



**epping**  
team ministry

**NEWS**

## **CELEBRATE, SHARE AND GROW IN CHRIST**

**Sunday, 8<sup>th</sup> March 2026, Lent 3**

**Exodus 17.1-17; Romans 5.1-11; John 4.5-42**

### **SUNDAY**

**8:00 am BCP HOLY COMMUNION, St John's Epping**  
**9:20 am UPFRONT, St John's Epping**  
**11:10 am PARISH COMMUNION, All Saints Epping Upland**  
**11:00 am HOLY COMMUNION, St Alban's Coopersale**  
**4:00 pm CHORAL EVENSONG, St John's Epping**

### **MONDAY**

**8:45 am MORNING PRAYER, St John's Epping**  
**12:00 noon LENT COURSE, St John's Epping**

### **TUESDAY**

**10:00 am EXPLORING THE BIBLE, St John's House Epping**  
**7:30 pm LENT COURSE, St John's House Epping**  
**7:30 pm 'PCC Tonight' training course, All Saints Epping Upland**

### **WEDNESDAY**

**8:45 am MORNING PRAYER, St John's Epping**  
**9:30 am HOLY COMMUNION, St John's Epping**

### **THURSDAY**

**10:00 am CHURCH MICE, St John's Epping**  
This is held during school term times: Contact Kate Collin on 07951484805  
or email [kate.collin212@gmail.com](mailto:kate.collin212@gmail.com)

### **SATURDAY**

**1:00 am BAPTISM of Finn Turner, St John's Epping**

**ST JOHN'S IS USUALLY OPEN DAILY FOR PRIVATE PRAYER,**  
except Bank Holidays or other specific occasions.

*Please consider switching your mobile phone to silent mode or switching it off before a Sunday service begins and taking a moment to pray that we may all be fully present with each other and with Christ.*

~ ~ ~ ~ ~ **FROM THE LEADERSHIP TEAM** ~ ~ ~ ~ ~

In 2019 I ended up in hospital because of a sinus infection that leaked on to my brain. Doctors told my parents not to expect me to make it and be prepared for the worst. However, through a lot of prayer and by the grace of God, two brain surgeries and two sinus surgeries later and some time to heal, I was given all clear.

So why do I share this story with you all? In our readings for this week we had a passage from, what I believe to be, Pauls' greatest letter. And within Paul's writing to the Romans on the results of Justification, for my reflection this week, I want to focus our attention to three verses. Romans 5 verses 3-5:

'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.'

Something I have learnt, and this has come through lots of time and reflection, is that suffering can be a blessing. And I say that as I reflect on my own time of suffering. When you are in the midst of suffering it is awful, and if you are going through suffering, I encourage you to reach out to someone (the pastoral care team information is on the back of this newsletter).

However, my suffering taught me endurance. There became a reliance on God that I hadn't experienced before this, this helped me endure through my time in hospital. This endurance meant that when I had to have my second brain surgery, I could hope on God, it is all I could do in this time. I took each day remembering that through the Holy Spirit, God's love has been poured into my heart, so although I believe God does not cause our suffering, I know he can use it and his love is with me. So, if you are going through suffering, be encouraged that God did not cause it, but he can use it for your betterment, and he has not abandoned you. Through the Holy Spirit, God's love is with you.

**Josh**

~ ~ ~ ~ ~ ~ ~ ~ ~ ~ **READINGS FOR THIS SUNDAY** ~ ~ ~ ~ ~ ~ ~ ~ ~ ~

**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?'

**Romans 5, 1 - 11**

Therefore, 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.

**John 4, 5 -42**

So he 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.'

----- **FOR OUR PRAYERS DURING THE WEEK** -----

- Monday** For the congregation and parish of **All Saints Epping Upland**  
**Tuesday** For the safety of all innocent all people caught up in the war between the US, Israel and Iran  
**Wednesday** For our local community, friends and neighbours.  
**Thursday** For all pupils and staff of Epping Green Primary School.  
**Friday** For the Ministry Team, especially for our Rector; for all who contribute to, or lead, our services: for those who lead our meetings, those who carry out 'behind the scenes' activities and those who help fundraising in the Team churches.

