The Third Sunday of Lent

8th March 2026

StMARY*with*StALBAN

PARISH CHURCH *of* TEDDINGTON

THE GATHERING

PROCESSIONAL HYMN (629)

1.Father, hear the prayer we offer:
not for ease that prayer shall be,
but for strength that we may ever
live our lives courageously.

2.Not for ever in green pastures
do we ask our way to be;
but the steep and rugged pathway
may we tread rejoicingly.

3.Not for ever by still waters
would we idly rest and stay;
but would smite the living fountains
from the rocks along our way.

4.Be our strength in hours of weakness,
in our wanderings be our guide;
through endeavour, failure, danger,
Father, be thou at our side.

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

All **Amen**

The Lord be with you.

All **and also with you.**

The Children's Church leave for their worship.

PRAYER OF PREPARATION

All **Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen**

PRAYERS OF PENITENCE

Our Lord Jesus Christ said: The first commandment is this: 'Hear, O Israel, the Lord our God is the only Lord. You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.' The second is this: 'Love your neighbour as yourself.' There is no other commandment greater than these. On these two commandments hang all the law and the prophets.

All **Amen. Lord, have mercy.**

The sacrifice of God is a broken spirit; a broken and contrite heart God will not despise. Let us come to the Lord, who is full of compassion, and acknowledge our transgressions in penitence and faith.

Almighty God, our heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault. We are truly sorry and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past and grant that we may serve you in newness of life to the glory of your name. Amen.

Almighty God, who forgives all who truly repent, have mercy upon you, ✠ pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord.

All **Amen**

KYRIE ELEISON – *Setting by John Merbecke*

Lord, have mercy upon us. *(sung three times)*
Christ, have mercy upon us. *(sung three times)*
Lord, have mercy upon us. *(sung three times)*

THE COLLECT FOR LENT *The Collects are said after a short period of silence*

Almighty and everlasting God, you hate nothing that you have made and forgive the sins of all those who are penitent: create and make in us new and contrite hearts that we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; 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**

THE COLLECT FOR THE WEEK

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**

THE LITURGY OF THE WORD

THE FIRST READING – *Exodus 17.1–7, read by a member of the congregation*

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. [2]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?' [3]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?' [4]So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' [5]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. [6]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. [7]He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'
This is the word of the Lord,

All **Thanks be to God**

THE PSALM – *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." '

Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.

THE SECOND READING – *Romans 5.1–11, read by a member of the congregation*

Therefore, since 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.

For 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**

THE GOSPEL READING – *John 4.5–42*

Praise to you, O Christ, King of eternal glory. The Lord is a great God,
O that today you would listen to his voice. Harden not your hearts

All **Praise to you, O Christ, King of eternal glory.**

✠ Hear the Gospel of our Lord Jesus Christ according to John.

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

5So he 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.

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.)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.' [15]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.' [17]The woman
answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I
have no husband"; [18]for you have had five husbands, and the one you have now
is not your husband. What you have said is true!' [19]The woman said to him, 'Sir, I
see that you are a prophet. [20]Our ancestors worshipped on this mountain, but
you say that the place where people must worship is in Jerusalem.' [21]Jesus said
to her, 'Woman, believe me, the hour is coming when you will worship the
Father neither on this mountain nor in Jerusalem. [22]You worship what you do
not know; we worship what we know, for salvation is from the Jews. [23]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. [24]God is spirit, and those who worship him must worship in spirit and
truth.' [25]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.' [26]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?'[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.

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.'

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.

All **Praise to you, O Christ.**

THE SERMON

THE NICENE CREED

Let us declare our faith in God, Father, Son and Holy Spirit.

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, was incarnate from the Holy Spirit and 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

PRAYERS OF INTERCESSION

We pray to the Lord for courage to give up other things and to give ourselves to him this Lent.

Lord in your mercy *or* Lord, hear us

All **Hear our prayer** **Lord, graciously hear us**

Merciful Father,

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

Be with us, Lord, in all our prayers, and direct our way toward the attainment of salvation, that among the changes and chances of this mortal life, we may always be defended by your gracious help; through Jesus Christ our Lord.
Amen

THE PEACE

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, who has given us access to his grace.
The peace of the Lord be always with you

All **and also with you.**

Let us offer one another a sign of peace.

OFFERTORY HYMN (688)

1.Jesu, the very thought of thee
with sweetness fills the breast;
but sweeter far thy face to see,
and in thy presence rest.

