

Third Sunday of Lent
8th March 2026

8.30 am Morning Prayer at Holy Trinity

9.45 am Morning Prayer with Eucharist at Holy Trinity and online

11 am Annual Parochial Church meeting at **Christ the King**

11.45 am Morning Prayer with Eucharist at Christ the King

7 pm Evening Prayer by phone: dial 0333 016 0300

Enter Room number : 34424525# ... then Enter PIN: ask for PIN#

Thank you for adding your voice to our worship today



This week we are asked to pray for Martin Beaumont, Frank, Desiree, Valerie Lines, Albert & Joyce, Barry, Pearl Evans, Dowler, Tony Smith, Lauren, Jon, Mel, Lee J, Pat Greenwood, Michael Bungay, Emer, Pat, Joan Amis, Sue Thomas, Matthew, Jane King, Danny Fraylick, Leanne, Sandy, Brendan, Fran Carroll, Rebecca & Sam & Evelyn.

We remember those who have died; and those whose anniversary of death falls at this time including Margaret Ashby (8th). May they rest in peace **and rise in glory!**

It costs Holy Trinity church £23.01 per day to maintain (an increase of 41p on last year). If you would like to contribute to our basic running costs, you can donate via this QR code.



THIS WEEK

Sunday 8th March

Morning Prayer 8.30 am HT

Morning prayer with Eucharist 9.45 am HT

APCM 11 am CtK

Morning prayer with Eucharist 11.45 am CtK

Evening Prayer 7 pm (phone: see overleaf)

Mon - Thu Morning Prayer 8.15 am in church (Holy Trinity) and via Zoom (meeting ID 853 6081 3492 ask for passcode).

Tuesday 10th March

Friendship Café 2 - 4 pm CtK

Wednesday 11th March

Coffee, craft & chat 2 – 4 pm CtK

Thursday 12th March

Art Club drop-in 10 am – 12 noon HT

Sunday 15th March (Mothering Sunday)

Morning Prayer 8.30 am HT

Eucharist 9.45 am HT

Service of the Word 11.30 am CtK

Evening Prayer by telephone 7 pm

NOTICES

Privacy notice: Our 9.45 Eucharist is live-streamed to YouTube to reach out to those who cannot attend in person. If you sit behind the first two pews, you will not be on camera. (We never show congregants receiving Communion.)

Invitations to sit, kneel and stand are suggestions. Please feel free to adopt whatever posture works for you as an aid to worship and prayer.

Bulletins & notices by email: Ask for a weekly email containing these notices and the livestream service info: admin@holytrinity-stevenage.org.uk

Next Steps in Faith: We ask everyone please to pray for those preparing for Baptism, Confirmation, & First Communion. This includes Barry, Prudhvi, CJ, and at least one other person.

God of all grace, you call us to your eternal glory in Christ Jesus: establish, strengthen and settle these candidates in the faith. And hear our prayer which we offer for all your faithful people, that in our vocations and ministries we may all serve you in holiness and truth to the glory of your name; through our Lord and Saviour Jesus Christ. AMEN!

Community Donations: Every week we collect for the Vineyard Church's Food-Shed and Grace Community Church's Children's Clothes Bank.

Sunday prayer requests: We only use surnames if you request that for yourself. We put people on the list for 3 weeks or 3 months, as desired. If you'd like prayer for longer, simply ask again!

Churches Together in Stevenage offer Lenten reflections for all local Christians – details below under "Upcoming".

UPCOMING

Friday 13 Mar Lenten reflection prayer time 9.30 – 10 am at Trinity Church Knebworth, SG3 6PD

Wednesday 25 Mar Lenten reflection time 1.30 – 2 pm St Mary's Shephall, SG2 9XR (church open till 3 pm).

Wednesday 25 Mar Feast of the Annunciation Eucharist, with opportunity for anointing for those who wish: 7.30 pm at HT

3rd SUNDAY of LENT (HT)

Today we have a short service of Morning Prayer with Holy Communion, then make our way to Christ the King church for our Annual Parish Church Council meeting, which begins at 11 am.

O Lord, open our lips
and our mouth shall proclaim your praise.
When we cry out to the LORD in our trouble,
he will deliver us from our distress.
God will bring us out of darkness
and out of the shadow of death.

We hear Jesus's summary of the law.

On these two commandments hang all the law and the prophets.
Amen. Lord, have mercy.

We confess our sins.

Almighty God,
long-suffering and of great goodness:
I confess to you,
I confess with my whole heart
my neglect and forgetfulness of your commandments,
my wrong doing,
thinking, and speaking;
the hurts I have done to others,
and the good I have left undone.
O God, forgive me,
for I have sinned against you;
and raise me to newness of life;
through Jesus Christ our Lord. Amen.

