



The Sunday Sheet *for* The 3rd Sunday of Lent Sunday 8th March 2026

*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
welcomers who will pass the information on to the clergy. Many thanks

Entrance Hymn

Jesus, 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.

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.

Charles Wesley 1707-1788
Tune: Aberystwyth

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

Grace and peace be with you
and keep you in the love of Christ.

The priest gives an introduction to the Eucharist and calls the people to penitence.

Lord Jesus, you were sent to heal the contrite.
Lord, have mercy: **Lord, have mercy.**

Lord Jesus, you came to call sinners.
Christ, have mercy: **Christ, have mercy.**

Lord Jesus, you plead for us at the right hand of the Father.
Lord, have mercy: **Lord, have mercy.**

Almighty God have mercy on you,
forgive you and set you free from sin,
and keep you in eternal life. **Amen.**

The Collect

Let us pray:

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.**

Please Sit

Exodus 17. 1-7

A reading from the book of the Exodus.

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. ²The 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?' ³But 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?'

For the word of the Lord
Thanks be to God.

The Gospel

Please Stand

Praise to you, O Christ our Saviour,
Word of the Father, calling us to life;
Son of God who leads us to freedom:
glory to you, Lord Jesus Christ.

You are the Word who calls us out of darkness;
you are the Word who leads us into light;
you are the Word who brings through the desert:
glory to you, Lord Jesus Christ.

Praise to you, O Christ our Saviour,
Word of the Father, calling us to life;
Son of God who leads us to freedom:
glory to you, Lord Jesus Christ.

Bernadette Farrell b.1957

John 4. 4-42

Listen to the Gospel of Christ according to 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. ⁶Jacob'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.) ⁹The 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.)^a ¹⁰Jesus 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.' ¹¹The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? ¹²Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' ¹³Jesus said to her, 'Everyone who drinks of this water will be thirsty again, ¹⁴but 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.' ¹⁵The 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.' ¹⁷The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; ¹⁸for you have had five husbands, and the one you have now is not your husband. What you have said is true!' ¹⁹The woman said to him, 'Sir, I see that you are a prophet. ²⁰Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' ²¹Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²²You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³But 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. ²⁴God is spirit, and those who worship him must worship in spirit and truth.' ²⁵The 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.

The Homily

Please Sit

The Affirmation of Faith

Please 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 from 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. Amen.**

The Intercessions

Please Sit

Appropriate responses may be used, for example

Lord, in your mercy:
hear our prayer.

Lord, hear us:
Lord, graciously hear us.

The Intercession ends with a suitable collect said by the priest, or the following

Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.**

The Peace

Please Stand

Now that we have been justified through faith, we are at peace with God through our Lord Jesus Christ.

The peace of the Lord be with you always.

And also with you.

Let us offer one another a sign of the Lord's peace.

Offertory Hymn

Jesus, where'er Thy people meet,
There they behold Thy mercy-seat;
Where'er they seek Thee, Thou art found,
and every place is hallowed ground.

For Thou, within no walls confined,
Inhabitest the humble mind;
Such ever bring Thee where they come,
And going, take Thee to their home.

Dear Shepherd of Thy chosen few,
Thy former mercies here renew;
Here to our waiting hearts proclaim
The sweetness of Thy saving Name.

Here may we prove the power of prayer
To strengthen faith and sweeten care;
To teach our faint desires to rise,
And bring all heaven before our eyes.

Lord, we are few, but Thou art near;
Nor short Thine arm, nor deaf Thine ear;
O rend the heavens, come quickly down,
And make a thousand hearts Thine own.

William Cowper 1731-1800
Tune: Wareham

The Thanksgiving

We celebrate together the gifts and grace of God.

**We take this bread,
we take this wine
to follow Christ's example
and obey his command.**

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.**

The Eucharistic Prayer

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 our thanks and praise.

It is indeed right, it is our duty and our joy
at all times and in all places to give you thanks, holy Father,
all-powerful and everliving God,
through Jesus Christ our Lord.

Who was tempted in every way, yet did not sin.

By his grace we are able to triumph over every evil
and to live no longer for ourselves alone
but for him who died for us and rose again.

And so with the hosts of angels and all the company of heaven
we proclaim the glory of your name
and join in their unending hymn of praise:

**Holy, holy, holy, holy,
Holy, holy, Lord God Almighty.
And we lift our hearts before you
as a token of our love.
Holy, holy, holy, holy.**

**Gracious Father, gracious Father,
Blessed is the one who comes to us
 in your name.
And we lift our hearts before you
 as we give you thanks and praise.
Hosanna in the highest.**

All praise and thanks to you, true and living God,
Creator of all things, Giver of life.
You formed us in your own image;
but we have marred that image and fall short of your glory.
We give you thanks
that you sent your Son to share our life;
you gave him up to death that the world might be saved,
and you raised him from the dead
that we might live in him and he in us.

Sanctify with your Spirit this bread and wine, your gifts to us,
that they may be for us the body and blood of our Saviour Jesus Christ.

On the night he was betrayed, he took bread,
and when he had given 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 when he had given thanks
he gave it to them, saying,

Drink from this, all of you,
for 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 in glory.