2.No voice can sing, nor heart can frame,
nor can the memory find
a sweeter sound than Jesu's name,
the Saviour of mankind.

3.O hope of every contrite heart,
O joy of all the meek,
to those who ask how kind thou art,
how good to those who seek!

4.But what to those who find? Ah, this
nor tongue nor pen can show;
the love of Jesus, what it is
none but his loved ones know.

5.Jesu, our only joy be thou,
as thou our prize wilt be;
in thee be all our glory now,
and through eternity.

God of mercy and compassion, your Word calls us home to faith and love.
Accept all we offer you this day; in the name of Jesus Christ the Lord. **Amen**

THE EUCHARISTIC PRAYER

The Lord be with you

All **and also with you.**

Lift up your hearts.

All **We lift them to the Lord.**

Let us give thanks to the Lord our God.

All **It is right to give 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 and praise, holy Father, heavenly King, almighty and eternal God, through Jesus Christ our Lord.
And now we give you thanks because you give us the spirit of discipline, that we may triumph over evil and grow in grace, as we prepare to celebrate the paschal mystery with mind and heart renewed.
Therefore with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you and *singing*:

All **Holy, holy, holy Lord God of hosts; heaven and earth are full of thy glory. Glory be to thee, O Lord most high.**
✠ Blessed is he that cometh in the name of the Lord. Hosanna in the highest.

Or, if said:

All **Holy, holy, holy Lord; God of power and might. Heaven and earth are full of your glory. Hosanna in the highest!**
✠ Blessed is he who comes in the name of the Lord. Hosanna, in the highest!

All glory be to you, our heavenly Father, who, in your tender mercy, gave your only Son our Saviour Jesus Christ to suffer death upon the cross for our redemption; who made there by his one oblation of himself once offered a full, perfect and sufficient sacrifice, oblation and satisfaction for the sins of the whole world; he instituted, and in his holy gospel commanded us to continue, a perpetual memory of his precious death until he comes again. Hear us, merciful Father, we humbly pray, and grant that, by the power of your Holy Spirit ✠, we receiving these gifts of your creation, this bread and this wine, according to your Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood;
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:

All **Christ has died: Christ is risen: Christ will come again.**

Therefore, Lord and heavenly Father, in remembrance of the precious death and passion, the mighty resurrection and glorious ascension of your dear Jesus Christ, we offer you through him this our sacrifice of praise and thanksgiving.

Grant that by his merits and death, and through faith in his blood, we and all your Church may receive forgiveness of our sins and all other benefits of his passion.

Although we are unworthy, through our manifold sins, to offer you any sacrifice, yet we pray that you will accept this the duty and service that we owe. Do not weigh our merits, but pardon our offences, and fill us all who share in this holy communion with your grace and heavenly blessing; 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.

All **Amen**

The Lord's Prayer

Standing at the foot of the cross, and as our Saviour taught us, so we pray:

All **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**

The Breaking of the Bread

Every time we eat this bread and drink this cup,

All **we proclaim the Lord's death until he comes.**

Agnus Dei

O Lamb of God, **that takest away the sins of the world, have mercy upon us.**
O Lamb of God, **that takest away the sins of the world, have mercy upon us.**
O Lamb of God, **that takest away the sins of the world, grant us thy peace.**

Giving of Communion

Jesus is the Lamb of God who takes away the sin of the world. Blessed are those who are called to his supper.

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

Everyone is welcome to come forward for the eucharist or a blessing.

Prayer After 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**

All **Almighty God, we thank you for feeding us with the body and blood of your Son Jesus Christ. Through him we offer you our souls and bodies to be a living sacrifice. Send us out in the power of your Spirit to live and work to your praise and glory. Amen**

The Notices are given, and Children's Church share their worship

Sending Out

Post-Communion Hymn (669)

1.I heard the voice of Jesus say,
'Come unto me and rest;
lay down, thou weary one, lay down
thy head upon my breast':
I came to Jesus as I was,
weary and worn and sad;
I found in him a resting-place,
and he has made me glad.

2.I heard the voice of Jesus say,
'Behold, I freely give
the living water, thirsty one;
stoop down and drink and live':
I came to Jesus, and I drank
of that life-giving stream;
my thirst was quenched, my soul revived,
and now I live in him.

3.I heard the voice of Jesus say,
'I am this dark world's light;
look unto me, thy morn shall rise,
and all thy day be bright':
I looked to Jesus, and I found
in him my star, my sun;
and in that light of life I'll walk
till travelling days are done.

