



THE SUNDAY SHEET  
THE 3<sup>RD</sup> SUNDAY OF LENT  
12<sup>TH</sup> MARCH 2023

*A very warm welcome as we gather for the Parish Eucharist.  
An induction loop is provided.*

*Gluten free wafers are available for those who need them. Please inform one of the stewards/sidespersons who will pass the information on to the clergy. Many thanks*

ENTRANCE HYMN

All my hope on God is founded;  
he doth still my trust renew.  
Me through change and chance he guideth,  
only good and only true.  
God unknown, he alone  
calls my heart to be his own.

Daily doth th' Almighty giver  
bounteous gifts on us bestow;  
his desire our soul delighteth,  
pleasure leads us where we go.  
Love doth stand at his hand;  
joy doth wait on his command.

Still from earth to God eternal  
sacrifice of praise be done,  
high above all praises praising  
for the gift of Christ his Son.  
Christ doth call one and all:  
ye who follow shall not fall.

*Robert Seymour Bridges 1844-1930  
Tune: Michael*

*The order of service can be found in the Eucharist Booklet*

## THE 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.**

## ROMANS 5. I-II

A reading from the letter of Paul to the Romans.

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.

For the word of the Lord:

**Thanks be to God.**

Lord, I have made thy word my choice,  
 my lasting heritage:  
 there shall my noblest powers rejoice,  
 my warmest thoughts engage.

I'll read the histories of thy love,  
 and keep thy laws in sight,  
 while through the promises I rove  
 with ever-fresh delight.

'Tis a broad land of wealth unknown,  
 where springs of life arise,  
 seeds of immortal bliss are sown,  
 and hidden glory lies.

*Isaac Watts 1674-1748*

*Tune: Billing*

#### JOHN 4. 5-42

Listen to the Gospel of Christ according to Saint John.

#### **Glory to you, O Lord.**

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.' 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.’

This is the Gospel of the Lord.

**Praise to you, O Christ.**

*After the Sermon please turn to the Eucharist booklet for the Affirmation of Faith*

## OFFERTORY HYMN

Rock of ages, cleft for me,  
let me hide myself in thee;  
let the water and the blood,  
from thy riven side which flowed,  
be of sin the double cure:  
cleanse me from its guilt and power.

Not the labours of my hands  
can fulfil thy law's demands;  
could my zeal no respite know,  
could my tears for ever flow,  
all for sin could not atone:  
thou must save, and thou alone.

Nothing in my hand I bring,  
simply to thy cross I cling;  
naked, come to thee for dress;  
helpless, look to thee for grace;  
foul, I to the fountain fly;  
wash me, Saviour, or I die.

While I draw this fleeting breath,  
when my eyelids close in death,  
when I soar through tracts unknown,  
see thee on thy judgement throne;  
Rock of ages, cleft for me,  
let me hide myself in thee.

*Augustus Montague Toplady 1740-1778*

*Tune: Petra*

## PRAYER OVER THE GIFTS

Almighty God,  
your beloved Son, for love of us,  
willingly offered himself to endure the cross,  
its agony and its shame:  
give us grace to take up our cross  
and to follow him in humility and love;  
who is alive and reigns,  
now and for ever. **Amen.**

*Please turn to the Eucharist Booklet for the Eucharistic Prayer*

## HYMN AT THE END OF COMMUNION

As the deer pants for the water,  
so my soul longs after you.  
You alone are my heart's desire  
and I long to worship you.

*You alone are my strength, my shield,  
to you alone may my spirit yield.  
You alone are my heart's desire  
and I long to worship you.*

I want you more than gold or silver,  
only you can satisfy.  
You alone are the real joy-giver  
and the apple of my eye.

*Martin J. Nystrom b.1956*

*Please turn to the Eucharist Booklet*

## POST COMMUNION PRAYER

We beseech you, almighty God,  
look upon the heartfelt desires of your humble servants,  
and stretch forth the right hand of your majesty,  
to be our defence against all our enemies;  
through Jesus Christ our Lord. **Amen.**

## FINAL HYMN

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.

