

THIRD SUNDAY OF LENT 12 MARCH 2023

PRELUDE

Fantasia in E Minor Abraham van den Kerckhoven (1618-1701)

HYMN 2

- 1 Christ, whose glory fills the skies, Christ, the true, the only light, Sun of Righteousness, arise, triumph o'er the shades of night; Dayspring from on high, be near; Daystar, in my heart appear.
- 2 Dark and cheerless is the morn unaccompanied by thee; joyless is the day's return, till thy mercy's beams I see, till they inward light impart, glad my eyes, and warm my heart.
- Visit then this soul of mine, pierce the gloom of sin and grief; fill me, radiancy divine, scatter all my unbelief; more and more thyself display, shining to the perfect day.

GREETING

In the name of the living God: Father, Son, and of the Holy Spirit. **Amen.**

The Lord be with you and also with you.

The celebrant welcomes those in attendance.

LENTEN PROSE

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

To thee, Redeemer, on thy throne of glory: lift we our weeping eyes in holy pleadings: listen, O Jesu, to our supplications.

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

O thou chief cornerstone, right hand of the Father: way of salvation, gate of life celestial: cleanse thou our sinful souls from all defilement.

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

God, we implore thee, in thy glory seated: bow down and hearken to thy weeping children: pity and pardon all our grievous trespasses.

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

Sins oft committed, now we lay before thee: with true contrition, now no more we veil them: grant us, Redeemer, loving absolution.

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

Innocent captive, taken unresisting: falsely accused, and for us sinners sentenced, save us, we pray thee, Jesu, our Redeemer.

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

CONFESSION

The officiant uses an invitation to confession.

The sacrifice of God is a broken spirit; a broken and contrite heart God will not despise. Let us come to the Lord, who is full of compassion, and acknowledge our transgressions in penitence and faith.

Almighty God, our heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault. We are truly sorry and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past and grant that we may serve you in newness of life to the glory of your name. Amen.

KYRIE ELEISON

Lord, have mercy. Lord, have mercy.

Christ, have mercy. Christ, have mercy. Lord, have mercy. Lord, have mercy.

ABSOLUTION

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

The celebrant prays the collect set for the day.

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

A Reading from the Book of Exodus:

¹ 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. ² 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?' ³ 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?' 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. **Thanks be to God.**

PSALM Psalm 95

O come let us sing / out · to the / Lord: let us shout in triumph to the / rock of / our sal-/-vation.

Let us come before his / face with / thanksgiving: and cry / out to · him / joyfully · in / psalms.

For the Lord is a / great / God: and a great / king a·bove / all / gods.

In his hand are the / depths \cdot of the / earth: and the peaks of the / mountains \cdot are / his / also.

The sea is his and / he / made it: his hands / moulded / dry / land.

Come let us worship and / bow / down: and kneel be-/-fore the / Lord our / maker.

For he is the / Lord our / God: we are his / people · and the / sheep of · his pasture.

Today if only you would hear his / voice 'Do not harden your / hearts · as at / Meribah:

as on that day at / Massah / in the / wilderness;

'when your / fathers / tested me: put me to the proof though / they had / seen my / works.

'Forty years long I loathed that gener-/-ation · and / said:
"It is a people who err in their hearts
for they / do not / know my / ways";

'of whom I / swore · in my / wrath:

"They / shall not / enter · my / rest."

Glory be to the Father, and / to the / Son: and / to the / Holy / Ghost;

As it was in the beginning, is now, and / ever / shall be: world without / end./ A-/-men.