**Those who are sick and for whom prayers have been asked:**

Graham, June, Caroline, Harriet Breen, David, Jean Goldsmith, Rebecca Salmon, Sam Chard, Marion Joslin.

Please note that names will appear here for a short time only, unless the request to the Team Office is repeated.

**Those who have died recently, their family and friends:**

**Those whose anniversary of death occurs during this week:**

8<sup>th</sup> March, William Fielder, David Cummins, Violet Denton, Betty Holyome, Patricia Sperry; 9<sup>th</sup>, Kathleen Toseland, Janet Crabb, Norman Pegrum; 10<sup>th</sup>, Florrie Butcher, Leonard Dixon; 11<sup>th</sup>, Ellen Hambleton, Elsie Cleverly, Betty Borland, David Kirtley; 12<sup>th</sup>, Hilda king, Celia Bennett, Lili Jones; 13<sup>th</sup>, Reuben Sewell, Leslie Thomas, Linda Freshwater; 14<sup>th</sup>, Alan Thompson, Bernard Dew.

**COLLECT for this Sunday.**

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

----- **FOR YOUR INFORMATION** -----

**LENT LUNCHESES 2026 – Saturdays between 12:30 pm and 2:00 pm**

The Lent Lunch on Saturday **7<sup>th</sup> March** is in **St John's** Church. Please come and support this event. A simple lunch will be served for a voluntary donation. All proceeds will go to charity.

**THE CRAFT GROUP** will be held in St John's on **25<sup>th</sup> March** and **29<sup>th</sup> April** 2026 from 2:00 pm to 4:00 pm.

**ST JOHN'S SUNG EVENSONG, 8<sup>th</sup> March 2026.** Responses: Ebdon, Magnificat & Nunc dimittis: Holman in F minor, Anthem: Wash me thoroughly (S.S. Wesley), Voluntary: Fugue in G minor (Dupré)

**LENT GROUPS** This year, the beginning of Lent marks the beginning of a season of 100 days of prayer in the Diocese of Chelmsford and this year, there is an invitation in the Epping Team to join one of two study groups taking place. 9 See the front page of the NEWS). Both groups will be exploring the journey of Jesus' disciples on the Emmaus road, where uncertainty, loss and resurrection were part of their experience.

**POETRY AND FAITH IN LENT - with the Bishop of Bradwell.** Epping Forest and Ongar Deanery will be hosting Bishop Adam for a series of talks during Lent on faith and poetry. The series will take place at **St John's Church, Loughton** on Mondays **9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> March** at 7:00 pm. Refreshments will be provided. There is the option to join online by visiting @StJohnsLoughton on Facebook and YouTube.

**ONLINE DAILY LENT REFLECTIONS** For those unable to attend our Lent groups, the Church of England's Everyday Faith app offers daily reflections on this year's Lent theme: "Draw Near: Life-giving habits for Lent." It can be downloaded from here: <https://www.churchofengland.org/faith-life/exploring-faith/everyday-faith>

**REYNOLDS SERMON** The Reynolds Sermon is an annual event held at **St John's** Epping, continuing a tradition began many years ago of inviting a preacher to come and speak to the parish on a topic of interest (and is paid £1 for doing so as part of this historic tradition). This year the event will be held on Wednesday **25<sup>th</sup> March** at 7:30 pm and the speaker will be the **Rev'd Will Rose-Moore** who is a priest and theologian, currently serving as Assistant Curate at St John the Baptist, Loughton. Will is the author of *Unravelling Biblical Masculinities* (2022) and editor of *For Nothing is Hidden: Masculinities and Trauma in Church and Theology* (2026). The topic of the sermon will be based on his book

**Boys Will Be Boys? Exploring Masculinity in the Bible and Christian Faith**

In this sermon, we will explore what masculinity is (or what masculinities are) and why being aware of what it means to be a man is important for our Christian faith - not only how we engage with one another, but how we encounter God and the Bible.

