

The Parish of Mill End and Heronsgate with West Hyde
Third Sunday of Lent: 8th March 2026

Welcome!

Hearing Loop - A hearing loop system is installed at St Thomas' and St Peter's Churches, please set your hearing aid to the 'T' setting. Large Print Service Booklets & pewsheets are also available – please ask the sidesperson if you would prefer one.

Gluten Free Wafers - Please let a sidesperson know if you require a Gluten Free communion wafer before the start of the service.

ENTRANCE HYMN: Ancient & Modern (A&M) 584

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**

OLD TESTAMENT READING: *Exodus 17:1-7*

¹From 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?'

This is the word of the Lord

PSALM: *Psalm 94 (95)*

O that to-day you would lis - ten to his voice! Har - den not your hearts.

Am F G C Dm Em Am

Refrain: O that today you would listen to his voice! Harden not your hearts

¹. Come, ring out our joy to the Lord; hail the rock who saves us.

Let us come before God, giving thanks, with songs let us hail the Lord. **Refrain**

2. Come in; let us bow and bend low; let us kneel before the God who made us
For this is our God and we the people who belong to his pasture,
The flock that is led by his hand. **Refrain**

3. O that today you would listen to God's voice! Harden not your hearts as at Meribah,
As on that day at Massah in the desert When your ancestors put me to the test;
When they tried me, though they saw my work.

Refrain: O that today you would listen to his voice! Harden not your hearts

GOSPEL READING: *John 4:5-42*

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

⁷A 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.) ⁹The 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.) ¹⁰Jesus 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.' ¹¹The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water?' ¹²Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' ¹³Jesus said to her, 'Everyone who drinks of this water will be thirsty again, ¹⁴but 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.' ¹⁵The 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.'

¹⁶Jesus said to her, 'Go, call your husband, and come back.' ¹⁷The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; ¹⁸for you have had five husbands, and the one you have now is not your husband. What you have said is true!' ¹⁹The woman said to him, 'Sir, I see that you are a prophet. ²⁰Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' ²¹Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²²You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³But 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. ²⁴God is spirit, and those who worship him must worship in spirit and truth.' ²⁵The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' ²⁶Jesus said to her, 'I am he, the one who is speaking to you.'

²⁷Just 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?' ²⁸Then 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?' ³⁰They left the city and were on their way to him.

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

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

OFFERTORY HYMN: A&M 179

COMMUNION HYMN: A&M 682

POST COMMUNION PRAYER: Almighty God, by the prayer and discipline of Lent may we enter into the mystery of Christ’s sufferings, and by following in his Way come to share in his glory; through Jesus Christ our Lord. **Amen**

RECESSIONAL HYMN: A&M 761

Diary for this week:

Mon 9th March	8.00pm Symeons meet in the Parish Hall 8.30pm Lent Course in the Parish Hall
Tue 10th March	9.30-11am St Peter’s Toddlers meet in the Parish Hall 7.30pm Helen & Maggie’s Home Group meeting
Wed 11th March	9.30am Said Eucharist at St Peter’s
Sun 15th March <i>Mothering Sunday</i>	9.30am Mothering Sunday Eucharist at St Thomas’ 9.30am Mothering Sunday Eucharist at St John’s 11.00am Mothering Sunday Eucharist with Uniformed Organisations at St Peter’s

All items for inclusion in the weekly pewsheet must be forwarded to the parish office by Thursday morning at the latest.

Mothering Sunday posies – please join us on Saturday 14th March 12-2pm in the Parish Hall to make the posies for Mothering Sunday at St Peter’s. If you have any greenery for the posies, please leave outside the parish office before Saturday.

Easter lilies at St Thomas’ – St Thomas’ church flower arrangers would be very happy to receive any donations towards the Easter lilies for their church displays. Please speak to Denise Stuart or leave in an envelope in the Parish Office.

Lent Course with Fr Mark – Change of plan for the Lent Course. It will now be held on Monday evenings during Symeons in the Parish Hall. Bar opens at 8pm, course starts at 8.30pm with a short presentation followed by reflection and time for discussion. All welcome.

Symeons Social - following Easter and the May bank holiday, the next Social will be Monday 1st June. For all members, Symeons AGM is being held on Monday 18th May.

The Why? Group – We meet fortnightly on a Wednesday, 12.30pm for a simple lunch, bible study and discussion. Our next meeting will be Wed 18th March. During Lent we will be following 'Journeying through Lent with New Daylight'. Enquiries via the Parish Office. All welcome, always

Electoral Roll Revision. The annual revision of the electoral roll will be taking place between Monday 23rd March and Thursday 2nd April ahead of our APCM on Sunday 19th April 2026. If you would like your name to be added to the parish electoral roll, please contact the Parish Office for a form. You must be over 16, baptised and have worshipped regularly for at least six months. Please return completed forms to the Parish Office **BEFORE Sunday 22nd March**. If you are already on the roll, you need do nothing unless any of your contact details have changed. If you wish to be removed from the roll, this request must be in writing/email to the Parish Office. For further information please contact Elaine, Parish Office (office.parish@btinternet.com/01923 772785).

Junior Church - the next meeting will be Sunday 3rd May, during the 11am All Age & Band Service at St Peter's; please invite any families with children to join us.

Prayers:

For the **sick at home or in hospital**, especially those on our sick list – *Ben Austin, Lynsey Austin, Tony Burkett, Ian Carpenter, Johanne Watson, David Gasper, Nigel Bunce, Raymond Williamson, Sylvia Ball, Michael Ansell, Val Fear, Alison Sealy, Rose Fulker, Sylvia Carter, Raymond Williamson, Alan Wills, Duncan Woods.*

For the **repose of the souls of: and those whose anniversaries fall at this time:** *Thomas Samuels, Joseph Butler, Olive Putman, Fred Finill, Jessie Davenport, Arthur Vallerius, Wyndham Edwards-Morgan, Trevor C Peat, Irene Wright.*

Please let us know if anyone is sick, in hospital, bereaved or in need of a visit: Mark Harris, vicar [✉marknzharris@gmail.com](mailto:marknzharris@gmail.com) or Elaine, Parish Office [☎01923 772785](tel:01923772785), [✉office.parish@btinternet.com](mailto:office.parish@btinternet.com) (office open – Mon-Fri 9am-12pm) Web site: <https://www.achurchnearyou.com/benefice/32-180BX/>

Do You Need Help? If you need help of any sort, no matter how small, please contact your Pastoral Care co-ordinators and they will put you in touch with someone who will do what they can to help you.

St. Peter's: Dianne Harris 01923 283600(h) 07887 387222(m)

dianneharris@live.co.uk

St. Thomas's: Elizabeth Woods 01923 462618(h) 07752 416434(m)

elizabethannwoods37@gmail.com