



The Church of the Good Shepherd, Brighton

The Third Sunday of Lent

Sunday 8th March 2026



Please pray:

For The Episcopal Church in Jerusalem & The Middle East

For The Bishop of Horsham, The Right Reverend Ruth Bushyager and her
PA Amanda Belcher

For those who work to bring peace around the world, especially in the
Middle East.

For neighbours in Onslow Road.

For Elias, Pauline Grimstone, Veronica Holden, Paul Thompson, Trevor,
Robin, Rols Ham-Riche, Sarah, Michael Miller, Jess, Marian, Bishop
Andrew Watson

Recently Departed: Monique

Anniversaries of death: Geoffrey Upson, Lily Coleman, Patricia Thompson,
Ronald Hunter, John Drake, Emily Cruttenden, Frances Saunders, Dorothy
Meaden

Welcome to The Church of the Good Shepherd. This sheet has everything you need to follow what is going on. The writing in the red italics gives instructions. The text in normal type will be spoken by a priest, reader or other member of the congregation. We all join in with the bold type.

Please stand when the bell rings and the altar party enters.

Processional Hymn

NEH 333

- 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.**

J. Neander (1650-89)

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.

The priest introduces the celebration. We say the Prayer of Preparation.

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.

The Penitential Rite

The priest invites us to call to mind our sins.

Father eternal, giver of light and grace, we have sinned against you and against our neighbour, in what we have thought, in what we have said and done, through ignorance, through weakness, through our own deliberate fault. We have wounded your love, and marred your image in us. We are sorry and ashamed, 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 lead us out from darkness to walk as children of light. Amen.

May God who loved the world so much that he sent his Son to be our Saviour forgive you your sins and make you holy to serve him in the world, through Jesus Christ our Lord.

Amen.

The Kyrie

**Lord have mercy. Lord have mercy.
Christ have mercy. Christ have mercy.
Lord have mercy. Lord have mercy.**

NEH 541

We remain standing for the Collect:

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 for the readings.

The Liturgy of the Word
First Reading

A reading from Exodus.

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.

Psalm 95 (Chant: Russell)

- 1 O come, let us sing unto the Lord *
let us heartily rejoice in the strength of our salvation.
 - 2 Let us come before his presence with thanksgiving *
and shew ourselves glad in him with psalms.
 - 3 For the Lord is a great God *
and a great King above all gods.
 - 4 In his hand are all the corners of the earth *
and the strength of the hills is his also.
 - 5 The sea is his, and he made it *
and his hands prepared the dry land.
 - 6 O come, let us worship and fall down *
and kneel before the Lord our Maker.
 - 7 For he is the Lord our God *
and we are the people of his pasture, and the sheep of his hand.
 - 8 To-day if ye will hear his voice, harden not your hearts *
as in the provocation, and as in the day of temptation in the wilderness;
 - 9 When your fathers tempted me *
proved me, and saw my works.
 - 10 Forty years long was I grieved with this generation, and said *
It is a people that do err in their hearts, for they have not known my
ways;
 - 11 Unto whom I swear in my wrath *
that they should not enter into my rest.
- Glory be to the Father, and to the Son,* and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be,* world
without end. Amen.**

Second Reading

A reading from the letter of St Paul to the Romans.

Romans 5:1-11

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.

The Gospel

We stand for the Gospel reading.

Praise to you, O Christ, King of Eternal Glory.

Praise to you, O Christ, King of Eternal Glory.

Lord, you really are the Saviour of the world;
give me living water, so I may never get thirsty.

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 John.

Glory to you, O Lord.

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?' 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.'

At the end of the Gospel:

This is the Gospel of the Lord.

Praise to you, O Christ.

The Sermon

We sit for the sermon.

The Creed

Please stand for 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.

The Intercessions

In the intercessions, we make this or another response:

Lord, in your mercy.

Hear our prayer.

At the end of the prayers:

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

The Peace

Please remain standing as the celebrant introduces the Peace.

The peace of the Lord be always with you.

And also with you.

Let us offer one another a sign of peace.

During the Offertory Hymn, the Gifts of Bread and Wine are presented by the people. A collection is taken. There is also a Card machine at the back of the church. You are welcome to use it at the end of the service if you would like to make any donation.

Offertory Hymn

NEH 137

- 1** Come down, O Love divine,
Seek thou this soul of mine,
And visit it with thine own ardour glowing;
O Comforter, draw near,
Within my heart appear,
And kindle it, thy holy flame bestowing.
- 2** O let it freely burn,
Till earthly passions turn
To dust and ashes in its heat consuming;
And let thy glorious light
Shine ever on my sight,
And clothe me round, the while my path illuming.
- 3** Let holy charity
Mine outward vesture be,
And lowliness become mine inner clothing;
True lowliness of heart,
Which takes the humbler part,
And o'er its own shortcomings weeps with loathing.