**LATE NEWS IN.** The funeral of Joyce Pomfrett is to take place in **All Saint's Epping Upland** on Friday **6<sup>th</sup> March** at 12 noon.

**DEMENTIA FAIR** Tuesday 10<sup>th</sup> March 10:30 am – 4:00 pm at Epping Library. There will be information to pick up and support organisations to speak to.

**EPPING TOWN COUNCIL'S ANNUAL TOWN MEETING.** Tuesday 17<sup>th</sup> March. Residents of Epping are invited to this when councillors report back and you can ask questions. Agenda includes the Neighbourhood Plan update, Playgrounds, and the Epping Society speaking on Threats to Epping. The meeting is at Epping Hall 6:30 pm (refreshments) for a 7:00 pm start.

~ ~ ~ ~ ~ **FROM THE TEAM RECTOR** ~ ~ ~ ~ ~

**SERVICES FOR NEXT SUNDAY, 15<sup>th</sup> March 2026, Lent 4, Mothering Sunday**

**8:00 am** Holy Communion (BCP), **St John's** Epping  
**9:20 am** Sung Communion, **St John's** Epping  
**11:10 am** Holy Communion, **St Alban's** Coopersale  
**11:00 am** Parish Communion, **All Saints** Epping Upland  
No evening services in the Team this week

**READINGS:** Exodus 2.1-10; 2 Corinthians 1.3-7; Luke 2.33-35

**THINKING OF JOINING THE PCC?** Anyone interested in exploring this opportunity is invited to join existing PCC members at a series of training sessions entitled "PCC Tonight"; - the last session will take place this Tuesday, **10<sup>th</sup> March** at **All Saints Epping Upland** at 7.30pm.

**APCMs** St John's Yearbook is now being compiled - please write an article about your group; use Word or PDF format and send your articles via email to me at brant714@btinternet.com, by **20<sup>th</sup> March**.

**St John's** APCM will be after the 9:20 am service on Sunday **26<sup>th</sup> April**  
**St Alban's** APCM will be after the 11:10 am service on **Sunday 3<sup>rd</sup> May. All Saints** APCM will be after the 11:10 am service on **Sunday 17<sup>th</sup> May**.

**MINISTRY OPPORTUNITY - Event Vergers St John's** needed to support the hire of the building to external groups. They open and close the church for private events, stay on site/around for the duration of the event, support hirers with use of sound system (if required), and other practical matters and ensure that the church building is returned to its usual state at the end of the hire. Ideally Event vergers are first aid trained, or be willing to be trained. They are paid £60 for the first 4 hours and £15 for each extra hour beyond that. To find out more, please contact the churchwardens (Sara McLean or Marian Winters) or the Team Rector.

**RECTOR'S REST DAY.** Please note that, from now on, John will usually take Saturday off as his rest day.

----- **PLEDGED GIVING AND COLLECTIONS** -----

There are many ways to financially support the mission and ministry of the parishes. We are grateful for the many ways and forms of giving which express our shared worship of Christ.

**COLLECTIONS IN SUNDAY SERVICES:** A cash collection is taken at Sunday and midweek services. Please don't feel any embarrassment to let it pass you by.

**PARISH GIVING SCHEME (PGS):** Similar to direct debit payments but set up an account by calling PGS on 0333 002 1271 providing your bank details plus your church PGS code which is:

Epping Upland, All Saints-0806-08029

Epping, St John the Baptist-0806-08028

Coopersale, St Alban the Martyr-0806-08027

**BACS** You can give to church by bank transfer; the sort codes and account numbers are listed here:

**St Alban's** 20-29-86, Account: 50776459

**St John's** 20-29-86, Account: 50357219

**All Saints** 60-07-39, Account 50236520

