

St Anne's Church, Chingford

Web site: www.stanneE4.org.uk

8th March 2026 – Lent 3

Parish Eucharist – 10.00

Welcomers: David Sendall, Bridget Tongo

Servers: Caroline Acton, Lindsey Archer, Phil Hallsworth

Chalice: Lindsey Archer, Marcia Hall

Lessons: Lindsey Archer

Prayers: Rosalind Tatam

Leader: Julie Adesina

Preacher: Julie Adesina

Celebrant: Mick Scotchmer

Music: Bill Gloyn

25 years ago, people could be excused for not knowing much or doing much about climate change. Today, we have no excuse..

Desmond Tutu

Hymns:

114 Colours of day - Sue McClellan

237 God forgave my sin - Carol Owens

777 To God be the glory! - words by Fanny J Crosby

578 O the love of my Lord - Estelle White

743 There is a Redeemer - Melody Green



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This week



Wednesday 11th Mar 11.30 Bible Study Group

20.00 Lent Course by Zoom

Friday 13th Mar 10.00 Eucharist

Sunday 15th Mar 10.00 Informal Eucharist

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.

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.

Old Testament Reading

Psalm 95

- 1 O come, let us sing to the Lord; let us heartily rejoice in the rock of our salvation.
- 2 Let us come into his presence with thanksgiving and be glad in him with psalms.
- 3 For the Lord is a great God and a great king above all gods.
- 4 In his hand are the depths of the earth and the heights of the mountains are his also.
- 5 The sea is his, for he made it, and his hands have moulded the dry land.
- 6 Come, let us worship and bow down and kneel before the Lord our Maker.
- 7 For he is our God; we are the people of his pasture and the sheep of his hand.
- 8 O that today you would listen to his voice: 'Harden not your hearts as at Meribah, on that day at Massah in the wilderness,
- 9 'When your forebears tested me, and put me to the proof, though they had seen my works.
- 10 'Forty years long I detested that generation and said, "This people are wayward in their hearts; they do not know my ways."
- 11 'So I swore in my wrath, "They shall not enter into my rest."

This is the word of the Lord.

All **Thanks be to God.**

New Testament Reading

Romans 5.1-11

¹Since we are justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. ³And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and 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.

⁶For while we were still weak, at the right time Christ died for the ungodly. ⁷Indeed, rarely will anyone die for a righteous person – though perhaps for a good person someone might actually dare to die. ⁸But God proves his love for us in that while we still were sinners Christ died for us. ⁹Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. ¹⁰For 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. ¹¹But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

This is the word of the Lord.

All **Thanks be to God.**

Gospel

John 4.5-42

When the Gospel is announced the reader says

Hear the gospel of our Lord Jesus Christ according to John.

All Glory to you, O Lord.

⁵Jesus 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.

⁷A 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.) 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.'

¹⁶Jesus 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.' ²⁶Jesus said to her, 'I am he, the one who is speaking to you.'

²⁷Just 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?' ²⁸Then 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?' ³⁰They left the city and were on their way to him.

³¹Meanwhile the disciples were urging him, 'Rabbi, eat something.' ³²But he said to them, 'I have food to eat that you do not know about.' ³³So the disciples said to one another, 'Surely no one has brought him something to eat?' ³⁴Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. ³⁵Do 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. ³⁶The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷For here the saying holds true, "One sows and another reaps." ³⁸I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.'

³⁹Many Samaritans from that city believed in Jesus because of the woman's testimony, 'He told me everything I have ever done.' ⁴⁰So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. ⁴¹And many more believed because of his word. ⁴²They 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.

All Praise to you, O Christ.

N

*We do not take a collection during the service at St. Anne's as we have a Parish Giving scheme. However if you wish to make a contribution you will find a plate at the back of church and a card reader if you prefer to donate in that way. If you would like to join the **Parish Giving** scheme please speak to Lindsey Archer or the church wardens. Also, scanning this QR code will provide information about the scheme and how you can make contributions if you wish.*



E

Ukraine and Eat or Heat - We are still collecting for both at the back of the church—children, toddler's and baby items are still very much needed as the war takes its toll on the people of Ukraine. As are long lasting food products and hygiene products for Eat or Heat.

W

Electoral Roll – The electoral roll is being reviewed. If you are not on it please fill a form available at the back of church.

S

This week's music. - Today is Woman Composer Sunday, coinciding with International Women's Day. It is marked by the Royal School of Church Music, of which St Anne's is a longstanding member, and many international musical organisations to celebrate and promote music by women, particularly for organ and worship. All the hymns and music during today's service has been written by women other than hymn 777 - the words of which have a woman author.

FOR OUR PRAYERS:

We remember in prayer each day all those both known and unknown to us who are suffering in mind, body and spirit, for those who have care of them, for all who are living with difficulties and trouble at this time and for all who will enter eternity this week.

Anniversaries for March: 6th Lily Burnett, 9th Dorothy Rossiter, Joan Page-Webster, 10th Peter Simpson, 11th Florence Digman, 12th Elsie Muscutt, 15th Linda Smith-Pryor, 17th John Barwick, Violet Gibbs, 18th Aglaia Macropoulos, Cyril Ives, 21st Bernice Foster, Anthony Foster, 22nd Kim Runeckles, 23rd Derek Palmer, 24th Betty Crawford, 27th John Wood.

Eternal rest grant unto them O Lord, and let light perpetual shine upon them, may they rest in peace and rise in glory. Amen