



**12 March  
2023**

**Lent 3**



Welcome to  
St Barnabas' in Pound Hill and  
St Nicholas' in Worth

This sheet details the readings in today's services as well as notices for everyone.

## **SERVICES TODAY**

Certain services will still be available online (live or recorded)

**08:15 Said Eucharist (BCP)**      St Nicholas'  
Celebrant & Preacher      Revd Gordon Parry

**10:00 Sung Eucharist**      St Barnabas'  
Celebrant & Preacher      Revd Greta

**10:00 Sung Eucharist**      St Nicholas'  
Celebrant & Preacher      Fr Michael Boag

**13:30 Burial of Ashes, Susan Swan**      St Nicholas'

Please try our new QR code to donate to Worth Parish. Scan this code with a smartphone to take you straight to a giving page.



If we were in the Eastern Orthodox Church, or the Roman Catholic Church we would be talking about Saint Photina today. However, since the Anglican church doesn't recognise her as a saint you might think that you have never heard of her. In fact, her story is extremely well known. It is the story of the Samaritan woman at the well who received living water from Jesus and went on to spread the word to those around her. She did this to such a degree that she is sometimes referred to as an apostle.

She was so moved by her single encounter with Jesus that it changed her life forever and she became a great witness to the power of Christ's love. How can we receive this living water? Physically life-sustaining water is easily accessible from a tap but how do we obtain spiritually life-sustaining living water? Jesus described himself as the source of living water that can quench spiritual thirst, a spiritual gift from God that sustains us and guides us on our journey through life.

To receive living water, we need to be open to Jesus so that the Holy Spirit comes into our lives and flows through us like living water. As we journey through this season of Lent, let us ask God to fill us with living water, so that we may be renewed and refreshed in our faith. Let us also seek to share this water with those around us, so that they too may experience the love and grace of God. Amen

*Revd Greta*

## Collect

Eternal God, give us insight to discern your will for us, to give up what harms us, and to seek the perfection we are promised in Jesus Christ our Lord. **Amen**

## Reading *Exodus 17.1-7*

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*

O come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! For the Lord is a great God, and a great King above all gods. In his hand are the depths of the earth; the heights of the mountains are his also. The sea is his, for he made it, and the dry land, which his hands have formed.

O come, let us worship and bow down, let us 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.

O that today you would listen to his voice! Do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness, when your ancestors tested me, and put me to the proof, though they had seen my work. For forty years I loathed that generation and said, 'They are a

people whose hearts go astray, and they do not regard my ways.' Therefore in my anger I swore, 'They shall not enter my rest.'

## Reading *Romans 5.1-11*

Therefore, 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*

So he 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 him 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. **Amen**

<b>SERVICES THIS WEEK</b>		
Tues 14 Mar	10:30 Said Eucharist	St Barnabas'
Wed 15 Mar	15:00 Messy Church	St Barnabas'
Thur 16 Mar	10:30 Healing Eucharist	St Nicholas'
Sun 19 Mar	8:15 Eucharist (BCP) 10:00 Sung Eucharist 10:00 Sung Eucharist 11:30 Burial of Ashes Pamela Farmer	St Nicholas' St Barnabas' St Nicholas' St Nicholas'
<b>Sunday 19 March 2023</b> <b>Mothering Sunday</b>		
Exodus 2.1-10 Colossians 3.12-17	Psalm 34.11-20	Luke 2.33-35

### **DIARY NOTES & NOTICES**

**Toddlers Group** meets on **Tues 13:00-15:00** and **Thurs 9:00-11:00** during term time in St Barnabas' Hall.

## Festivals this week

Fri 17 Mar	Patrick, Bishop, Missionary, Patron of Ireland c.460 (LF)
Sat 18 Mar	Cyril, Bishop of Jerusalem, Teacher 386 (C)

(F) Festival; (LF) Lesser Festival; (C) Commemoration

## St Barnabas' Julian Group

meets on **Mon 13 Mar at 14:00** in St Barnabas'.

Come and see, Crafts, Bible story, a song and a prayer, followed by Pizza and lollies.

In March the second Messy Church will meet on **Wed 15 Mar 15:00-16:30** (in the Church) at St Barnabas'. Everyone welcome - mums, dads, grandparents, carers - come and have fun!

## Lent Course

based on the Diocese course "Who then is this?" Run by the Revd Sarah and others. All will be very welcome. Dates as below; time **19:00** in the Café: **Weds 15, 22 and 29 Mar.**

## Youth Courses

**Young Communicants** Course for those over 7yrs old starting on **Thursdays**, first one **16 Mar 16:30** at St Barnabas' Café. For details please ask Revd Sarah or Revd Greta.  
**Youth Alpha** starts on Fridays, first one **17 Mar 18:00** at St Barnabas' Café. For details please contact Revd Sarah with any questions.

## Friday Lunches

Friday lunch on **17 Mar** in the Pastoral Centre at 12:30. Two courses and a drink £7.00. To help with catering please book your place at the Pastoral Centre (café open Wed and Sat) or via the Parish Office, by **Wed 15 Mar**. All welcome.

### The Hangout

Youth Club at St Barnabas' on  
**Fri 17 Mar 19:00-20:30**  
Ages 12-16. Entry free. Weekly during term.

## Thurs 23 March 16:00 Mothers' Union

Branch Meeting at St Barnabas' Café. We will welcome Fr Francis Pole as our Speaker, followed by Compline. Everyone is welcome to join us.

## Copy Deadline for next Mag is Sunday 19 March

The Saturday Market on 4 Mar raised £113.94 for St Barnabas' Refurbishment Fund. The next Market takes place in St Barnabas' Café, 10.00-11.30 on **Sat 1 April**.

## Scrabble and Cake

The next Scrabble session takes place on **22 Mar 14:30-16:30** in St Barnabas Café.

## Spring Cleaning at St Nicholas'

**Sat 25 Mar 10:30-12:30** Everyone is invited to join us in the Lenten tradition of church cleaning. After our recent boiler and radiator installations this may be an even bigger job than usual! Many hands will make lighter work and a happy and productive time. Jill Freeborn and Rose Wells.

## Worth Church Clothing

An order is being prepared for clothing branded with 'Worth Church': fleeces, hoodies, t-shirts and more in a range of sizes and colours for both adults and children.

If you are interested, see the display in the South Porticus, contact the Parish Office or [Liz egallagher76@hotmail.com](mailto:egallagher76@hotmail.com) by **Sun 19 Mar**

### The Rector

Fr Michael Boag 01293 882229  
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### Vicar at St Barnabas'

Revd Sarah Upchurch 01293 524804  
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### Assistant Priest

Revd Gordon Parry 07802 432398  
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### Assistant Priest

Fr Francis Pole 07764 752608  
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### Assistant Curate

Revd Greta, the Curate (Thurs & Sun)  
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### Churchwardens

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### Worth Parish Office

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