**4 And so the yearning strong,
With which the soul will long,
Shall far outpass the power of human telling;
For none can guess its grace,
Till it become the place
Wherein the Holy Spirit makes his dwelling.**

*Bianco da Siena (d. 1434)
Tr. R. F. Littledale (1833-90)*

The Liturgy of the Sacrament

The Invitation to Prayer is said:

Pray, 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 priest then prays the Prayer over the Gifts to which we respond:

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 praises God for his mighty acts, and we sing the Sanctus and Benedictus:

...as without end we acclaim:

**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.

NEH 541

The priest prays the prayer of consecration, and this acclamation is said:

Great is the mystery of faith:

Christ has died,

Christ is risen,

Christ will come again.

The Prayer continues, leading into the doxology, which ends

... for ever and ever.

Amen.

The priest introduces 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.**

Breaking of Bread

The priest breaks the consecrated host:

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 sing the Agnus Dei:

**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.**

NEH 541

Giving of 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.**

If you are baptised in the name of the Trinity, and are used to receiving communion, you are very welcome to do so here. Otherwise, you may like to come forward for a blessing. Please bring this sheet with you to indicate that you would like a blessing.

Please do not intinct. If you are unwell, please help us to keep those who are immunocompromised safe by refraining from taking the chalice. It is perfectly valid to receive the bread only.

Choir

Holy Spirit, truth divine, Andrew Carter

Communion Hymn
NEH 73

- 1 My God, I love thee; not because
I hope for heaven thereby,
Nor yet because who love thee not
Are lost eternally.**
- 2 Thou, O my Jesus, thou didst me
Upon the Cross embrace;
For me didst bear the nails and spear,
And manifold disgrace,**
- 3 And griefs and torments numberless,
And sweat of agony;
E'en death itself; and all for one
That was thine enemy.**
- 4 Then why, O blessèd Jesu Christ,
Should I not love thee well,
Not for the sake of winning heaven,
Or of escaping hell;**
- 5 Not with the hope of gaining aught,
Not seeking a reward;
But as thyself hast lovèd me,
O ever-loving Lord!**

**6 E'en so I love thee, and will love,
And in thy praise will sing,
Solely because thou art my God,
And my eternal King.**

Tr. Edward Caswall (1814-78)

Post Communion

We stand as the priest prays:

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.

We pray together:

**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.**

The Notices

The Blessing

The Lord be with you.
And also with you.

The priest asks God's blessing on us, which ends:

...and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

Amen.

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

Recessional Hymn

NEH 394

- 1 Let all the world in every corner sing,
My God and King!
The heavens are not too high,
His praise may thither fly;
The earth is not too low,
His praises there may grow.
Let all the world in every corner sing,
My God and King!

- 2 Let all the world in every corner sing,
My God and King!
The church with psalms must shout,
No door can keep them out;
But above all, the heart
Must bear the longest part.
Let all the world in every corner sing,
My God and King!

George Herbert (1593-1633)

Organ Voluntary

Theme and Variations, Andriessen

THIS WEEK

Monday 9 th	
10.15am (Zoom opens 9.45am)	Bible Study
Tuesday 10 th	
2pm - 4pm	Tea at The Good Shepherd
Wednesday 11 th	
11am	The Eucharist <i>at Oaklands Home</i>
Thursday 12 th	
10.30am 11am 7.30pm	The Eucharist Lent Group (in church) Lent Group (49 Maldon Road)
Friday 13 th	
10.30am 11am 2.45pm	The Eucharist Stations of the Cross Lancing Pre-Prep Mothering Sunday Service
Sunday 15 th The Fourth Sunday of Lent (Mothering Sunday)	
8.00am 10.15am 11.30am	The Eucharist Parish Eucharist Sunday Snippets

NOTICES

Our **Lent Course** continues this week on Thursdays: 11am in church or at 7.30pm at 49 Maldon Road. Don't worry if you didn't come last week - you are still welcome.

Friday Lent Eucharist (10.30am) and Stations of the Cross (11am) continues this Friday and up until Holy Week.

The **Summer Fair** is on Saturday 6th June. We are hoping to run a big raffle as part of the event, so please start thinking about whether there is anywhere you can be brave and ask for a voucher or gift. Letters authorising you to do so are available now. Or you can donate money for prizes in the jar at the back.

We have a **Gardening Morning** on Saturday 7th March. Drop in any time for as long as you can between 9am and 12 noon. Coffee and cake provided!

Amar will be playing an **Organ Recital** on Thursday 26th March at 5.15pm, to raise money for some upcoming work on the Organ. Please do spread the word and come along and support him if you can!

There will be a **Deanery Confirmation** on Thursday 4th June. If you haven't been confirmed and wish to know more, please speak to Mthr Alice or Fr Mathew.

Vicar: The Reverend Alice Smith
Tel: 01273 532000 Email: vicar@goodshepherdbrighton.org.uk

Assistant Priest: The Reverend Mathew Philip
Tel: 07756 005331 Email: m.philip@goodshepherdbrighton.org.uk

Reader: Michael Miller
Tel: 07768 084001 Email: reader@goodshepherdbrighton.org.uk

Director of Music: Derek Froud
Tel: 01273 681007 Email: derekrbs@aol.com

Safeguarding Officer: Tessa Pacey
Tel. 01273 532000; Email: safeguarding@goodshepherdbrighton.org.uk