



The Parish Church of St. Lawrence Little Stanmore
alias Whitchurch



Third Sunday of Lent
Sunday 8th March 2026

*We welcome everyone to the Christian Family here at S Lawrence's
At the heart of this Eucharist is the reception of Holy Communion everyone is encouraged to come
up to the Altar Rails. All who are communicant members of their own churches are welcome to
make their Communion if not, then, please come and bow your head to receive a Blessing.*

Introit Hymn

Hail to the Lord's Anointed!
Great David's greater Son;
Hail, in the time appointed,
His reign on earth begun!
He comes to break oppression,
To set the captive free;
To take away transgression,
And rule in equity.

2 He comes with succour speedy
To those who suffer wrong;
To help the poor and needy,
And bid the weak be strong;
To give them songs for sighing,
Their darkness turn to light,
Whose souls, condemned and dying,
Were precious in his sight.

3 He shall come down like showers
Upon the fruitful earth,
And love, joy, hope, like flowers,
Spring in his path to birth:
Before him on the mountains
Shall peace the herald go;
And righteousness in fountains
From hill to valley flow.

4 Kings shall fall down before him,
And gold and incense bring;
All nations shall adore him,
His praise all people sing;
To him shall prayer unceasing
And daily vows ascend;
His kingdom still increasing,
A kingdom without end.

5 O'er every foe victorious,
He on his throne shall rest,
From age to age more glorious,
All-blessing and all-blest:
The tide of time shall never
His covenant remove;
His name shall stand for ever;
That name to us is Love.

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

The Lord be with you
And also with you

Penitential Act

Christ meets us in the ordinary places of life and calls us to deeper faith. As we prepare to celebrate these sacred mysteries, let us acknowledge our sins and ask for God's mercy.

Lord Jesus, you ask us for a drink and reveal the thirst of the human heart.

Lord, have mercy.

Lord, have mercy.

Christ Jesus, you offer living water that becomes a spring of eternal life.

Christ, have mercy.

Christ, have mercy.

Lord Jesus, you call us to worship the Father in spirit and in truth.

Lord, have mercy.

Lord, have mercy.

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

Collect

O God, author of every mercy and of all goodness,
who in fasting, prayer and almsgiving
have shown us a remedy for sin,
look graciously on this confession of our lowliness,
that we, who are bowed down by our conscience,
may always be lifted up by your mercy.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever. **Amen**

First Reading *Exodus 17:3-7*

'Give us water to drink.'

In those days: The people thirsted for water, and the people grumbled against Moses and said, 'Why did you bring us up out of Egypt, to kill us and our children and our livestock with thirst?' So Moses cried to the LORD, 'What shall I do with this people? They are almost ready to stone me.' And the LORD said to Moses, 'Pass on before the people, taking with you some of the elders of Israel, and take in your hand the staff with which you struck the Nile, and go. Behold, I will stand before you there on the rock at Horeb, and you shall strike the rock, and water shall come out of it, and the people will drink.' And Moses did so, in the sight of the elders of Israel. And he called the name of the place Massah and Meribah, because of the quarrelling of the people of Israel, and because they tested the LORD by saying, 'Is the LORD among us or not?'

This is the word of the Lord.

Thanks be to God.

Responsorial Psalm *Ps 95(94):1-2. 6-7b. 7c-9. R/ 7c, 8a*

**O that today you would listen to his voice!
'Harden not your hearts.'**

Come, let us ring out our joy to the LORD;
hail the rock who saves us.
Let us come into his presence, giving thanks;
let us hail him with a song of praise. **R/**

O come; let us bow and bend low.
Let us kneel before the LORD who made us,
for he is our God, and we the people,
the people of his pasture, the flock of his hand. **R/**

O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your forebears put me to the test;
when they tried me, though they saw my work.' **R/**

Second Reading *Romans 5:1-2, 5-8* ·

Love has been poured into our hearts through the Spirit who has been given to us.

Brothers and Sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person — though perhaps for a good person one would dare even to die — but God shows his love for us in that while we were still sinners, Christ died for us.

This is the word of the Lord.

Thanks be to God.

Gradual Hymn

1 Be thou my guardian and my guide,
And hear me when I call;
Let not my slippery footsteps slide,
And hold me lest I fall.

2 The world, the flesh, and Satan dwell
Around the path I tread;
O, save me from the snares of hell,
Thou quickener of the dead.

3 And if I tempted am to sin,
And outward things are strong,
Do thou, O Lord, keep watch within,
And save my soul from wrong.

