us shout for joy to the rock of our salvation. Let us come before his presence with thanksgiving and raise a loud shout to him with psalms. For the Lord is a great God, and a great king above all gods. **R**

In his hand are the depths of the earth, and the heights of the hills are his also. The sea is his, for he made it, and his hands have moulded the dry land. **R**

Come, let us bow down and bend the knee, and kneel before the Lord our Maker. For he is our God, and we are the people of his pasture and the sheep of his hand. O that today you would hearken to his voice! **R**

‘Harden not your hearts, as your forebears did in the wilderness, at Meribah, and on that day at Massah, when they tempted me. They put me to the test, though they had seen my works. **R**

Forty years long I detested that generation and said, “This people are wayward in their hearts; they do not know my ways.” So I swore in my wrath, “They shall not enter into my rest.” **R**

Romans 5:1-11

A reading from the letter of Paul to the Romans.

Therefore, 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.

Gospel Reading

We STAND to greet the gospel.

Praise to you, O Christ, King of eternal glory.

Praise to you, O Christ, King of eternal glory.

The sacrifice of God is a broken spirit. A broken and contrite heart he will not despise.

Praise to you, O Christ, King of eternal glory.

The Lord be with you

And also with you.

✠ Hear the Gospel of our Lord Jesus Christ according to St John.

Glory to you, O Lord.

So he 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.

The Sermon

We SIT for the sermon.

The Creed

We STAND to proclaim the Creed.

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,

We KNEEL as we proclaim the Mystery of the Incarnation.

**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 the 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.

Prayers of Intercession – Universal Prayers

We SIT or KNEEL for the prayers of intercession, after each petition we respond:

Lord in your mercy,
hear our prayer.

Or

Lord hear us,
Lord graciously hear us.

The intercessor may conclude the prayer for the faithful departed with;

Rest eternal grant to them O Lord
And let light perpetual shine upon them.

May they rest in peace. **Amen.**

The prayers may conclude with a collect to which all respond: **Amen.**

Or, by us saying together.

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

The Peace

We STAND as the Celebrant introduces the Peace:

We are the body of Christ. In the one Spirit we were all baptized into one body. Let us then pursue all that makes for peace and builds up our common life.

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

Let us offer one another the sign of peace.

THE LITURGY OF THE EUCHARIST

The Offertory

A collection is taken at this celebration. If you don't have cash or are not part of our planned giving scheme and would like to support the ministry costs of St Thomas' please scan the QR code on the back of the chair in front of you, to be taken to the online donations page where you can easily donate to support the work of St Thomas' and complete the details allowing the reclamation of Gift Aid on your donation.

The Preparation of the Altar

At 08.00 as the celebrant takes the bread and the wine, we pray;

Blessed are you, Lord God of all creation: through your goodness we have this bread to offer, which earth has given and human hands have made. It will become for us the bread of life.

Blessed be God for ever.

Blessed are you, Lord God of all creation: through your goodness we have this wine to offer, fruit of the vine and work of human hands. It will become our spiritual drink.

Blessed be God for ever.

At 08.00 we stand as the Priest says;

Pray, my brothers and sisters, that this 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 Church.

Be pleased, O Lord, with these sacrificial offerings, and grant that we who beseech pardon for our own sins, may take care to forgive our neighbour. Through Christ our Lord. **Amen.**

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 him thanks and praise.

It is indeed right and good to give you thanks and praise,
almighty God and everlasting Father,
through Jesus Christ your Son.

For in these forty days
you lead us into the desert of repentance
that through a pilgrimage of prayer and discipline
we may grow in grace and learn to be your people once again.

Through fasting, prayer and acts of service
you bring us back to your generous heart.
Through study of your holy word
you open our eyes to your presence in the world
and free our hands to welcome others
into the radiant splendour of your love.

As we prepare to celebrate the Easter feast
with joyful hearts and minds
we bless you for your mercy
and join with saints and angels
for ever praising you and saying:

We remain STANDING as we say the Sanctus and the Benedictus:

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.

We KNEEL after the Sanctus and Benedictus.

