



St John the Baptist, Catford & Downham Team Ministry

The 3rd Sunday of Lent

8th March 2026



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Hymns:

- ♪ Processional- The Lent Prose
- ♪ Gradual- 231
- ♪ Offertory- 261
- ♪ Communion- 158
- I sat down under his shadow:
Sir Edward Bairstow
- ♪ Recessional- 188
- ♪ Voluntary- Contrapunctus I,
BWV 1080: JS Bach

The Lent Prose

**Hear us, O Lord,
have mercy upon us:
for we have sinn'd against thee.**

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.**

1st reading: Exodus 17.1-7

A reading from the book of Exodus.

- ¹ 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.
Thanks be to God.

Psalms 95

Refrain: O COME, let us sing unto the Lord: **let us heartily rejoice in the strength of our salvation.**

- ¹ O COME, let us sing unto the Lord: let us heartily rejoice in the strength of our salvation.
- ² Let us come before his presence with thanksgiving: and shew ourselves glad in him with psalms. **R**
- ³ For the Lord is a great God: and a great King above all gods.
- ⁴ In his hand are all the corners of the earth: and the strength of the hills is his also. **R**
- ⁵ The sea is his, and he made it: and his hands prepared the dry land.

⁶ O come, let us worship and fall down: and kneel before the Lord our Maker. **R**

⁷ For he is the Lord our God: and we are the people of his pasture, and the sheep of his hand.

⁸ To-day if ye will hear his voice, harden not your hearts: as in the provocation, and as in the day of temptation in the wilderness. **R**

⁹ When your fathers tempted me: proved me, and saw my works.

¹⁰ Forty years long was I grieved with this generation, and said: It is a people that do err in their hearts, for they have not known my ways;

¹¹ Unto whom I swear in my wrath: that they should not enter into my rest. **R**

2nd reading: Romans 5.1-11

A reading from the letter of St Paul to the Romans.

- ¹ Since we are justified by faith, we have peace with God through our Lord Jesus Christ,
- ² 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.
- ³ And not only that, but we also boast in our sufferings, knowing that suffering produces endurance,
- ⁴ and endurance produces character, and character produces hope,
- ⁵ 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.
- ⁶ For while we were still weak, at the right time Christ died for the ungodly.
- ⁷ Indeed, rarely will anyone die for a righteous person –



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though perhaps for a good person someone might actually dare to die.

⁸ But God proves his love for us in that while we still were sinners Christ died for us.

⁹ Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God.

¹⁰ 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.

¹¹ But 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.
Thanks be to God.

Gospel: John 4.5-15

The Lord be with you.
And also with you.

Hear the Gospel of our Lord Jesus Christ according to St John.
Glory to you O, Lord.

⁵ Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph.

⁶ Jacob'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.)

⁹ 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.)

¹⁰ 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.'

¹¹ The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water?'

¹² Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?'

¹³ Jesus said to her, 'Everyone who drinks of this water will be thirsty again,

¹⁴ 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.'

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.'

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

Church Diary

Prayer Chapel open:
9.30am-5.30pm

The 3rd Sunday of Lent (8th March)
10.30am Sung Mass with Children's Church & Youth Church

Monday 9th
No Morning or Evening Prayer until Friday.

Wednesday 11th
10am Said Mass, followed by Lent Course.
7.30pm Lent Course

Friday 13th
7.30am MP. 11am Funeral in church

Mothering Sunday (15th)
10.30am Sung Mass

Prayers

For healing and protection for:
Robert Garlinge, Youngson, Shea, Pelu Thomas, Alison Marrett, Dwayne, Eric, Annie, Beverley, Glyn, Drew Spikes, Ruth Bennett, Bilki, Marcel, Leila, Theresa.

For those departed this life including Valerie Stevenson and Alan Rippingdale, and those with an anniversary of a death at this time including Ken Coombes

Notices

Our **Church Electoral Roll** is being revised. If you are not currently on it, and want to be able to take part in our AGM, please ask for a form.

Consultation for appointing the next Bishop of Southwark.

An online questionnaire is available here if you would like to give your thoughts:
<https://tinyurl.com/5x2wj427>

St John's WhatsApp prayer group- speak to Anne-Marie or Shea to join.

Foodbank donations

Can be left in the collection bins outside the hall, or in the crate at the back of church. All non-perishable donations welcome.

Volunteers appreciated to help once a month with Children's Church, Youth Church & Café Church. Speak to Cynthia or Shea for details.

Any queries contact:

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