4 Still let me ever watch and pray,
And feel that I am frail;
That if the tempter cross my way,
Yet he may not prevail.

Gospel Acclamation *Cf. John 4:42, 15*

Glory to you, O Christ, you are the Word of God.
Lord, you are indeed the Saviour of the world;
give me living water, so that I will not be thirsty.
Glory to you, O Christ, you are the Word of God.

The Gospel

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.

John 4:5-42 'A spring of water welling up to eternal life.'

At that time: Jesus came to a town of Samaria called Sychar, near the field that Jacob had given to his son Joseph. Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour.

A woman from Samaria came to draw water. Jesus said to her, 'Give me a drink.' (For his disciples had gone away into the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask for a drink from me, a woman of Samaria?' (For Jews have no dealings 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 nothing to draw water with, and the well is deep. Where do you get that living water? Are you greater than our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock.' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him 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 will not be thirsty or have to come here to draw water.'

Jesus said to her, 'Go, call your husband, and come here.' 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 now have is not your husband. What you have said is true.' The woman said to him, 'Sir, I perceive that you are a prophet. Our fathers worshipped on this mountain, but you say that in Jerusalem is the place where people ought to worship.' Jesus said to her, 'Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. 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 is seeking 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 Messiah is coming — he who is called Christ. When he comes, he will tell us all things.' Jesus said to her, 'I who speak to you am he.'

Just then his disciples came back. They marvelled that he was talking with a woman, but no one said, 'What do you seek?' or, 'Why are you talking with her?' So the woman left her water jar and went away into town and said to the people, 'Come, see a man who told me all that I ever did. Can this be the Christ?' They went out of the town and were coming to him.

Meanwhile the disciples were urging him, saying, 'Rabbi, eat.' But he said to them, 'I have food to eat that you do not know about.' So the disciples said to one another, 'Has anyone brought him something to eat?' Jesus said to them, 'My food is to do the will of him who sent me and to accomplish his work. Do you not say, "There are yet four months, then comes the harvest"? Look, I tell you, lift up your eyes, and see that the fields are white for harvest. Already the one who reaps is receiving wages and 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 town believed in him because of the woman's testimony, 'He told me all that I ever did.' 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 indeed the Saviour of the world.'

This is the Gospel of the Lord.

Praise to you, O Christ.

The Sermon

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,
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 *These responses may be used*

Lord, in your mercy **hear our prayer.** *(or)* Lord, hear us **Lord, graciously hear us.**

And at the end

Merciful Father,

accept these prayers

for the sake of your Son,

our Saviour Jesus Christ. Amen.

The Peace

Since we are justified by faith,
we have peace with God through our Lord Jesus Christ,
who has given us access to his grace.

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

Offertory Hymn

My song is love unknown,
My Saviour's love to me,
Love to the loveless shown,
That they might lovely be.
O, who am I,
That for my sake
My Lord should take
Frail flesh, and die?

2 He came from his blest throne,
Salvation to bestow:
But men made strange, and none
The longed-for Christ would know.
But O, my Friend,
My Friend indeed,
Who at my need
His life did spend!

3 Sometimes they strew his way,
And his sweet praises sing;
Resounding all the day
Hosannas to their King.
Then 'Crucify!'
Is all their breath,
And for his death
They thirst and cry.

4 They rise, and needs will have
My dear Lord made away;
A murderer they save,
The Prince of Life they slay.
Yet cheerful he
To suffering goes,
That he his foes
From thence might free.

5 Here might I stay and sing,
No story so divine;
Never was love, dear King,
Never was grief like thine!
This is my Friend,
In whose sweet praise
I all my days
Could gladly spend.

Pray, my 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.**

Prayer over the Offerings

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 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.

The Priest concludes the Preface with the people, singing

**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 Priest continues with the Eucharistic Prayer. After the words of Consecration the priest says:

Great is the mystery of faith:

Christ has died:

Christ is risen:

Christ will come again.

At the conclusion of the prayer

the Priest takes the chalice and the paten with the host and, raising both, he says

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.**

The Lord's Prayer

Let us pray with confidence as our Saviour has taught us

**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.**

**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.**

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 Antiphon

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

Prayer after Communion

As we receive the pledge
of things yet hidden in heaven
and are nourished while still on earth
with the Bread that comes from on high,
we humbly entreat you, O Lord,
that what is being brought about in us in mystery
may come to true completion.
Through 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.**

Final Blessing

May the Lord, who was himself tested in the wilderness, show us the way to the Father
and give us the courage to go forth with fresh commitment and courage;
and may almighty God bless you, the Father, the Son and the Holy Spirit. **Amen.**

The Dismissal

Go in peace to love and serve the Lord.
In the name of Christ. Amen.

