

A very warm Welcome to St Michael's Church

Sunday 8th March 2026



Third Sunday of Lent

In today's Gospel we read about the moving encounter between Jesus and the Samaritan women. Jesus told her about the gift God wanted to give her - the gift he called 'living water'. Here at the Eucharist, Jesus offers us God's free gift of himself, let us open our hearts to receive him with faith and thanksgiving.

Opening Sentence

My eyes are always on the Lord, for he rescues my feet from the snare.
Turn to me and have mercy on me, for I am alone and poor.

Hymn : When I survey the wondrous cross

Greeting and Entrance

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

The Lord be with you **And with your spirit**

Call to Confession

My brothers and sisters,
to prepare ourselves to celebrate the sacred mysteries,
let us first call to mind our sin.

May almighty God have mercy on us, forgive us our sins and bring us to everlasting life. **Amen.**

The Liturgy of the Word

Opening Prayer

O God, author of every mercy and of all goodness,
who in fasting, prayer and almsgiving
have shown us a remedy for sin,
look graciously on this confession of our lowliness,
that we, who are bowed down by our conscience,
may always be lifted up by your mercy.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. **Amen**

First Reading (Sit)

A reading from the book of Exodus (17:3-7)

Tormented by thirst, the people complained against Moses. 'Why did you bring us out of Egypt?' they said. 'Was it so that I should die of thirst, my children too, and my cattle?'

Moses appealed to the Lord. 'How am I to deal with this people?' he said. 'A little more and they will stone me!' the Lord said to Moses, 'Take with you some of the elders of Israel and move on to the forefront of the people; take in your hand the staff with which you struck the river, and go. I shall be standing before you there on the rock, at Horeb. You must strike the rock, and water will flow from it for the people to drink.' This is what Moses did, in the sight of the elders of Israel. The place was named Massah and Meribah because of the grumbling of the sons of Israel and because they put the Lord to the test by saying, 'Is the Lord with us, or not?'

This is the word of the Lord **Thanks be to God**

Gradual Hymn: God forgave my sin in Jesus name

2nd Reading

A reading from St Paul's letter to the Romans (5:1-2.5-8)

Through our Lord Jesus Christ, by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. And this hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us. We were still helpless when at his appointed moment Christ died for sinful men. It is not easy to die even for a good man – though of course for someone really worthy, a man might be prepared to die – but what proves that God loves us is that Christ died for us while we were still sinners.

This is the Word of the Lord. **Thanks be to God.**

Gospel Acclamation

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

A reading from the Holy Gospel according to (John 4:5-16,19-26,39-42)

Glory to you, O Lord.

The Lord be with you, **And with your spirit.**

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.' His disciples had gone into the town to buy food. The Samaritan woman said to him, 'What? You are a Jew and you ask me, a Samaritan, for a drink?' – Jews, in fact, do not associate with Samaritans. Jesus replied:
'If you only knew what God is offering
and who it is that is saying to you:
Give me a drink, you would have been the one to ask,
and he would have given you living water.'

'You have no bucket, sir,' she answered 'and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?' Jesus replied:

'Whoever drinks this water
will get thirsty again;
but anyone who drinks the water that I shall give
will never be thirsty again:
the water that I shall give
will turn into a spring inside him,
welling up to eternal life.'

'Sir,' said the woman 'give me some of that water, so that I may never get thirsty and never have to come here again to draw water. I see you are a prophet, sir. Our fathers worshipped on this mountain, while you say that Jerusalem is the place where one ought to worship.'

Jesus said:

'Believe me, woman,
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 do know:
for salvation comes from the Jews.
But the hour will come
– in fact it is here already –
when true worshippers will worship the Father in spirit and truth:
that is the kind of worshipper the Father wants.
God is spirit,
and those who worship
must worship in spirit and truth.'

The woman said to him, 'I know that Messiah – that is, Christ – is coming; and when he comes he will tell us everything.' 'I who am speaking to you,' said Jesus 'I am he.'

Many Samaritans of that town had believed in him on the strength of the woman's testimony when she said, 'He told me all I have ever done', so, when the Samaritans came up to him, they begged him to stay with them. He stayed for two days, and when he spoke to them many more came to believe; and they said to the woman, 'Now we no longer believe because of what you told us; we have heard him ourselves and we know that he really is the saviour of the world.'

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

Sermon (Sit)

The Creed (stand)

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;
by the power of the Holy Spirit
he became incarnate of 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.
With the Father and the Son
he is worshipped and glorified.
He 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 (sit)

Lord in your mercy **Hear our prayer**

The Peace

Jesus tells us:

'If you bring your gift to the altar and then remember that your neighbour has something against you, first be reconciled with your neighbour and then offer your gift.' (Mt. 5:24)

Christ has reconciled us to God in one body by the cross; we meet in his name and share his peace.

The peace of the Lord be with you always.