As he has commanded us, Father,
we remember Jesus Christ, your Son.
Proclaiming his victorious death,
rejoicing in his resurrection
and waiting for him to come in glory
we bring to you this bread, this cup.

Accept our sacrifice of thanks and praise.
Restore and revive your people,
renew us and all for whom we pray
with your grace and heavenly blessing,
and at the last receive us with all your saints
into that unending joy promised by your Son, Jesus Christ our Lord.

Through him, with him, in him,
in the unity of the Holy Spirit
all honour and glory are yours, almighty Father,
for ever and ever. **Amen.**

Silence is kept

Please Sit

Let us pray with confidence to the Father:

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread,
forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power
and the glory are yours,
now and for ever. Amen.**

The Communion

The priest breaks the bread

Every time we eat this bread and drink of this cup
we proclaim the Lord's death until he come.

We sing

Jesus, Lamb of God: have mercy on us.

Jesus, bearer of our sins: have mercy on us.

Jesus, redeemer of the world: give us your peace.

The Invitation to Holy Communion

Jesus is the Lamb of God

who takes away the sins of the world.

Happy are those who are called to his supper.

**Lord, I am not worthy to receive you,
but only say the word and I shall be healed.**

The sacrament is administered with these words:

The body of Christ. **Amen.** The blood of Christ. **Amen.**

All those who are baptised (Christened) are welcome to receive Holy Communion today. Baptised (Christened) children are welcome to receive holy communion at the discretion of their parents.

If you are not receiving you are welcome to come forward for a blessing but please bring this leaflet with you as a signal to the priest.

Hymn at the end of Communion

Bless the Lord, my soul,
and bless God's holy name.

Bless the Lord, my soul,
who leads me into life. *Sing through 3 times*

Silence is kept

The Sending Out

Please Stand

Post Communion Prayer

Give thanks to the Lord for he is gracious:
his love is everlasting.

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.**

The Blessing

The Lord be with you
And also with you.

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.**

Go in peace to love and serve the Lord.
In the name of Christ. 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 tr. Peter Williams 1727-1796
Tune: Cwm Rhondda*

CCL No: 961722

Notices

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

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:

*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.*

The Community Fridge takes place every Sunday from 4-5pm at the Parish Church.

Sunday Sheet. Please take this sheet home with you for the notices for the week and to pray for what is happening in the life of our Church.

Coffee and Cake Morning on Saturday 21st March at 10.30am until 1.30pm. 1a Parc Bach, Trefnant. LL16 4YE. Tickets £6.00 from June or Roy. Raffle on the day. Proceeds to support the Cathedral Choir trip to Lombardy, Italy

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.

Service of Prayer for Healing There is to be a service of prayer for healing which will include the Church's ministry of healing: the Laying on of Hands and Anointing with Oil. This is a lovely service and a good preparation for our commemoration of Holy Week and Celebration of Easter. The service is on Sunday 22nd March at 6.30pm at the Parish Church.

St Mary's Cefn. The next services at St Mary's are as follows:

15th March: 9.30am Holy Eucharist

29th March: 1.30pm Palm Sunday Procession from St. Mary's to the Cathedral.

Wanted - old weathered terracotta plant pots for loan to be used for a display in the Cathedral at the end of March . Sizes between 4 inches and 20 inches in diameter. Please contact Kate or Frank Jordan on 07983794097 and we can arrange collection. Please write your name under the pots so we know who to return them to...Many thanks Kate.

Ways of Giving to the work of the Parish Church. We are very grateful to all those who contribute financially to the life and witness of our Parish. There are various ways to do this:

1. The Collection plate near the entrance to the Church
2. Setting up a Standing Order. Contact Dave Bradley or Marion Hughes for the bank details
3. Gift Direct. Set up regular giving or make a one off donation. For Gift Direct you can use the QR code below. Thank you very much.



15th 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

The Week Ahead

9th Monday – Lent Weekday

9am Morning Prayer
9.30am Holy Eucharist
5pm Evening Prayer

10th Tuesday – Lent Weekday

9am Morning Prayer
5pm Evening Prayer
6pm Holy Eucharist

11th Wednesday – Lent Weekday

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

12th Thursday – Lent Weekday

9am Morning Prayer
10am Holy Eucharist *at the Parish Church*
10.45am Lent Study Group *at the Parish Church*
5pm Evening Prayer

13th Friday – Lent Weekday

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

14th Saturday – Lent Weekday

9am Morning Prayer
5pm Evening Prayer

Contact:

Parish Church: 01745 535957

Fr Rex: 07393 639813

Parish Church Website:

www.stasaphparishchurch.org.uk

Today's Readings

Exodus 17. 1-7

When the wandering Israelites experience real thirst, they begin to doubt God, but God enables Moses to perform a miracle, drawing water from a rock.

Psalm 95

Romans 5. 1-11

Jesus died for us sinners, justifying us in God's sight. If we have faith in him, we have God's peace within us and access to God's grace.

John 4. 5-42

A Samaritan woman, despised by the Jews, becomes the first missionary after Jesus offers her living water.

Lent

