

St Mary-at-Finchley

Parish Eucharist

Third Sunday of Lent

8th March 2026

The Gathering

***Stand** A hymn is sung as the choir, servers and clergy enter*

Processional Hymn 15 All my hope on God is founded

1 All my hope on God is founded;
he doth still my trust renew.
Me through change and chance he guideth,
only good and only true.
God unknown,
he alone
calls my heart to be his own.

2 Human pride and earthly glory,
sword and crown betray his trust;
what with care and toil he buildeth,
tow'r and temple, fall to dust.
But God's pow'r,
hour by hour,

is my temple and my tower.

3 God's great goodness aye endureth,
deep his wisdom, passing thought:
splendour, light, and life attend him,
beauty springeth out of naught.
Evermore
from his store
new-born worlds rise and adore.

4 Still from earth to God eternal
sacrifice of praise be done,
high above all praises praising
for the gift of Christ his Son.
Christ doth call
one and all:
ye who follow shall not fall.

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

The Greeting

The Lord be with you
and also with you.

Prayers of Penitence

Compassion and forgiveness belong to the Lord our God,
though we have rebelled against him.
Let us then renounce our wilfulness and ask his mercy
by confessing our sins in penitence and faith.

In the wilderness we find your grace;
you love us with an everlasting love.

Lord, have mercy.
Lord, have mercy.

There is none but you to uphold our cause;
our sin cries out and our guilt is great.

Christ, have mercy.
Christ, have mercy.

Heal us, O Lord, and we shall be healed;
restore us and we shall know your joy.

Lord, have mercy.
Lord, have mercy.

May the Father of all mercies
cleanse *us* from *our* sins,
and restore *us* in his image
to the praise and glory of his name,
through Jesus Christ our Lord.
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.

The Liturgy of the Word

Readings

Sit

A reading from the book of Exodus (17.1-7)

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?'

This is the word of the Lord.

Thanks be to God.

Psalm 95

O come let us worship and bow down before the God, our Maker

O come, let us sing to the Lord;

let us make a joyful noise to the rock of our salvation!

Let us come into his presence with thanksgiving;

let us make a joyful noise to him with songs of praise!

O come let us worship and bow down before the God, our Maker

For the Lord is a great God,
and a great King above all gods.

In his hand are the depths of the earth;
the heights of the mountains are his also.

The sea is his, for he made it,
and the dry land, which his hands have formed.

O come let us worship and bow down before the God, our Maker

O come, let us worship and bow down,
let us kneel before the Lord, our Maker!

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

O come let us worship and bow down before the God, our Maker

O that today you would listen to his voice!
Do not harden your hearts, as at Meribah,
as on the day at Massah in the wilderness,

when your ancestors tested me,
and put me to the proof, though they had seen my work.

O come let us worship and bow down before the God, our Maker

For forty years I loathed that generation
and said, 'They are a people whose hearts go astray,
and they do not regard my ways.'

Therefore in my anger I swore,
'They shall not enter my rest.'

O come let us worship and bow down before the God, our Maker

A reading from the letter of Paul to the Romans (5.1-11)

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.

This is the word of the Lord.

Thanks be to God.

Gospel Reading

The Lord be with you

And also with you

Hear the Gospel of our Lord Jesus Christ according to John (4.5-42).

Glory to you, O Lord.

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 is the Gospel of the Lord.

Praise to you, O Christ.

Sit Sermon
Preacher The Rector

***Stand* The Creed**

**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.**

***Kneel* Prayers of Intercession**

In the power of the Spirit and in union with Christ,
let us pray to the Father.

These responses may be used

Lord, in your mercy
hear our prayer.

(or)

Lord, hear us.

Lord, graciously hear us.

and at the end

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

The Liturgy of the Sacrament

Stand The Peace

Since we are justified by faith
we have peace with God through our Lord Jesus Christ.

The peace of the Lord be always with you
and also with you.

Let us offer one another a sign of peace.

All may exchange a sign of peace.

The Offertory

*A Hymn is sung as the elements of bread and wine are brought to the altar
and the gifts of the people are collected.*

Offertory Hymn 148 From heaven you came

From heaven you came, helpless babe,
Entered our world, your glory veiled;
Not to be served but to serve,

And give your life that we might live.

