



8 March 2026

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	Revd Gordon Parry
Preacher	Seb Pelissier
10:00 Sung Eucharist	St Barnabas'
Celebrant	Revd Sarah Upchurch
Preacher	Deborah Cowie
10:00 Sung Eucharist	St Nicholas'
Celebrant & Preacher	Revd Gordon Parry

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



Payments to the Parish

If you possibly can, please transfer the money
by electronic payment to: Parish of Worth
Poundhill & Maidenbower, sort code 40-18-22,
account 61223372.

If you need help, call the Office.

Your PCC has the pleasure to announce that Jon
Stringer has been appointed **Acting Deputy
Churchwarden** for St Nicholas'.

Our - very lengthy - Gospel reading begins with a conversation between a Samaritan woman and Christ by Jacob's Well. Christ asked her for a drink, contravening the custom of Jews to avoid contact with Samaritans. The woman was obviously uncomfortable with this but forgot her discomfort when Christ mentioned his divine connection. Christ then talked about the attributes of 'living water' and its gushing up to eternal life. To what extent can we identify with the woman as being representative of ourselves as we place ourselves before Christ as a deliberate, Lenten, act?

The conversation became difficult when Christ revealed his powers of understanding by calling the woman's bluff over her marital status and discussing what constituted true worshippers who 'will worship the Father in spirit and in truth: for the Father seeks such as these to worship him.' Then follows a most memorable statement that should sustain us all during our Lenten journey. 'God is spirit and those who worship him must worship in spirit and in truth.' What follows is a discourse on food. Christ talks about food metaphorically; his nourishment is obtained through carrying out the will of his Father. He tasks his disciples to apply themselves to the harvest that follows the acts of sowing and reaping. Even though this too is metaphorical, it would strike a chord with Christ's listeners because they all came from a background in which agriculture was woven into their lives. Whilst this was taking place, the local Samaritans were all agog about Christ through what they had heard from the woman's encounter with him. We pray that we too can become excited by God through our understanding and acknowledgment of the work of his Son.

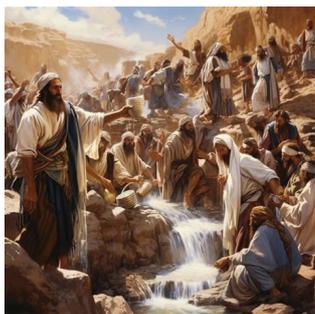
Gordon

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?'

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**

Festivals this week	
	<i>There are no Festivals this week.</i>
<i>(F) Festival; (LF) Lesser Festival; (C) Commemoration</i>	

St Barnabas' Julian Group

meets on **Mon 9 Mar** at **14:00** in St Barnabas'. Old and new friends very welcome

St Nicholas' Julian Group

meets on **Wed 11 Mar** at **12:00** for half an hour of silent prayer. Please feel free to join us - everyone welcome

<p>Toddlers Group meets on Tues 13:00-15:00 and Thurs 9:00-11:00, in St Barnabas' Hall in term time.</p>

SERVICES THIS WEEK		
Tues 10 Mar	10:30 Said Eucharist	St Barnabas'
Wed 11 Mar	15:00 Messy Church	St Barnabas'
Thur 12 Mar	10:30 Said Eucharist	St Nicholas'
Sun 15 Mar	8:15 Eucharist (BCP)	St Nicholas'
	10:00 Sung Eucharist	St Barnabas'
	10:00 Sung Eucharist	St Nicholas'
Sunday 15 March 2026 Lent 4; Mothering Sunday I Samuel 1.20-28 Colossians 3.12-17 Luke 2.33-35		

Come and see, a song and a prayer, followed by pizza and lollies.

In March the second Messy Church will be on **Wed 11 Mar**; 15:00-16:30, at St Barnabas'.

Topic: Forgiveness - Jesus heals the man lowered through the roof.

Everyone welcome - mums, dads, grandparents, carers - come and have fun!



Friday Lunches

The next lunch will be on **13 Mar**. Please book your place for the 13 Mar with the Office or the Café by **Wed 11 Mar**.

We are still in need of some more cooks, so do let us know if you can help out. Thank you

The Hangout

Youth Club at St Barnabas' meets Every **Friday** at 19:00 during Term

Lent Course

Led by Deborah Cowie, continues **14 Mar** in the Café, starting at 13:00 with soup and bread and ending at 14:30.

Saturday Market

on 14 March 10:00-11:30 at St Barnabas' Café in aid of St Barnabas' Refurbishment Fund.



Scripture Union

Admin Assistant

Part time (6 hours per week)
Salary- £25,583 (FTE)

Who are we?

The Lighthouse Project is an ecumenical Christian charity which has been working with children and young people in Crawley schools for over 20 years. The charity is a local mission partner with Scripture Union and is focused on sharing the Christian faith and values through assemblies, lunch clubs, RE workshops and Eliv8 mentoring.

Whats the role?

- To send out various communications, including to churches and supporters, regarding matters of faith and items for prayer.
- To keep website updated.
- To be responsible for maintaining safe recruitment processes for volunteers.
- To maintain and update policies.
- To assist the Project Leader with various admin tasks.

There is an occupational requirement that the post holder is a committed Christian.

Closing date
5pm- 25.03.26

Interviews- 31.03.26

For more information or to get an application pack please contact Lizzie Ashley on 07766190315 or lizzie.ashley@lighthouseprojectcrawley.org

CONTACTS

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