All: And also with your spirit.

Let us offer one another a sign of that peace

Offertory Hymn: Stand up, stand up for Jesus

Offertory Prayers

Blessed are you, Lord God of all creation. Through your goodness we have this bread to offer, which earth has given and human hands have made; it will become for us the bread of life.

Blessed be God for ever.

Blessed are you, Lord God of all creation. Through your goodness we have this wine to offer, fruit of the vine and work of human hands; it will become for us our spiritual drink.

Blessed be God for ever.

Let us pray my brothers and sisters, that our sacrifice may be acceptable to God, the almighty Father.

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

The Eucharistic Prayer

Prayer over the Gifts

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**

The Lord be with you, **and with your spirit.**
Lift up your hearts, **we lift them up to the Lord.**
Let us give thanks to the Lord our God. **It is right and just.....**

Preface

Father, all-powerful and ever living God,
we do well always and everywhere to give you thanks.

When he asked the woman of Samaria for water to drink
Christ had already prepared for her the gift of faith.
In his thirst to receive her faith
he awakened in her heart the fire of your love.

With thankful praise,
in company with the angels,
we glorify the wonders of your power:

**Holy, holy, holy Lord,
God of power and God of might,
heaven and earth, heaven and earth are full of your glory your
power and might
Hosanna, hosanna, hosanna in the highest heaven.
Hosanna, hosanna, hosanna in the highest heaven.**

**Blessed, blessed is he who comes
Blessed, blessed is he who comes
Blessed is he, blessed is he,
who comes in the name of the Lord.
Hosanna, hosanna, hosanna in the highest heaven
Hosanna, hosanna, hosanna in the highest heaven.**

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.
let us proclaim 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 all,
rejoicing at his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate the 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 Holy Mary mother of God, St Michael 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. **Amen.**

The Communion

Our Father

Let us pray with confidence to the Father
in the words our Saviour gave 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:

Priest: We break this bread to share in the body of Christ.

People: **Though we are many we are one body, because we all
share in the one bread.**

Preparation for Communion:

All: **With this bread...**

Priest: Behold the Lamb of God, behold him who takes away the
sins of the world. Blessed are those called to the supper of
the Lamb.

People: **Lord, I am not worthy that you should enter under my
roof, but only say the word and my soul shall be healed.**

All: **With this wine...**

Communion Antiphon

Whoever drinks the water that I shall give him, says the Lord, will have a
spring inside him, welling up for eternal life.

*We now come forward to receive Communion or a blessing as directed
by the sides people*

We pray for all who are ill, that God may grant them health and peace:

Sr Pat, Androulla, Ceva Clements, Perry Wells, Olive, Fanny Metu Charlotte B, Denise Clarke, Frances, Sarah, Katie Kirkland, Bet, Tracey and the Tuite family ,George Brown, Zarina, Abbey-Sue and Marcia, Barry James, Audley Watson, Lurleen, Georgia Cordell, Kathleen, Shirley & Leslie Angus, Christopher John, Jazzmine Grimes, Michelle, Fannos jjordani, Ray Bennett , Emmanuel Kuye, Amy Harris, Jerry Moran, Daniel Sintin, Sally Sintin, Amie Samura, Marcus Cullen, Jennifer Douglas, Joshua Rattray, Victorine Clarke, Thomas Hewitt, Geri Thompson, Mary Thompson, Sarah Reggerie, Ian Lennon, Kathleen Wale, Serena Forni, Derek Ogden, Lawrence Barrett, Dominic Swift, Peter Clements, Jereline Simoms, Ayo Dumbuya, Dorren Norine, Shola Adebowale ,Una and Pat Murphy , Andrea Negri, Shane Claridge, James Ighodaro, Theresa Naish, Anastasia, Allen, Jean Bromley, Josephine Baker, Saman Joseph, Myrtle, Joe Donkor, Dorothy, Brandon, Ronald, Edna Noel, Evelyn Baker, Gabriel, Anna and Louis, Jean, Dot, Rosemary Stone, Susan Joy, Mai Lee, Freddie Jones, Ester Thompson, Heather and Sarah, Luke and John Burke, Nabawanda Matlida, Donald, Lorraine, Pat Stephenson, Janet Syson, Anthony, Austin, Owen, Rose Gallagher, Ryan Ayoki

for those who have died recently

And for all whose anniversary of death falls at this time:

8 th March	Joseph Egemonye
9 th March	Leabert Rowe, Bert Hibbert
13 th March	George Field, Elsie Peters
14 th March	Ann Williams, Lionel Nathaniel Hunte, Charlie Fossey

St Michael's candle: is burning in loving memory of
Marcel Ng Yu Tin

The Blessed Sacrament candle: is burning in loving memory of
Mr and Mrs Robert Ng Yu Tin

The Blessed Virgin Mary: is burning in loving memory of

The flowers at St Michael's statue – not during Lent