The Blessing

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.

All **Amen.**

Go in peace to love and serve the Lord.

All **In the name of Christ. Amen**

The ministers and people depart.

Lent Appeal

This year we will support SPEAR, a local charity with over 30 years' experience, supporting people from homelessness to independence.More details at the back of church. Please use QR to donate, or a yellow envelope marked SPEAR. Thank you.

In Support of Young People

Rev Joy has organised this Zoom meeting on Tuesday 10 March, 8-9pm to hear from Jo Jones (Kensington Area Youth Advisor), celebrate our current offering and plan for the future. Contact Revd Joy for the meeting details.

Annual Parochial Church Meeting (APCM)

The Electoral Roll applications are now closed. Alll those on the Electoral Roll are invited to the APCM on Sunday 22 March in the Parish Hall, from midday.

Lent Lunch Fundraiser for Welcare

Sign-up for this nourishing annual lunch - click on the link in your ChurchSuite app calendar or use QR. Anna Khan to give an update on Welcare, and you will be invited to donate for your lunch.

Help Needed for the Easter Breakfast

To make this possible, Helen & John would love your help to cook and serve. No skills required, just willingness and energy. It will be an early start; 6-9am on Sunday 5 April. Catch Helen in Church or email: mulcahys85@tiscali.co.uk.

Fairtrade Real Easter Eggs On Sale Sunday

Meaningful Chocolate Co, after services: milk £5.50 & dark £6.50. Susan J

Wheelchair Looking For A New Home

In excellent condition. No charge. See Sue Stevens, or contact the Office.

Give To SMwSA

To donate to this church please use the QR code or text "SMWSA give" to 07380307800 and follow the instructions. Thank you.

Contact Details

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Website: www.teddingtonparish.org **Call us:** 020 8943 2262

Next Weekend

Come along on Saturday morning to make up the posies for Mothering Sunday, and as its the 3rd Sunday of the month you have the All-Age Service and Evensong. Please use the Posy Making QR code to sign-up, to help with numbers for coffees and pastries.

Full Calendar

What's on - March

church service

Reserve requires booking

MONDAYS 2,9,16 23,30 — **COMMUNITY CAFÉ** 1.30-4pm, Peter & Paul Centre

TUESDAYS 3,17 — **MEMORY CAFÉ** 1.30-3pm, Peter & Paul Centre

WEDNESDAYS 4,11 18,25 — **LENT COURSE** 11.30am-1pm, Mina Hogan Room

WEDNESDAY 4 — **PINTS OF VIEW** From 8pm, unscripted fellowship in The Tide End Pub

THURSDAY 5 — **FELLOWSHIP SOCIAL: COFFEE** 10.30am, Zoom

SATURDAY 7 — **PARISH PLOD** 9am, continuing along the N.Middx Greenway

TUESDAY 10 — **FELLOWSHIP SOCIAL: LUNCH** 12noon, Piazza Firenze (Reserve)

TUESDAYS 10,24 — **PLAIN & PEARL SOCIAL CRAFTING** 7.30pm, Mina Hogan Room

SATURDAY 14 — **POSY MAKING FOR MOTHERING SUNDAY** 10am-12noon, SMwSA Church

SUNDAY 15 — **MOTHERING SUNDAY ALL-AGE PARISH EUCHARIST** 10am, SMwSA Church

SUNDAY 15 — **CHORAL EVENSONG** 6.30pm, SMwSA Church

MONDAY 16 — **BEREAVEMENT CAFÉ** 10-11.30am, Peter & Paul Centre

THU & SAT 19,21 — **CHURCHYARD GARDENING** 10am-12noon, SMwSA Churchyard

SUNDAY 22 — **ANNUAL PAROCHIAL CHURCH MEETING** 12noon, St Mary's Parish Hall

TUESDAY 24 — **FELLOWSHIP SOCIAL: COFFEE** 10.30am, Shambles Restaurant

THURSDAY 26 — **NEWSLETTER BUNDLING** 2.30pm, St Mary's Parish Hall

SATURDAY 28 — **PALM CROSS MAKING** 10am-12noon, SMwSA Church

SUNDAY 29 — **PALM SUNDAY WITH PROCESSION** 10am, SMwSA Church

SUNDAY 29 — **LENT LUNCH FOR WELCARE** from 12noon, All welcome, St Mary's Parish Hall, With Preserves Sale & Speaker Ann Khan CEO of Welcare

visit www.teddingtonparish.org for more details