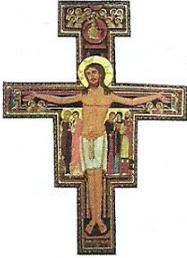


Please feel free to take this booklet home with you



**THE PARISH OF
ST. FRANCIS OF ASSISI
BARKINGSIDE**

A parish church in the Catholic tradition of the Church of England, part of Redbridge Deanery in the Barking Episcopal Area of the Diocese of Chelmsford.

**THIRD SUNDAY OF LENT – YEAR A
8 March 2026**

Hear us, O Lord, have mercy upon us, for we have sinned against thee.

Lent Prose

*A warm welcome to all newcomers and visitors to St. Francis Church
Please do join us for refreshments after the 10.15am Mass*

TODAY'S SERVICES

8.00am Mass

10.15am Parish Mass

The Parish Mass today will be celebrated by Canon Jane Richards

Collect of 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.**

A reading from the book of 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?’

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 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.**

A reading from the letter of St. Paul to the Romans
(5: 1 - 11)

Since we are justified by faith, we^[a] have peace with God through our Lord Jesus Christ, ² through whom we have obtained access^[b] to this grace in which we stand; and we^[c] boast in our hope of sharing the glory of God. ³ And not only that, but we^[d] also boast in our sufferings, knowing that suffering produces endurance, ⁴ and endurance produces character, and character produces hope, ⁵ 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.

The gospel of our Lord Jesus Christ according to
St John (4: 5- 42)

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?' ¹³ 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^[b] 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?’²⁸ 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.”³⁸ 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.’

Post Communion Collect

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.**

PLEASE REMEMBER IN YOUR PRAYERS: -

...the sick and suffering and those who care for them, those who are alone, isolated and vulnerable, and especially for: Connie Barnes, Vicky Berrill, Cornelio Denhere, Helen Forbes, Brian Good, Judy Harvey, Liz Leatherbarrow, Eamonn Moloney, Simon Pettit, Stevan Piper, Mary Roper, Graham Sandy, Sofia Savvas, Trinny, Adrian Shelton, Pauline Sheridan, Christine Street, Norman Street, Anita Watts, Heather Wheeler, Mary Vadsala.

PLEASE ADVISE NICHOLAS OF ANY ALTERATIONS.

....the recently departed, including: Alan McDonald

....those whose anniversaries of death occur this week, including:

8th Frederick Quiller

9th Emily Osbourne, Alice Hay

10th David Williams, Joan Cockayne

12th Ada Howard, Peter Elers *Priest*, Samuel Hill

13th Rose Radcliffe, Dorothy Pharoah

14th Bernard Rowland

....all those living or working in: Saltash Road, Shakespeare Square..

A COPY OF READINGS for 22 March (Richard) is now available. Please collect from the back of church.

SPONSORSHIP

Today's service has been sponsored by Joyce Hill in memory of her husband Geoff's birthday on 11th March,

BAKING WITH BRASS concert (see also page 9) is on Sunday 26 April at 3.00pm. Posters and handbills will be available from next Sunday. Please take a poster to display in your window, and handbills for your family, friends and neighbours in order to spread publicity for this popular event.

BISHOP GULI, OUR DIOCESAN BISHOP, HAS ISSUED A STATEMENT ABOUT THE MIDDLE EAST CONFLICT.

"The attacks on Iran by the United States and Israel and the reprisals by the Iranian regime have brought a new wave of fear, uncertainty and in many cases devastation to the people of Iran and the whole middle east, with more nations and people now being dragged into the conflict.

"While the regime in Iran has done profound harm and is deeply unpopular, and while there will be some renewed hope for change, it is not at all clear where military intervention from the US and Israel will ultimately lead.

"I thank the Archbishop in Jerusalem for his letter to Christians and echo his call for us to pray for the protection of the innocent and for wisdom and sound mind for the political leaders whose decisions have brought about this profoundly dangerous situation."

BARKINGSIDE BOARD GAMES CLUB

A Friendly Space for Strategy Games

Every Thursday starting from the 26 March, from 12:00noon to 4:00pm at Fullwell Cross Library,140 High Street, Ilford IG6 2EA. Adults aged 18 – 45 are welcome.

We focus on strategy board games and card games, with difficulty levels ranging from beginner to intermediate. No prior experience is required. Board games and card games are provided. You are welcome to bring your own games, but you will be responsible for them. A suggested £1 donation helps support the upkeep and purchase of new board games.

NORTH ILFORD FELLOWSHIP OF CHURCHES

NIFOC (of which St Francis is a member) are organising the following events during Lent and Holy Week.

Please think about supporting them if you can.

Thursday 12 March at 12 noon

Lent lunch at Hainault Baptist Church IG6 2UT

Thursday 19 March at 10.00am

Lent breakfast at Barkingside Methodist Church IG6 2AZ

Wednesday 25 March

Lent lunch at Ashurst Drive Baptist Church

Friday 6 March 2.00pm World Day of Prayer Service at
Barkingside Methodist Church IG6 2AZ

Good Friday 3 April - (probably 10.00am)

Service of witness at Ken Aston Square (outside the library at Fullwell Cross).

People can gather outside the magistrates' court at 9.30am and make their way together. No 'Walk of Witness' as in the past.

OTHER SERVICES THIS WEEK

15 March	FOURTH SUNDAY OF LENT
	8.00am Mass
	10.15am Parish Mass

**SOME FUTURE DATES AT ST. FRANCIS
FOR YOUR DIARIES**

Sunday 29 March

PALM SUNDAY

8.00am Blessing of Palms and Mass
10.00am Blessing of Palms and Parish Mass

Monday of Holy Week (30 March)

7.30pm Stations of the Cross

Sunday 26 April at 3.00pm

BAKING WITH BRASS

A selection of easy listening music
with cake in the middle.

£6 adults and £2 children. Tickets available at the door.

Handbills and posters available from Sunday 15 March
(see also above – page 7)

10 – 16 May

CHRISTIAN AID WEEK

In support of **Christian Aid**, the New Redbridge Wind
Orchestra is giving a concert at Holy Trinity Church on
Saturday 16 May at 7.30pm

PARISH CONTACTS

Vicar (position vacant)

Churchwarden

Mr. Nicholas Hurst

07885 910 943

hew.military@gmail.com

Parish Safeguarding Officer

Mrs. Katie Mensah

07475 509907

safeguarding@stfrancisbarkingside.org.uk

PARISH OFFICE

Weddings, Baptisms, Confirmations
and Confessions

Please contact Mr. Nicholas Hurst as above