

Sunday 8<sup>th</sup> March

# 3<sup>rd</sup> Sunday of Lent

# Holy Trinity Cuckfield

You are very welcome to our worship!



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[www.holytrinitycuckfield.org](http://www.holytrinitycuckfield.org)

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We believe in a Church that affirms all people and challenges exclusion based on disability, ethnicity, gender, sexuality, mental health, or economic status

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### Reflection

Like Nicodemus, the Samaritan woman encounters Jesus under cover, this time at Jacob's well in the searing heat of noon. The meeting prompts Jesus' most extended conversation with a single character in any of the Gospels. The woman is plucky and self-aware, conscious of their mismatched status, yet sufficiently curious to challenge Jesus to explain himself. In doing so he reveals his prior knowledge of her longing, and his irresistible promise of the water of life to satisfy that thirst inspires her testimony, which in turn prompts many more to believe that 'this is truly the Saviour of the world'.

### 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**

### Post Communion Prayer

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**

### Worship this Sunday...

Sunday 8<sup>th</sup> March - 3<sup>rd</sup> Sunday of Lent

<b>8.00 am</b>	<b>Holy Communion (BCP)</b>	Reader:	Exodus 17.1-7 Romans 5.1-11 John 4.5-42 James Sanders Charles Solomon
<b>9.45 am</b>	<b>Parish Eucharist (LS)</b>	Readers:	Wendy Bloomer Mark Parker
Pr Hymn	584 All my hope on God	Intercessor:	Oliver Taylor-Wyatt
Gr Hymn	382: Lord I have made (Tune: 331)		
Of Hymn	121 Forty days & forty nights		
Anthem	Wash me throughly		
Cm Hymn	127 Lord Jesus think on me		
Fn Hymn	425 Be known to us		
	238i Come down O love divine		

### 4.00 pm Abide Contemporary Worship

(LS) Live Streamed on zoom - click the blue button on the church home page

### First Reading

Exodus 17.1-7

*Moses strikes the rock and water flows from it at Rephidim*

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. 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?' 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?' So Moses cried out to the LORD, 'What shall I do with this people? They are almost ready to stone me.' 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. 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. He called the place Massah and Meribah, because the Israelites quarrelled and tested the LORD, saying, 'Is the LORD among us or not?'

## Second Reading

Romans 5.1-11

*'Since we are justified by faith, we have peace with God through our Lord Jesus Christ'*

Therefore, 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.

## Gospel

John 4.5-42

*Jesus meets the Samaritan woman by the well at Sychar*

So he 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 Week

09/03 Mon	2.00 pm	Pilgrim Course	Old School
	7.30 pm	Pilgrim Course	Home
	7.30 pm	Pilgrim Course	Online
10/03 Tues	10.30 am	Yr 1 HT Primary church visit	Church
	2.00 pm	Bereavement Cafe	Old School
11/03 Wed	10.30 am	Holy Communion followed by coffee and cake	Deuteronomy 4.1, 5-9 Matthew 5.17-19
	6.30 pm	Italian Night	Church
12/03 Thurs	9.00 am	Iona/Celtic Communion	Jeremiah 7.23-28 Luke 11.14-23

	11.30 am	Memorial Service T/L Valerie Poxon	Church
	2.00 pm	Pilgrim Course	
	7.30 pm	Pilgrim Course	
13/03 Fri	9.00 am	Morning Prayer	Church
	11.00am	BCP Communion	Hosea14 Mark 12.28-34
	6.00 pm	Choir Club	Church
	6.00 pm	Fuse Youth Club	Old School
	7.30 pm	Choir Practice	Church
14/03 Sat	9.30 am	Cuckfield Local Market	Church
	7.00 pm	New Sussex Singers Concert	Church

### Next Sunday...

#### Sunday 15<sup>th</sup> March - Mothering Sunday

Exodus 2.1-10  
2 Corinthians 1.3-7  
John 19.25b-27  
Graham Johnson

#### 8.00 am Holy Communion (CW)

Reader:

