



**St Mary the Virgin and All Saints
Potters Bar**

8th March 2026

The Third Sunday of Lent

A warm welcome to St Mary's

Do join us for refreshments in the hall after the Sung Eucharist

TODAY'S SERVICES

8.00am **SAID EUCHARIST**

10.00am **SUNG EUCHARIST**

Old Testament Reading: Exodus 17 vv 1-7 *The thirst of the Israelites is quenched with water from the rock at Horeb.*

New Testament Reading: Romans 5 vv 1-11 *St Paul has been writing of the joy and wonder of faith, which leads us to hope and certainty in the splendid destiny which awaits us because God loves us and Christ died for us.*

Gospel: John 4 vv 5-42 *Jesus speaks to the Samaritan woman of a spring of water welling up to eternal life.*

Hymns: 76, 234, 94, 270, 379

5.00pm **EVENSONG** Hymns: 74, 355, 449

The Week Ahead

Monday	8.00pm	Lent study group
Tuesday	9.30am	Morning Prayer
	10.30am – 12 noon	Church open for visitors
	5.00pm	Evening Prayer
Wednesday	9.30am	Said Eucharist
	10.30am – 12 noon	Church open for visitors
	10.00am – 12 noon	Carers' coffee morning in hall
	5.00pm	Evening Prayer
Thursday	9.30am	Said Eucharist (BCP)
	10.15am	Lent study group
	10.30am – 12 noon	Church open for visitors
	5.00pm	Evening Prayer
Friday	9.00am	St John's School service for Mothering Sunday
	12.30pm	Stations of the Cross
	1.15pm	Assembling Mothering Sunday flower posies
	5.00pm	Evening Prayer (BCP)

Next Sunday is MOTHERING SUNDAY (Lent 4)

8.00am Said Eucharist

10.00am **FAMILY EUCHARIST**

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Our livestreamed services are available at:

www.facebook.com/stmaryspb

Parish Notices

LENT 2026 at ST MARY'S

Worship As part of your Lenten discipline, in addition to the Sunday Eucharist, why not try to attend one of our regular **weekday Eucharists**? Or possibly **Morning & Evening Prayer**? **Stations of the Cross** will take place every Friday at 12.30pm.

Group Study A study group is meeting at church on Monday evenings at 8.00pm following a course focused on the Beatitudes. The Thursday group meets at 10.15am to follow a course entitled "Whole Life Worship". All welcome, even if you weren't able to attend the first two sessions.

Lent Sacrificial Giving This year we are supporting the Church Urban Fund. Donations can be made using the yellow Gift Aid envelopes or by bank transfer which should be marked "Lent Giving".

Help is needed to assemble the **Mothering Sunday flower posies this Friday** after Stations of the Cross (around 1.15pm). Just come along if you can. Donations of greenery would also be welcome. Further information is available from Liz Perks or Elizabeth Liney.

The next meeting of the St Mary's Friendship Group will be on **Monday 16th March** at the Oakmere Tea Rooms at 10.30am. All are welcome.

The Potters Bar Choral Society will be performing Mozart's Requiem and two works by Haydn here on **Saturday 21st March** at 7.30pm. Please see the poster and flyers or ask Dave Miller for more details.

Easter Lilies If you would like a lily in memory of a departed relative or friend at Easter, please enclose their name(s) in an envelope (in a yellow Gift Aid envelope if you are a taxpayer) with **£1.50** for each lily. Please give the envelope to Richard, Pearl or Liz Nethercott by **Sunday 22nd March**. As usual, the names of our loved ones will be displayed in the Blessed Sacrament Chapel.

Looking ahead there will be a Confirmation Eucharist here on **Sunday 10th May** with Bishop Rob Wickham, an Assistant Bishop in the diocese. If you are interested in being confirmed, please have a word with Fr Stefan.

We were sad to hear that former choir member **Sylvia Pope** has died at the age of 94. May she rest in peace and rise in glory.

For your prayers

The sick Anna Downes, Carole Waller, Elizabeth Wiseman, Valerie Taylor, Elizabeth Liney, Joan Golden, Robert Peters, Francoise Groves-de-Milleret, Lisa Collins, Linda, Maureen Alderman, Alison Stevens, Bob Keefe, Lindsey Lyons, Steven Seal, Robert Wikner, Henry

We also pray for Keith Downes, Jayne Hutton, Janet Daniels, Susan North, Julia, Tessa, Nicola Stiff, Ron Golden, Ricky Mella, Sasha Burt, Betty Lockton, David Evans, Richard Barnes, Dave Gough, Pauline Phillips, Keith Probert, Prussia Blake, Charlotte

The recently departed Sylvia Pope, Winifred Garvey, Evans Gordon, Daren Ellis, Marie Jubb, Derek Binstead

Those whose anniversary of death falls this week

Joan Rutter, John Munday, Bertram Betts

Our parish We remember those who live in Strafford Close, Strafford Gate and Sunnybank Road

Sunday 8 March 2026 Third Sunday of Lent

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 Come, let us worship and bow down.

O come, let us sing to the Lord;
let us heartily rejoice in the rock of our salvation.
Let us come into his presence with thanksgiving
and be glad in 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 mountains are his also.
The sea is his, for he made it,
and his hands have moulded the dry land. **R**

Come, let us worship and bow down
and kneel before the Lord our Maker.
For he is our God;
we are the people of his pasture and the sheep
of his hand. **R**

O that today you would listen to his voice:
"Harden not your hearts as at Meribah,
on that day at Massah in the wilderness,
"When your forebears tested me, and put me
to the proof,
though they had seen my works. **R**

"Forty years long I detested that generation
and said,
'They 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.



Come, let us worship and bow down.