*William Williams 1717-1791*

*Tune: Cwm Rhondda*

CCL No: 961722

## NOTICES

**Refreshments.** Please do join us for refreshments after the service if you can.

**Foodbank.** The Foodbank box is now back in the Parish Church. Donations gratefully received.

**Praying for Growth.** Please pray for the growth and renewal of the Church here in this place. Here is the Leading Your Church into Growth Prayer (*card copies are available at the back of the Church*):

*God of Mission,*

*Who alone brings growth to your Church,*

*Send your Holy Spirit to give*

*Vision to our planning,*

*Wisdom to our actions,*

*Joy to our worship,*

*And power to our witness.*

*Help our church to grow in numbers,*

*In spiritual commitment to you,*

*And in service to our local community,*

*Through Jesus Christ our Lord. Amen.*

**Invitation Service.** We are holding an invitation service on Mothering Sunday

which is on 19<sup>th</sup> March at 9.30am for which we are all asked to invite someone along. Hopefully the warmth of our welcome and the joy of our worship will spark/re-ignite an interest in the Christian Faith. Who could you invite on the Sunday? Please start thinking about it and praying for those who will invite. Invitations are available if you need more and can be found on the table at the back of the Church. We *are* a welcoming Church, but we need to do all we can to enhance our welcome and create a culture of invitation. Please make every effort to come along so that we can have a great family celebration of Mothering Sunday.

**The Community Fridge** takes place every Sunday from 5-7pm at the Parish Church

**Easter Flowers.** Donations for Easter Flowers are now being invited in memory of departed loved ones. Please use the envelopes which can be found on the table at the back of the Church. Thank

you.

**Diocesan Offering** this year is going to the Trussell Trust who run many foodbanks in the Diocese. There will be a plate in Church next Sunday to receive donations. This will be available each month and one of our future fundraising events will contribute towards this as well.

**Chalice.** We have taken a very cautious approach to the return to normality after the Pandemic and so far the chalice hasn't been available. The chalice will be reinstated as from Easter Sunday 9<sup>th</sup> April. Please be aware that you do not have to receive the chalice, but it will be there for those that do. Intinction (dipping the host in the chalice) is NOT allowed. If you have any questions please speak to Fr Rex. Thank you!

## THE WEEK AHEAD

### 13<sup>th</sup> Monday – Feria

9am Morning Prayer  
9.30am Holy Eucharist *at the Cathedral*  
5pm Evening Prayer

### 14<sup>th</sup> Tuesday – Feria

9am Morning Prayer  
6pm Evening Prayer  
7pm Holy Eucharist *at the Cathedral*

### 15<sup>th</sup> Wednesday – Feria

9am Morning Prayer  
10.30am Holy Eucharist  
5pm Evening Prayer

### 16<sup>th</sup> Thursday – Feria

9am Morning Prayer  
10am Holy Eucharist *at the Parish Church*  
11am Prayer Group *at the Parish Church*  
5pm Evening Prayer  
7pm Faith, Hope, Love Lent Study *at the Parish Church*

### 17<sup>th</sup> Friday – Patrick, Bishop

9am Morning Prayer  
9.30am Offeren (*Welsh Eucharist*)  
6pm Choral Evensong

### 18<sup>th</sup> Saturday – Cyril of Jerusalem, Bishop

9am Morning Prayer  
5pm Evening Prayer

### 19<sup>th</sup> Sunday – Lent 4 (Mothering Sunday)

9.30am All-Age Eucharist *at the Parish Church*  
9.30am Holy Eucharist *at St Mary's Cefn*  
11am The Cathedral Eucharist  
3.30pm Choral Evensong

#### Contact:

Parish Church: 01745 535957  
Fr Rex: 07393 639813

#### Parish Church Website:

[www.stasaphparishchurch.org.uk](http://www.stasaphparishchurch.org.uk)