#### 9.45 am Parish Eucharist (LS)

Pr Hymn 327ii Awake, awake  
Gr Hymn 394 Tell out my soul  
Of Hymn 315 Sing we of the blessed mother  
Anthem Thou knowest Lord  
Cm Hymn 119 Forgive our sins  
448i I come with joy  
Fn Hymn 589 Angel voices ever singing

Readers:

Jane Coan  
Alan Currer

Intercessor:

Nicholas Jones

#### 6.00 pm

#### Choral Evensong

1 Samuel 16.1-13  
Ephesians 5.8-14

Introit 17 Hail gladdening light  
Hymn 593ii At the name of Jesus  
Responses Smith  
Psalm 31 v1 - 16  
Canticles Stanford in C  
Anthem O thou the central orb  
Hymn 629iii Father hear the prayer  
Hymn 610 Christ is the world's true light

Reader:

Carolyn Ponder

(LS) Live Streamed on zoom - click the blue button on the church home page

### Notices and Parish News...

**Spring Clean at Holy Trinity - Saturday 21 March, 9.30am-12.30pm** - It's time for our annual Spring Clean as we prepare for Easter. A skip will be onsite and there will be jobs for everyone. Even an hour would help enormously. Many hands make light work - and good company makes it enjoyable. Please do come along and lend a hand.

**Everyday Faith - A Lenten Pattern of Prayer** - This Lent you are warmly invited to join Fr Daniel in a simple daily rhythm of prayer using Everyday Faith, the Church of England's devotional resource. Each day offers a short Bible reading, reflection, prayer and music - a gentle way to pause and attend to God's presence. Find out more and download the app : <https://www.churchofengland.org/faith-life/exploring-faith/everyday-faith>

**Remembering Loved Ones through Church Flowers** - We will no longer routinely print year's mind names in the pew sheet. Instead, families may sponsor the church flowers on the Sunday closest to a loved one's anniversary. The person remembered will be named in the pew sheet, with flowers given in their memory. Suggested donation: £30. Contact Helen Loosley: [Verger1@holytrinitycuckfield.org](mailto:Verger1@holytrinitycuckfield.org) During Advent and Easter names may still appear in the pew sheet.

**Do Something for Lent** - Rather than give something up, consider donating a weekly food or household item. This week: toothpaste and toothbrushes - "We're in haste... and need toothpaste!" Items will be distributed to families via Holy Trinity Primary School. Please place donations in the shopping trolley. Thank you.

**Mothering Sunday Photo Project - Photos Needed by 8 March.** For the 9.45am service on Mothering Sunday we are creating a collage of mothers' faces for the screen. Please send a head-and-shoulders photo of your mother to Clive Simmons: [Reader@holytrinitycuckfield.org](mailto:Reader@holytrinitycuckfield.org). Printed photos can be scanned and returned if labelled with your name. Leave them in Clive's pigeonhole or the parish office.

Lunch "n" Linger - Thursday 26 March. The Old School - gather from 12.30pm, lunch at 1.00pm. Menu: chicken or vegetable pie with vegetables and roast potatoes; shortbread with custard or fruit salad. Please book with Jane or email office@holytrinitycuckfield.org by Monday 23 March.

**Service of Thanksgiving - Valerie Ann Poxon.** Thursday 12 March, 11.30am at Holy Trinity, followed by refreshments in the Old School. All who knew and loved Valerie are warmly invited.

**Prayer Partners** - The Prayer Partners box will be available at the church entrance this Sunday. A few names remain. Please see posters or speak to Jane Coan.

**Confirmation Preparation** - Preparation begins after Easter with five sessions (April-June) ahead of the Confirmation Service on Monday 29 June at 7.00pm.

If interested, please contact Clive Simmons: [Reader@holytrinitycuckfield.org](mailto:Reader@holytrinitycuckfield.org).