Recessional Hymn

1 All my hope on God is founded;
He doth still my trust renew.
Me through change and chance he guideth,
Only good and only true.
God unknown,
He alone
Calls my heart to be his own.

2 Pride of man and earthly glory,
Sword and crown betray his trust;
What with care and toil he buildeth,
Tower and temple, fall to dust
But God's power,
Hour by hour,
Is my temple and my tower.

3 God's great goodness aye endureth,
Deep his wisdom, passing thought:
Splendour, light and life attend him,
Beauty springeth out of naught.
Evermore
From his store
New-born worlds rise and adore.

4 Daily doth th'Almighty giver
Bounteous gifts on us bestow;
His desire our soul delighteth,
Pleasure leads us where we go.
Love doth stand
At his hand;
Joy doth wait on his command.

5 Still from man to God eternal
Sacrifice of praise be done,
High above all praises praising
For the gift of Christ his Son.
Christ doth call
One and all:
Ye who follow shall not fall.

*Everyone is invited into the Hall after The Parish Eucharist for coffee or tea with biscuits
we ask that if possible that you give £1 to defray costs
(our drinks are served in disposable cups & biscuits individually wrapped)*

Background on the Gospel Reading On this Sunday and the next two Sundays, we break from reading the Gospel of Matthew to read from John's Gospel. The Gospel of John is the only Gospel not assigned to a particular liturgical year. Instead, readings from John's Gospel are interspersed throughout our three-year liturgical cycle.

In today's Gospel, the dialogue between Jesus and a woman from Samaria is among the most lengthy and most theological found in Scripture. The most startling aspect of the conversation is that it happens at all. Jesus, an observant Jew of that time, was expected to avoid conversation with women in public. The animosity between the Jews and the Samaritans should have prevented the conversation as well. The woman herself alludes to the break from tradition: "How can you, a Jew, ask me, a Samaritan woman, for a drink?" Yet Jesus not only converses with the woman, he also asks to share her drinking vessel, an action that makes him unclean according to Jewish law.

The initial conversation between Jesus and the woman is better understood if we consider the importance of water, especially in the climate of Israel. At first, the woman understands Jesus' promise of "living water" in a literal sense: "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water." With no running water, the daily trip to the well by the women of the community was of paramount importance. The women of the town would have traveled to the well in the early morning, but this woman came to the well at noon, the hottest time of the day. The timing of her visit is a clear sign that she is an outcast within the Samaritan community. We learn in her conversation with Jesus that she is an outcast because of her "many husbands."

Behind the conversation lies the animosity and rivalry between the Jews and the Samaritans. Samaritans shared Jewish ancestry, but Samaritans had intermarried with foreigners when they lived under the rule of the Assyrians. Samaritan religion included worship of Yahweh, but was also influenced by the worship of other gods.

When the Jews refused Samaritan help in the building of the Temple at Jerusalem, the Samaritans eventually built a temple for themselves at Mount Gerizim (the same mountain mentioned by the woman at the well). Like the Jews, the Samaritans believed that a Messiah would come.

The high point of the conversation is when Jesus reveals himself to her as the Messiah. His answer to the Samaritan woman's questions about worship is meant to predict a time when worshiping in truth and spirit will become the way to worship.

After the conversation, the Samaritan woman becomes a disciple. Even though she is an outcast and not a Jew, she returns to her town to lead others to Jesus and to wonder whether she has found the Messiah. The Samaritan townspeople return with her to meet Jesus for themselves, and many are said to come to believe in him.

The significance of the encounter between Jesus and the Samaritan woman has many levels. The first is personal: The woman is herself converted to belief in Jesus as Messiah because he knows her sin but speaks with her just the same. The second is social: Having come to know Jesus as the Messiah, the Samaritan woman becomes an evangelist to her own people.

The third level of the story is educational: Jesus uses his encounter with the Samaritan woman to teach his disciples that God's mercy is without limit. The disciples return from their shopping quite confused to find Jesus talking with a Samaritan, and a woman at that! But the conversion of the Samaritan townspeople is a foretaste of the kind of open community that will be created among those who believe that Jesus is the Messiah.

Easter Flowers It being Lent our Altar Flowers have been removed from Church until Easter to reflect its penitential nature. This gives us an opportunity for the flower fund to recover in time for the splendid displays of Easter! Donations to the flower fund can be made directly to Brenda Eustace or via Fr Paul. In previous years we have invited people to donate money in memory of Departed Loved Ones and we have then remembered them at The Eucharist - we will be doing this again this year.

