

**8 March 2026 - Lent 3**

**GATHERING SONG:  
Your Labour Is Not In Vain**

Your labour is not in vain,  
though the ground underneath you  
is cursed and stained.  
Your planting and reaping are never the same,  
but your labour is not in vain.

*For I am with you, I am with you.  
I am with you, I am with you.  
For I have called you,  
called you by name  
your labour is not in vain.*

Your labour is not unknown,  
though the rocks they cry out  
and the sea it may groan.  
The place of your toil may not seem like a home,  
but your labour is not unknown.

*Refrain*

The vineyards you plant will bear fruit,  
the fields will sing out and rejoice with the truth,  
for all that is old will at last be made new;  
the vineyards you plant will bear fruit.

*Refrain*

The houses you laboured to build,  
will finally with laughter and joy be filled.  
The serpent that hurts and destroys shall be killed,  
and all that is broken be healed.

**ENTRANCE HYMN: *Stand*  
Praise The One Who Breaks The Darkness**

Praise the One who breaks the darkness  
with a liberating light.  
Praise the One who frees the prisoners  
turning blindness into sight.  
Praise the One who preached the Gospel  
healing every dread disease.  
Calming storms and feeding thousands  
with the very bread of peace.

Praise the One who blessed the children  
with a strong yet gentle word.  
Praise the One who drove out demons  
with a piercing two-edged sword.  
Praise the one who brings cool water  
to the desert's burning sand.  
From this well comes living water  
quenching thirst in every land.

Praise the one true love incarnate:  
Christ who suffered in our place.  
Jesus died and rose for many  
that we may know God by grace.  
Let us sing for joy and gladness  
seeing what our God has done.  
Praise the one redeeming glory,  
praise the One who makes us one.

## GREETING

✠ In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
**Amen.**

The Lord be with you.  
**And also with you.**

## PRAYERS OF PENITENCE

Brothers and sisters,  
let us acknowledge our sins,  
and so prepare ourselves to  
celebrate the sacred mysteries.

Lord Jesus Christ, wash away my iniquity,  
and cleanse me from my sin:  
Lord, have mercy.

**Lord, have mercy,  
Lord, have mercy,  
Lord, have mercy.**

Lord Jesus Christ, against you have I sinned,  
and done what is evil in your sight:  
Christ, have mercy.

**Christ, have mercy,  
Christ, have mercy,  
Christ, have mercy.**

Lord Jesus Christ, create in me a pure heart  
and renew a steadfast spirit within me:  
Lord, have mercy.

**Lord, have mercy,  
Lord, have mercy,  
Lord, have mercy.**

Almighty God,  
who forgives all who truly repent,  
have mercy upon you,  
pardon and deliver you from all your sins,  
confirm and strengthen you in all goodness,  
and keep you in life eternal;  
through Jesus Christ our Lord.  
**Amen**

## 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**

**FIRST READING:***Sit*

Exodus 17:1-7

***'Strike The Rock, And Water Will Come Out Of It'***

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?'

This is the word of the Lord:

**Thanks be to God****RESPONSORIAL PSALM:**

Psalm 95:1-2,6-9

**O that today you would listen to his voice!  
Harden not your hearts.**

Come, ring out our joy to the Lord;  
hail the rock who saves us.  
Let us come before him, giving thanks,  
with songs let us hail the Lord.

**O that today you would listen to his voice!  
Harden not your hearts.**

Come in; let us bow and bend low;  
let us kneel before the God who made us:  
for he is our God and we  
the people who belong to his pasture,  
the flock that is led by his hand.

**O that today you would listen to his voice!  
Harden not your hearts.**

O that today you would listen to his voice!  
'Harden not your hearts as at Meribah,  
as on that day at Massah in the desert  
when your fathers put me to the test;  
when they tried me, though they saw my work.'

**O that today you would listen to his voice!  
Harden not your hearts.**

**SECOND READING:**

Romans 5:1-11

***We Have Obtained Access To This Grace***

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.

This is the word of the Lord:

**Thanks be to God**

**GOSPEL ACCLAMATION***Stand*

**Praise to you, O Christ, king of eternal glory!**

Lord, you are really the saviour of the world:

give me the living water, so that I may never get thirsty

**Praise to you, O Christ, king of eternal glory!**

**GOSPEL:**

John 4:5-42

The Lord be with you.

**And also with you.**

✠ Hear the Gospel of our Lord Jesus Christ  
according to John

**Glory to you, O Lord.**

***'Sir, Give Me This Water'***

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.'

The Gospel of the Lord:  
**Praise to you, O Christ**

<b>HOMILY</b>	<i>Sit</i>
---------------	------------

<b>NICENE CREED</b>	<i>Stand</i>
---------------------	--------------

**We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father;  
through him all things were made.  
For us and for our salvation  
he came down from heaven,  
was incarnate from the Holy Spirit  
and the Virgin Mary  
and was made man.  
For our sake he was crucified  
under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand  
of the Father.  
He will come again in glory  
to judge the living and the dead,  
and his kingdom will have no end.**

**We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is worshipped and glorified,  
who has spoken through the prophets.  
We believe in one holy catholic  
and apostolic Church.  
We acknowledge one baptism  
for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.**

**INTERCESSIONS***Stand*

Lord, in your mercy  
**hear our prayer.**

✠ Rest eternal grant to them, O Lord,  
**and let light perpetual shine upon them.**

Merciful Father,  
**accept these prayers  
for the sake of your Son,  
our Saviour Jesus Christ.  
Amen.**

**PEACE**

Lord Jesus Christ,  
who said to your Apostles:  
Peace I leave you, my peace I give you,  
look not on our sins,  
but on the faith of your Church,  
and graciously grant her peace and unity  
in accordance with your will.  
Who live and reign for ever and ever.  
**Amen.**

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

Let us offer one another a sign of peace.

