

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.

FIRST READING Exodus 17:1-7

A reading from the book of Exodus.

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 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**

SECOND READING Romans 5:1-11

A reading from the letter of Paul to the Romans.

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.

GOSPEL John 4:5-42

Hear the gospel of our Lord Jesus Christ according to John.

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 Jesus 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

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.

March 8th 2026 - Lent 3 - Parish of the Harwich Peninsula

Easter Eggs: there is only one Real Easter Egg! It is made without Palm Oil; the product is Fair Trade, and it contains a 24-page colour booklet with the Easter story in it. We have available: single milk chocolate egg £6; dark chocolate egg £6.50; a sharing box of 30 little eggs £30; fun pack of 6 small eggs £6.50. Please get your order to the Rector. These cannot be bought in supermarkets. LAST CALL! Please order ASAP.

Lent Giving: the PCC and agreed that during Lent we would ask people to support Harwich Sea Scouts. They are planning a significant investment in activity provision that would enable our volunteers to deliver high-quality, adventurous programmes to young people aged six to fourteen across our Beaver, Cub, and Scout sections. Specifically, they are working toward re-certification of our climbing wall and equipment at their hall, which would restore safe access to this valuable facility, and are funding adult volunteer training in specialist activity permits including archery, rifle shooting, climbing supervision, and sailing instruction. These permits enable the trained leaders to run activities safely and in line with Scout Association standards, opening up experiences that many young people would not otherwise access. The training represents a lasting investment, as qualified leaders can continue to deliver these activities for years to come, and the climbing wall certification ensures ongoing safe use of an existing community asset. For a Sea Scout group, expanding the sailing provision alongside land-based adventurous activities allows us to maintain our distinctive maritime identity while broadening the range of skills our young people can develop. Funding from our Lenten collection will make a tangible difference to delivering these opportunities, accelerating the timeline for making these activities available to young people. Every contribution would be used directly to enhance what can be offered locally, benefiting the young people of Dovercourt and the wider community. Please be generous. Put your donation in an envelope and mark it for Lent or Sea Scouts please.

Pop Up Church: today at 3pm we will be joined by Chris from IsingPop to lead our new family service at St Michael's. It promises to be a great session! We meet every 2nd Sunday at 3pm.

Churches Together – 2026: Each Wednesday one of the Churches Together in Harwich congregations will host a service exploring some of the 'I am' sayings of Jesus. 7.30pm 11th March – Roman Catholic Church, Fronks Road.

Independent Examiner of Accounts: we and two other parishes in the deanery are looking for Independent Examiners for their accounts, Mistley and Beaumont cum Moze. If you have the skill to do this or know someone who can please let Ian know and we will put them in contact.

Coffee morning: Saturday 28th March at All Saints Church 10am – 12pm. Donations of raffle prizes, books, jigsaws and homemade cake would be greatly appreciated. Volunteers to help on the day are appreciated: contact: Maureen. 01255 556155 or 07871643339.

CAFOD Soup Lunch: at the Roman Catholic church; Wednesday 11th Noon-1.30pm – Soup and cake.

St Michael's churchyard: we now have very clearly labelled bins in the churchyard for rubbish and garden waste and the cremated remains area has been significantly improved by the Community Payback Team under Dilly's watchful eye. The Christmas wreaths are being removed and monuments long obscured by Ivy and plants, uncovered.

St Michaels Easter Egg Hunt: 1st April, 10am-12pm. Any donations of small eggs (cream eggs, Malteser bunny etc.) gratefully received. Many thanks, Dawn

Prayer as we move into 2026: *Leading Your Church Into Growth (a card with this on is available)*

God of mission, who alone brings growth to your Church,
send your Holy Spirit to give – Vision to our planning, Wisdom to our actions, Joy to our worship,
and Power to our witness. Help our church to grow in numbers, in spiritual commitment to you,
and in service to our local community, through Jesus Christ our Lord. AMEN.

Baptised in March: None

Married in March: None

Departed in February: Frances Jean Herbert; Horst Udo Wilbertz (Peter); Velsheda May Hannam (Sheila); Florence Maureen Stratton

St Michael's worship 9am each Sunday (Communion on the 2nd and 4th Sundays)

All Saints worship 10.30am each Sunday (Communion on the 1st and 3rd Sundays)

St Nicholas worship 10.30am each Sunday (Communion on the 2nd and 4th Sundays)

You should be able to access the hearing loop in each building – please let us know if you cannot

1st Sunday of every month: Prayer Book Evensong at St Nicholas at 5pm

2nd Sunday of the month: Pop Up church at St Michael's at 3pm

3rd Sunday of every month: Prayer and Praise at St Michael's at 5pm

4th Saturday of every month (except August and December): Messy Church in the Esplanade Hall from 2-4pm. Children must be accompanied by an adult.

For more information please visit our social media:

www.harwichparish.co.uk or www.achurchnearyou.com or our Facebook pages.

<https://www.facebook.com/HarwichPeninsulaParishCofE>. All Saints, St Michaels & St Nicholas or Messy Church at the Esplanade Hall