The president declares absolution.

Blessed be the LORD,
who has heard the voice of our prayer.
As far as the east is from the west,
so far has he set our sins from us.
Therefore shall our hearts dance for joy
and in our song will we praise our God.

verses from Psalm 95

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.

In his hand are the caverns 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.

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. *

Oh, that today you would hearken to his voice!

Glory to the Father and to the Son and to the Holy Spirit

As it was in the beginning is now and shall be forever. Amen.

A reading from the book of Exodus

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 for 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?"

The reading ends here.

The Canticle, "Saviour of the World"

Jesus, Saviour of the world,

come to us in your mercy:

we look to you to save and help us.

By your cross and your life laid down,

you set your people free:

we look to you to save and help us.

When they were ready to perish, you saved your disciples:

we look to you to come to our help.

In the greatness of your mercy, loose us from our chains,

forgive the sins of all your people.

Make yourself known as our Saviour and mighty deliverer;

save and help us that we may praise you.

Come now and dwell with us, Lord Christ Jesus:

hear our prayer and be with us always.

And when you come in your glory:

make us to be one with you

and to share the life of your kingdom.

Glory to the Father and to the Son and to the Holy Spirit

As it was in the beginning is now and shall be forever. Amen.

A reading from the Gospel according to John (you may stand if you wish).

Jesus came to Jacob's well, and, tired out by his journey, sat 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 worshiped 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 worshipers 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."

The reading ends here.

The president takes bread and wine, while we sing the Gospel Canticle.

**Bless the Lord, the God of Israel,
who has come to set us free.**

He has raised for us a Saviour
sprung from royal David's tree.
Through his prophets God had spoken
of the hope the Christ would bring;
of his faithfulness and mercy
let each generation sing.

Long ago God made a promise
he would set his people free,
that in all our life and worship
we might know true liberty,
to be holy, to be righteous
in his sight throughout our days;
now this child will be a herald
making ready all God's ways.

Let all people know salvation
through forgiveness of their sin,
as our God in his compassion
bids a shining dawn begin.
So may all who dwell in darkness
see the shadows disappear
while he guides our feet in pathways
where his peace is ever near.

To the Father be all glory
with the Spirit and the Son,
as it was, is now and shall be
while eternal ages run.

Anne Harrison, after Luke 1.68-79

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to Lord our God.

It is right to give thanks and praise.

The president praises God for his mighty acts and we respond

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.

We recall the Last Supper.

Great is the mystery of faith:

Christ has died:

Christ is risen:

Christ will come again.

The Prayer continues, and concludes

... all honour and glory be yours, almighty Father, for ever and ever.

*We respond boldly: **AMEN!***

Let us pray with confidence as our Saviour has taught us

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.

The peace of the Lord be always with you: **and also with you.**

We share the peace with a wave.

The president breaks the consecrated bread.

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.

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.

God's holy gifts for God's holy people.

Jesus Christ is holy, Jesus Christ is Lord,

to the glory of God the Father.

During the distribution of Communion, we sing: All ye who seek for sure relief (64); Deck thyself, my soul (257); Wherefore, O Father (275)

If you regularly receive Communion in another Christian church, we invite you to Communion. If this is not the case for you, carry this leaflet: the priest will pray a blessing for you. If you do not wish a blessing or Communion, it is also fine simply to remain seated.

Our communion wafers meet the requirements both of Coeliac UK and the Church of England.

We offer the common cup. To receive in one kind is to receive the full Sacrament. If you do not wish to drink from the cup but want to acknowledge the sacramental presence, you may choose to touch the chalice base, or take it into your hands for a moment, before saying "Amen".

Those at home are invited to pray a prayer of Spiritual Communion:

**Thanks be to you, Lord Jesus Christ,
for all the benefits you have given me,
for all the pains and insults you have borne for me. Since I cannot now receive you physically,
I ask you to come spiritually into my heart.
O most merciful redeemer, friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly, day by day.**

After Communion we pray:

**Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, refresh me.
Water from the side of Christ,
wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within your wounds hide me.
Let me never be separated from you.
From the power of darkness
defend me.
In the hour of my death,
call me and bid me come to you,
that with your saints I may praise you
for ever and ever. Amen.**

All are welcome to coffee, which today will be at Christ the King church, Filey Close, SG1 2JW. Please note that only those lay people who are on

our electoral roll may vote or ask questions at the Parish Church Meeting that follows.

Go in peace, to love and serve the Lord.

In the name of Christ, Amen.

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