**PROCESSION OF THE GIFTS:****Ubi Caritas**

*(Where charity and love abide, there God is also)*

**Ubi caritas et amor,  
Ubi caritas Deus ibi est.**

*During the next hymn a collection will be taken. If you are a UK taxpayer and can gift aid your donation, please place it in a yellow gift aid envelope (available in the pews) and complete all the details requested.*

*You can also donate using the card machine at the back if you'd prefer.*

*Anyone who uses the Parish Giving Scheme can use a token to indicate their giving.*

**OFFERTORY HYMN:****All Who Are Thirsty**

**All who are thirsty,  
all who are weak,  
come to the Fountain,  
dip your heart in the stream of life.  
Let the pain and the sorrow,  
be washed away,  
in the waves of His mercy,  
as deep cries out to deep.**

We sing:

*Come, Lord Jesus, come.*  
*Come, Lord Jesus, come.*  
*Come, Lord Jesus, come.*  
*Come, Lord Jesus, come.*

## OFFERTORY PRAYERS

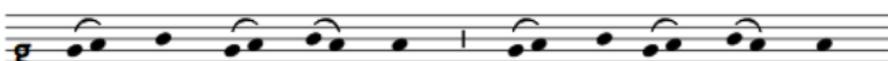
Pray, my brothers and sisters,  
that my sacrifice and yours may be acceptable to God,  
the almighty Father.

**May the Lord accept  
the sacrifice at your hands,  
for the praise and glory of his name,  
for our good, and the good of all his Church.**

Be pleased, O Lord, with these sacrificial offerings,  
and grant that we who beseech pardon  
for our own sins,  
may take care to forgive our neighbour.  
Through Christ our Lord.

**Amen**

## EUCHARISTIC PRAYER



The Lord be with you **R.** and al-so with you.



Lift up your hearts. **R.** We lift them to the Lord.



Let us give thanks to the Lord our God.



**R.** It is right to give thanks and praise.

*The Priest continues singing the Preface, ending with:*

**Holy, holy, holy Lord,**

God of power and God of might,  
**God of power and God of might,**

Heav'n and earth are full of your glory,  
**Heav'n and earth are full of your glory,**

Hosanna in the highest,  
**Hosanna in the highest,**

Blessed is he that comes in the name of the Lord,  
**Blessed is he that comes in the name of the Lord,**

Hosanna in the highest,  
**Hosanna in the highest.**

*The Priest continues the Eucharistic Prayer*

Great is the mystery of faith:  
Christ has died;  
Christ is risen;  
Christ will come again.

**Christ has died;  
Christ is risen;  
Christ will come again.**



**A - men.**

*The Priest concludes the  
Eucharistic Prayer  
At the end all sing*

## THE LORD'S PRAYER

At the Saviour's command  
and formed by divine teaching,  
we dare to say:

**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**

## BREAKING OF THE 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.**

## AGNUS DEI

Lamb of God, you take away the sins of the world:  
**Lord, have mercy upon us.**

Lamb of God, you take away the sins of the world:  
**Lord, have mercy upon us.**

Lamb of God, you take away the sins of the world:  
**Lord, grant us peace.**

## INVITATION TO COMMUNION

This is the Lamb of God  
who takes away the sins of the world.  
Happy are those who are called to his supper.

**Lord, I am not worthy to receive you,  
but only say the word, and I shall be healed.**

*Please follow the guidance of the stewards as you come forward for the distribution of Communion. If you would like to receive a blessing instead, please bring your service sheet with you.*

**COMMUNION HYMN:  
We Labour Unto Glory**

**My God, my God where e'er I go, glory.  
Where I reap and where I sow, glory.  
When my hand, it grips the thorn, glory.  
In the still and in the storm, glory.**

*Oh, we labour unto glory,  
where heaven and earth are one.  
Oh, we labour unto glory,  
until God's kingdom comes.*

**The sun it shines, and then goes down, glory.  
Rain it pours and beats the ground, glory.  
Dust it blows and ends my days, glory.  
Hearts, they burn beneath Your gaze.**

**Chorus**

**My heart, my hands, they're kingdom bound, glory.  
Thorns no longer curse the ground, glory.  
Trim the wick and light the flame.  
My work it will not be in vain, glory.**

**Chorus**

**COMMUNION HYMN:  
All To Jesus. I Surrender**

**All to Jesus I surrender,  
All to Him I freely give;  
I will ever love and trust Him,  
In His presence daily live.  
*I surrender all, I surrender all;  
All to Thee, my blessed Saviour, I surrender all.***

**All to Jesus I surrender,  
Humbly at His feet I bow;  
Worldly pleasures all forsaken,  
Take me, Jesus, take me now.**

**Chorus**

**All to Jesus I surrender,  
Make me, Saviour, wholly Thine;  
Let me feel the Holy Spirit,  
Truly know that Thou art mine.**

**Chorus**

**All to Jesus I surrender,  
Lord, I give myself to Thee;  
Fill me with Thy love and power,  
Let Thy blessing fall on me.**

**Chorus**

All to Jesus I surrender,  
Now I feel the sacred flame;  
Oh, the joy of full salvation!  
Glory, glory, to His Name!

**PRAYER AFTER COMMUNION**

*Stand*

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.  
**Amen**

**NOTICES**

*Sit*

**BLESSING & DISMISSAL**

*Stand*

The Lord be with you.  
**And also with you.**

✠May almighty God bless you,  
the Father,  
and the Son,  
and the Holy Spirit.  
**Amen.**

Go in the peace of Christ.  
**Thanks be to God.**

**RECESSIONAL HYMN:  
282 Amazing Grace**