Lord, you are holy indeed, the source of all holiness; grant that by the power of your Holy Spirit, and according to your holy will, these gifts of bread and wine may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed, took bread and gave you thanks; he broke it and gave it to his disciples, saying:

Take, eat; this is my body which is given for you;
do this in remembrance of me. ✠

In the same way, after supper, he took the cup and gave you thanks; he gave it to them, saying:

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. Do this, as often as you drink it, in remembrance of me. ✠

After the consecration, the following acclamation is said:

Let us proclaim the mystery of faith:

Christ has died:

Christ is risen:

Christ will come again.

And so, Father, calling to mind his death on the cross, his perfect sacrifice made once for the sins of the whole world; rejoicing in his mighty resurrection and glorious ascension, and looking for his coming in glory, we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving, we bring before you this bread and this cup and we thank you for counting us worthy to stand in your presence and serve you.

Send the Holy Spirit on your people and gather into one in your kingdom all who share this one bread and one cup, so that we, in the company of

the Blessed Virgin Mary, St Joseph her spouse, St Thomas of Canterbury and all the saints, may praise and glorify you for ever, through Jesus Christ our Lord;

by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be yours, almighty Father, for ever and ever.

Amen.

COMMUNION RITE

As our Saviour taught and commanded us we are bold to say:

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.

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.**

We say the Agnus Dei:

**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.**

The Celebrant invites the people to communion.

✠ Behold 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.**

*Please follow the direction of the celebrant and sidespersons to come forward and receive communion. Those who are confirmed are welcome to make their communion at our celebration today. Otherwise, please come forward for a blessing with your hands crossed across your chest. The response after receiving a blessing is **Amen**.*

Act of Spiritual Communion

My Jesus, I believe that you are present in the Most Blessed Sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there, and I unite myself wholly to you. Never permit me to be separated from you. **Amen**.

St Alphonsus Liguori

Post Communion

*We **STAND** as the priest leads the post-communion prayers.*

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.

Banns and Notices

*We **SIT** while any Banns of Marriage are published, and brief notices are given out. We **STAND** for the final blessing and dismissal.*

Blessing and dismissal

The Lord be with you.

And also with you.

Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow him; and the blessing of God almighty, the Father, ☩ the Son, and the Holy Spirit, be among you and remain with you always.

Amen.

The Mass is ended, go in the peace of Christ,

Thanks be to God.

Private Devotions during Communion or after Mass

We do not presume to come to this thy table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy table. But thou art the same Lord, whose property is always to have mercy: grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that our sinful bodies may be made clean by his body, and our souls washed through his most precious blood, and that we may evermore dwell in him, and he in us. Amen.

From the Book of Common Prayer

ALMIGHTY God, Father of all mercies, we thine unworthy servants do give thee most humble and hearty thanks for all thy goodness and loving-kindness to us and to all men; [*particularly to those who desire now to offer up their praises and thanksgivings for thy late mercies vouchsafed unto them.] We bless thee for our creation, preservation, and all the blessings of this life; but above all for thine inestimable love in the redemption of the world by our Lord Jesus Christ, for the means of grace, and for the hope of glory. And we beseech thee, give us that due sense of all thy mercies, that our hearts may be unfeignedly thankful, and that we shew forth thy praise, not only with our lips, but in our lives; by giving up ourselves to thy service, and by walking before thee in holiness and righteousness all our days; through Jesus Christ our Lord, to whom with thee and the Holy Ghost be all honour and glory, world without end. Amen.

**This to be said when any that have been prayed for desire to return praise.*

From the Book of Common Prayer

Soul of Christ, sanctify me
body of Christ, save me
blood of Christ, inebriate me
water from Christ's side, wash me
passion of Christ, strengthen me.

O good Jesus, hear me
within thy wounds hide me.

Suffer me not to be separated from thee.

From the malicious enemy defend me.

In the hour of my death call me and bid me come unto thee that I may
praise thee with thy saints and with thy angels forever and ever. Amen

Hail holy Queen, Mother of Mercy, our life, our sweetness and our hope!
To thee do we cry, poor banished children of Eve; to thee do we send
up our sighs, mourning and weeping in this vale of tears. Turn then, O
most gracious advocate, thine eyes of mercy towards us, and after this
our exile, show unto us the blessed fruit of thy womb, Jesus. O clement,
O loving, O sweet Virgin Mary.

The Salve Regina

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