NEW TESTAMENT READING

Romans 5:1-11

A reading from the Letter of Paul to the Romans:

¹ Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, ² 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. ³ And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, ⁴ and endurance produces character, and character produces hope, ⁵ 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. ⁶ For while we were still weak, at the right time Christ died for the ungodly. ⁵ Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. ⁶ But God proves his love for us in that while we still were sinners Christ died for us. ⁶ Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. ¹ 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. ¹ 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.**

GRADUAL HYMN 669

- I heard the voice of Jesus say,
 'Come unto me and rest;
 lay down, thou weary one, lay down
 thy head upon my breast':
 I came to Jesus as I was,
 weary and worn and sad;
 I found in him a resting-place,
 and he has made me glad.
- I heard the voice of Jesus say, 'Behold, I freely give the living water, thirsty one; stoop down and drink and live': I came to Jesus, and I drank of that life-giving stream; my thirst was quenched, my soul revived, and now I live in him.
- I heard the voice of Jesus say, 'I am this dark world's light; look unto me, thy morn shall rise, and all thy day be bright': I looked to Jesus, and I found in him my star, my sun; and in that light of life I'll walk till travelling days are done.

GOSPEL John 4:5-42

Hear the Gospel of our Lord Jesus Christ according to John: **Glory to you, O Lord.**

⁵So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. ⁷ A 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.) ⁹ 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.) 10 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.' 11 The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? ¹² Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' 13 Jesus said to her, 'Everyone who drinks of this water will be thirsty again, ¹⁴ 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.' 15 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.' 16 Jesus said to her, 'Go, call your husband, and come back.' 17 The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; 18 for you have had five husbands, and the one you have now is not your husband. What you have said is true!' ¹⁹ The woman said to him, 'Sir, I see that you are a prophet. ²⁰ Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' 21 Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²² You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³ 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. ²⁴ God is spirit, and those who worship him must worship in spirit and truth.' 25 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.' ²⁶ Jesus said to her, 'I am he, the one who is speaking to you.' ²⁷ 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?' ²⁸ Then 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?' 30 They left the city and were on their way to him. 31 Meanwhile the disciples were urging him, 'Rabbi, eat something.' 32 But he said to them, 'I have food to eat that you do not know about.' 33 So the disciples said to one another, 'Surely no one has brought him something to eat?' 34 Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. ³⁵ 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. ³⁶ The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷ For here the saying holds true, "One sows and another reaps." 38 I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.' ³⁹ Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' 40 So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. ⁴¹ And many more believed because of his word. ⁴² 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.'

This is the Gospel of the Lord: **Praise to you, O Christ.**

SERMON

CREED The Nicene Creed

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.

INTERCESSIONS

A member of the congregation offers prayers.

PEACE

Amen.

The celebrant introduces the Peace with a suitable sentence:

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, who has given us access to his grace.

The peace of the Lord be always with you. **And also with you.** Let us offer one another a sign of peace.

- Jesu, lover of my soul, let me to thy bosom fly, while the nearer waters roll, while the tempest still is high: hide me, O my Saviour, hide, till the storm of life is past; safe into the haven guide, O receive my soul at last.
- Other refuge have I none, hangs my helpless soul on thee; leave, ah, leave me not alone, still support and comfort me. All my trust on thee is stayed, all my help from thee I bring; cover my defenceless head with the shadow of thy wing.
- Thou, O Christ, art all I want; more than all in thee I find; raise the fallen, cheer the faint, heal the sick, and lead the blind. Just and holy is thy name, I am all unrighteousness; false and full of sin I am, thou art full of truth and grace.
- 4 Plenteous grace with thee is found, grace to cover all my sin; let the healing streams abound, make and keep me pure within. Thou of life the fountain art: freely let me take of thee, spring thou up within my heart, rise to all eternity.

EUCHARIST Eucharistic Prayer B

The Lord be with you and also with you.
Lift up your hearts.
We lift them to the Lord.
Let us give thanks to the Lord our God.
It is right to give thanks and praise.