As A Church We Really Need Your Continued Financial Help! It would be really good if you could continue with your weekly/month thank offerings and increase them if at all possible. You can transfer money electronically by using the following details:

Account Name: Parochial Church Council of St Lawrence Whitchurch

Bank: HSBC Sort Code: 40 - 11 - 58 Account: 20126942 Reference: Just use your surname!

Sheila Woodward's Funeral Arrangements as per her wishes are as follows:

Thursday 19th March 2026:

16:00 Reception of Sheila's mortal remains into church

18:00 Said Requiem Eucharist

Friday 20th March 2026:

12 Noon Funeral Service followed by private cremation

Sheila's cremated remains will then be interred in the churchyard at a later date

Paws For Thought

When you can look at yesterday without regret and at tomorrow without fear,
you're on your way to the good life!

As found by Hugo the Rectory Retriever puppy



In Your Prayers This Week

*We pray urgently for peace in the Middle East, holding before God those who are caught up in the attacks.
We pray, too, that those who make the decisions affecting so many lives may be directed towards peace.
We pray for The Bishops of London especially our Area Bishop, +Lusa ~ Bishop of Willesden
We pray for the needs of our Parish, and for **The Sick, Vulnerable, Isolated, Anxious & Bereaved**
Both those who are known to us personally and those whose names are read out in Church each week,
the patients and staff of The Royal National Orthopaedic Hospital
the elderly & housebound those who live within Henry Nihill House, Knights Court & Whitchurch Lodge.*

The Departed

Those who continue to die as the result of all wars, conflict or the violence of others

Recently Rev Joan Foster, Sheila Woodward

Years' Mind Marlene Ault, Sylvia Bellinger, Juliette Berger, Mavis Brown, Hilda Bunn, Michael Collard, Brian Cook, Alfred Davies, Connie Davies, Agnes Dawson, Frank Delsini, Don Dibben, Annie Doyle, Lesley Durbin, Johnny Evans, Cyril Flood, Peter Foster, Dorothy Green, Iris Hale, Sam Hammill, Beryl Holmes, Steve Hussain, Trevor Johns, Adrian Johnson, Ted Johnson, Fred Leaves, Alison Loader, Shanika Lovell, Martha Loze, Barbara McFarlane, Anne Mills, Errol Mills, Rosina Moir, May Molloy, Brian Moore, Dot Morgan, Frank Moynihan, Dean Parker, Stanley Perriam, John Petty, Jenny Pritchard, Gene Reeves, Bertha Ridge, Win Rump, Glenis Shah, Nick Sharman, Margaret Sharratt, Tom Smith, David Terwey, Pat Van Engel, Henry Warner, Roger Whitman, Amy Wilson, Bert Woodcock.

Parish Prayer List In church we gladly pray out loud for those whom prayers have been specifically requested. Names can only be added to this list with the prior knowledge of those concerned. Occasionally a name remains on the list after the need for specific prayers has passed, we would be grateful if you would let us know. It is our intention to revise the List so please advise us of names that you wish to remain on there.

Submitting An Item for this Newsletter Please ensure that any items are emailed to The Rector, Fr Paul by 12 Noon on a Wednesday, to be included in the Newsletter for that week. Whilst the Newsletter doesn't get published till Saturday it is prepared at some point between Wednesday and then as time permits. Thank you.

Safeguarding

Here at S Lawrence's, we prioritize the safety and well-being of our community.
Brenda Eustace serves as our Parish Safeguarding Officer and can be reached by email at:

safeguardinglittlestanmore@gmail.com

For more information about our safeguarding procedures,
please scan the QR code on the back page of this booklet.
We believe that safeguarding is a responsibility we all share.



THIS WEEK AT S LAWRENCE LITTLE STANMORE

*we aim to be an inclusive Anglican Catholic Church (Church of England)
serving Canons Park (HA8) and its surrounding area*

- 08 Sun** **Third Sunday of Lent**
10:00 The Parish Eucharist
- 10 Tue** **Tuesday of the Third Week of Lent**
09:30 The Eucharist
- 15 Sun** **Fourth Sunday of Lent aka Mothering Sunday**
10:00 The Parish Eucharist

Rector & Parish Priest - Fr Paul M Reece
t: 07860 690 503 e: little.stanmore@london.anglican.org

*If you have any pastoral concerns
or would like to request prayers for yourself or friends/family,
please get in touch using the email above
or you can use the contact page on our website by scanning this QR Code*

