

Sunday 8th March 2026



United Benefice of
Aspenden, Buntingford
and Westmill

Lent 3

Welcome to our churches of St Mary's Aspenden, St Peter's Buntingford and St Mary the Virgin Westmill. Whoever you are, wherever

you've come from, you are welcome! If this is your first visit, please do introduce yourselves to the clergy and stay for coffee after the service to meet others

Exodus 17.1-7 NRSVA

17 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. ²The 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?' ³But 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?' ⁴So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' ⁵The 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. ⁶I 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. ⁷He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

John 4.5-42 NRSVA

⁵ So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

⁷ A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink.' ⁸ (His disciples had gone to the city to buy food.) ⁹ 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.) ¹⁰ 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.' ¹¹ The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water?' ¹² Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' ¹³ Jesus said to her, 'Everyone who drinks of this water will be thirsty again, ¹⁴ 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.' ¹⁵ 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.'

¹⁶ Jesus said to her, 'Go, call your husband, and come back.' ¹⁷ The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; ¹⁸ for you have had five husbands, and the one you have now is not your husband. What you have said is true!' ¹⁹ The woman said to him, 'Sir, I see that you are a prophet. ²⁰ Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' ²¹ Jesus said to her, 'Woman, believe me,

the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²² You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³ 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. ²⁴ God is spirit, and those who worship him must worship in spirit and truth.' ²⁵ 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.' ²⁶ Jesus said to her, 'I am he, the one who is speaking to you.'

²⁷ 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?' ²⁸ Then the woman left her water-jar and went back to the city. She said to the people, ²⁹ 'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?' ³⁰ They left the city and were on their way to him.

³¹ Meanwhile the disciples were urging him, 'Rabbi, eat something.' ³² But he said to them, 'I have food to eat that you do not know about.' ³³ So the disciples said to one another, 'Surely no one has brought him something to eat?' ³⁴ Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. ³⁵ 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. ³⁶ The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷ For here the saying holds true, "One sows and another reaps." ³⁸ I sent you to reap that

for which you did not labour. Others have laboured, and you have entered into their labour.'

³⁹ Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.'⁴⁰ So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. ⁴¹ And many more believed because of his word. ⁴² 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.'

Collect

Eternal God, give us insight to discern your will for us, to give up what harms us, and to seek the perfection we are promised in Jesus Christ our Lord.

Post Communion

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.

Remembering in our prayers:

Sheila, Lil, Evelyn, Jackie, Christine, Kathe, Judy, Jenny, Russell, Hilary, Phyllis, Jane, Lisa, Clive, Ailsa, Elaine.

Remembering Jean Pitts. Jean's funeral will take place on Friday 13th March at 12 noon at St Mary's Church, Aspenden followed by refreshments at The Fox, Aspenden. Please see the poster in church for further details.

Sunday Services & Morning Prayer

Sunday 15th March Mothering Sunday

9:30am Holy Communion – St Mary's Aspenden
11am Holy Communion – St Peter's Buntingford

Morning Prayer – Held 9am to 9:30am, weekly on Tuesday at St Peter's Buntingford
Wednesday St Mary the Virgin, Westmill and
Thursdays at St Mary's, Aspenden
for further details chat with Kirsty or Sarah.

Sunday 22nd March (Passion)

9:30am Sung Eucharist – St Mary the Virgin, Westmill
11am Morning Worship – St Peter's, Buntingford

Sunday 29th March Palm Sunday

*Meet at **9:15am** on the green opposite the coffee shop procession to church 9:30am All Age Worship - St Mary the Virgin Westmill
9:30am Morning Worship – St Mary's Aspenden
*Meet at **10:45am** at The Manor House carpark to procession to church 11am Holy Communion – St Peter's Buntingford

News & Notices from our Churches and Community



Choc Stop We are starting a new venture, 'Choc Stop'. Hot chocolates for young people on their way home from school. Every Thursday, outside St Peter's church from 3.15pm.

Lent Reflections – Hosted by The Woollcombes. Weekly reflections on the theme of Power. Every Tuesday, 8pm – 9pm – tea and biscuits at 7:30pm. For further details please see church notice boards and contact details.

Churches Together Lent Course

Christchurch URC, weekly on Wednesday until 25th March. Meeting with your own lunch for 12:30pm

Tuesday 24th March 10am – 12pm – Daffodil Coffee Morning & Plant Sale – The Pump House, Coles

Park, Westmill, SG9 9LT, by kind permission of Lord & Lady Carter. Admission £5 to include tea/coffee, cake and a bunch of daffodils.

Holy Week Services

Taizé Services

7pm Tuesday 31st March at St Peter's Buntingford
7pm Wednesday 1st April at St Mary's Aspenden

Maundy Thursday – Washing of the feet

7pm 2nd April at St Mary the Virgin Westmill

Good Friday

10am Walk of Witness – Churches Together
11am Stations of the Cross outside St Peter's
2pm Hour at the Cross at St Mary's Aspenden

Easter Day – 5th April

6am Sunrise service with breakfast followed by Holy Communion Service – St Mary's Aspenden
9:30am All Age Holy Communion – St Mary the Virgin Westmill
11am All Age Holy Communion – St Peter's Buntingford



Plant Sale 2nd May held outside St Peter's 9:30am to 12pm

Aspenden's Plant Sale is already in the planning. If you are a keen gardener or know someone who is and will be growing or dividing plants and would like to donate any spare plants, that would be amazing.

Eco Church Lent 3: If you're doing a small DIY job and need some paint, it's worth checking out your local Recycling Centre as they often have tins of paint people have donated- much better for the planet for this to get used than have to dispose of it!

Find all our latest services & news here:

www.achurchnearyou.com/benefice/32-012BK/



Get in Touch

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