**Bereavement Café** - A gentle space for those who have experienced loss. Next meeting: Tuesday 10 March, 2-4pm, Old School Committee Room. Contact Revd Stephen Caple: [pastoral-care@holytrinitycuckfield.org](mailto:pastoral-care@holytrinitycuckfield.org).

**Pilgrim Course - The Lord's Prayer** - Our next Pilgrim Course is beginning soon. The Monday group is full but we hope to start a Thursday evening group. Other groups still have spaces. Please speak to us or complete a form in church.

**Heavenly Hugs - Parent/Carer, Toddler & Baby Group** - Launched on 24 February and already a great success. Tuesdays and Thursdays (term time) at 9.30am in the Old School. £3.50 per family. More information: [oldschoolcuckfield.com/heavenly-hugs](http://oldschoolcuckfield.com/heavenly-hugs)

**Garden of Gethsemane Installation** - For Maundy Thursday we are creating a small Garden of Gethsemane in the Lady Chapel. Please donate portable potted plants if you can. The garden will be set up on Wednesday 1 April after the 10.30am Eucharist. Plants can be taken home after Easter. Contact Eileen Caple or [office@holytrinitycuckfield.org](mailto:office@holytrinitycuckfield.org).

**Abide - Contemporary Worship Gathering.** Our monthly contemplative worship gathering followed by a simple supper takes place at 4.00pm on Sunday 8 March. Led by our House Band, Guest, with a mix of contemporary and reflective music.

Please email Gina ([office@holytrinitycuckfield.org](mailto:office@holytrinitycuckfield.org)) if you plan to attend.

**Italian Evening - Wednesday 11 March, 6.30pm. Old School - tickets £15.** Lasagna, salads, desserts, quiz, raffle. Bring your own drinks. All proceeds support our partner charity Imara. Book by Sunday 8 March: <https://cuckfieldandbolneybenefice.churchsuite.com/events/qjumexd4>



**Help Our Voices Shine - New Choir Robes Appeal** - After nearly 35 years our choir robes need replacing. We are raising £12,000 to provide robes for our adult and junior choirs. You can donate, sponsor a robe in memory of someone, attend fundraising events or share the appeal. Thank you for helping our music flourish.



**Annual Parish Council Meeting - Thursday 26 March, 7.00pm - Queen's Hall, Cuckfield.** Meet Parish Councillors, hear guest speakers and learn about village activities. All are welcome.

#### Prayers...

**Those in immediate need:** Becky Parker, Ralph Colbran, Philip Chapman, Jill Brotherton, David Meares, Pam Sutherland, Mary Watts, Daphne Stuart

**Those in long term need:** Georgia, Ann Went, Julie Sadler, Wendy Hibling, Liz Graydon, Peter Graydon, Eileen MacDougall, George Snashall, Karen Leese, and Yvonne Godsmark

**Those in care homes:** Mary Watts, Rosemary Pardey, Janet Card, Sally Williams

**The recently departed and those who mourn:** Valerie Poxon, Paul Duffy, Eileen Knight, Sheila Pyle

#### Praying through the week...

**Mon 9th** - We pray for all harmed by bullying or abusive use of the internet, and for greater responsibility and moral courage in the digital world. We give thanks for those living on Harvest Hill, that they may know a safe and caring community.

**Tue 10th** - We pray for families affected by mental ill health, for carers and medical staff, and for a more compassionate society. Locally, we pray for Hatchgate Close, that it may be a place of respect and care.

**Wed 11th** - We pray for all who rely on food banks and for those who support them, especially charities such as Trussell Trust and FareShare. Locally, we remember Hatchgate Lane.

**Thu 12th** - We pray for nursing home residents and staff, that care homes may be places of dignity, warmth and love. We pray for those living in and around Hatchlands.

**Fri 13th** - We give thanks for fellowship at Holy Trinity Italian Night and remember those who feel lonely. We pray for the High Street community.

**Sat 14th** - We give thanks for friendship and pray for reconciliation where relationships have been strained. We remember Hillside Walk, praying for peace and joy.

#### Contacts

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