It is indeed right and good to give you thanks and praise, almighty God and everlasting Father, through Jesus Christ your Son. For in these forty days you lead us into the desert of repentance that through a pilgrimage of prayer and discipline we may grow in grace and learn to be your people once again. Through fasting, prayer and acts of service you bring us back to your generous heart. Through study of your holy word you open our eyes to your presence in the world and free our hands to welcome others into the radiant splendour of your love. As we prepare to celebrate the Easter feast with joyful hearts and minds we bless you for your mercy and join with saints and angels for ever praising you and saying:

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.]

Lord, you are holy indeed, the source of all holiness; grant that by the power of your Holy Spirit,

and according to your holy will, these gifts of bread and wine may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed, took bread and gave you thanks; he broke it and gave it to his disciples, saying: Take, eat; this is my body which is given for you; do this in remembrance of me.

In the same way, after supper he took the cup and gave you thanks; he gave it to them, saying:
Drink this, all of you; this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me.

Great is the mystery of faith:

Christ has died: Christ is risen: Christ will come again.

And so, Father, calling to mind his death on the cross, his perfect sacrifice made once for the sins of the whole world; rejoicing in his mighty resurrection and glorious ascension, and looking for his coming in glory, we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving, we bring before you this bread and this cup and we thank you for counting us worthy to stand in your presence and serve you.

Send the Holy Spirit on your people and gather into one in your kingdom all who share this one bread and one cup, so that we, in the company of [N and] all the saints, may praise and glorify you for ever,

through Jesus Christ our Lord;

by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be yours, almighty Father, for ever and ever.

LORD'S PRAYER

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.

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 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.

INVITATION

Draw near with faith.

Receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you.

Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.

Amen.

The celebrant distributes communion.

ANTHEM

God So Loved the World John Goss (1800-1880)

HYMN 629 (TUNE 1)

- 1 Father, hear the prayer we offer: not for ease that prayer shall be, but for strength that we may ever live our lives courageously.
- 2 Not for ever in green pastures do we ask our way to be; but the steep and rugged pathway may we tread rejoicingly.
- 3 Not for ever by still waters would we idly rest and stay; but would smite the living fountains from the rocks along our way.

4 Be our strength in hours of weakness, in our wanderings be our guide; through endeavour, failure, danger, Father, be thou at our side.

POST-COMMUNION PRAYERS

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.

Almighty God, we thank you for feeding us with the body and blood of your Son Jesus Christ. Through him we offer you our souls and bodies to be a living sacrifice.

Send us out in the power of your Spirit to live and work to your praise and glory.

Amen.

BLESSING

The celebrant may use a seasonal blessing, or another suitable blessing:

Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow him;

...and the blessing of God Almighty the Father, the Son and the Holy Spirit be among you and remain with you always. **Amen.**

HYMN 652

Guide me, O thou great Redeemer,
 pilgrim through this barren land;
 I am weak, but thou art mighty;
 hold me with thy powerful hand:

Bread of heaven, feed me now and evermore.

- Open now the crystal fountain whence the healing stream doth flow; let the fiery cloudy pillar lead me all my journey through: strong deliverer, be thou still my strength and shield.
- When I tread the verge of Jordan, bid my anxious fears subside; death of death, and hell's destruction, land me safe on Canaan's side: songs and praises I will ever give to thee.

DISMISSAL

Go in peace to love and serve the Lord. **In the name of Christ. Amen.**

POSTLUDE

Praeludium en Fuga in D Minor Abraham van den Kerckhoven (1618-1701)

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This liturgy is taken from The Archbishop's Council 2000, *Common Worship* (London: Church House Publishing, 2000). The hymns are taken from *Ancient & Modern* (Norwich: Canterbury Press, 2013). Scripture reference, unless otherwise noted, are from the NRSV translation of *The Holy Bible*.

TITHES AND OFFERINGS

We are taking a collection during all of the services in the church building through the offering plate and through a tap and pay card reading system at the back of the church. PayPal and standing orders are also possible through our website or by contacting the church Treasurer. More information is available on our website.

Your contributions make a difference, and we are thankful for them.