*This is our God, the Servant King,
He calls us now to follow him,
To bring our lives as a daily offering
Of worship to the Servant King.*

There in the garden of tears,
My heavy load he chose to bear;
His heart with sorrow was torn,
'Yet not my will but yours,' he said.

Come, see his hands and his feet,
The scars that speak of sacrifice,
Hands that flung stars into space
To cruel nails surrendered.

So let us learn how to serve,
And in our lives enthrone him;
Each other's needs to prefer,
For it is Christ we're serving.

Blessed are you, Lord God of all creation:
through your goodness we have this bread to set before you,
which earth has given and human hands have made.
It will become for us the bread of life.

Blessed be God for ever.

Blessed are you, Lord God of all creation:
through your goodness we have this wine to set before you,
fruit of the vine and work of human hands.
It will become for us the cup of salvation.

Blessed be God for ever.

The Eucharistic Prayer

The Lord is here.

His Spirit is with us.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give thanks and praise.

It is indeed right and good
to give you thanks and praise,
almighty God and everlasting Father,
through Jesus Christ your Son.
For in these forty days
you lead us into the desert of repentance
that through a pilgrimage of prayer and discipline
we may grow in grace
and learn to be your people once again.

Through fasting, prayer and acts of service
you bring us back to your generous heart.
Through study of your holy word
you open our eyes to your presence in the world
and free our hands to welcome others
into the radiant splendour of your love.
As we prepare to celebrate the Easter feast
with joyful hearts and minds
we bless you for your mercy
and join with saints and angels
for ever praising you and *saying*:

**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.**

Accept our praises, heavenly Father,
through your Son our Saviour Jesus Christ,
and as we follow his example and obey his command,
grant that by the power of your Holy Spirit
these gifts of bread and wine
may be to us his body and his 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.

Therefore, heavenly Father,
we remember his offering of himself
made once for all upon the cross;
we proclaim his mighty resurrection and glorious ascension;
we look for the coming of your kingdom,
and with this bread and this cup
we make the memorial of Christ your Son our Lord.

Great is the mystery of faith

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

Accept through him, our great high priest,
this our sacrifice of thanks and praise,
and as we eat and drink these holy gifts
in the presence of your divine majesty,
renew us by your Spirit,
inspire us with your love
and unite us in the body of your Son,
Jesus Christ our Lord.

Through him, and with him, and in him,
in the unity of the Holy Spirit,
with all who stand before you in earth and heaven,
we worship you, Father almighty,
in songs of everlasting praise:

**Blessing and honour and glory and power
be yours for ever and ever.
Amen.**

***Kneel* The Lord's Prayer**

Let us pray to the Father, each in our own language.

**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.**

Breaking of Bread

Every time we eat this bread
and drink this cup,
**we proclaim the Lord's death
until he comes.**

Agnus Dei

**Jesus, Lamb of God,
have mercy on us.**

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

**Jesus, redeemer of the world,
grant us 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.
**Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.**
Or

God's holy gifts
for God's holy people.
**Jesus Christ is holy,
Jesus Christ is Lord,**

to the glory of God the Father.

Communicant members of all Christian Churches are welcome to receive Communion, anyone is welcome to come forward to receive a blessing.

During the distribution hymns and anthems may be sung.

Anthem: Wesley, *Thou wilt keep him in perfect peace*

***Kneel* Prayer after Communion**

Silence is kept.

The Post Communion prayer is said.

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.

**Father of all,
we give you thanks and praise
that when we were still far off
you met us in your Son and brought us home.
Dying and living, he declared your love,
gave us grace, and opened the gate of glory.
May we who share Christ's body live his risen life;
we who drink his cup bring life to others;
we whom the Spirit lights give light to the world.
keep us firm in the hope you have set before us,
so we and all your children shall be free,
and the whole earth live to praise your name;**

**through Christ our Lord.
Amen.**

The Notices

Stand A hymn is sung

Post Communion Hymn 188 Guide me, o thou great Redeemer

1. 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.

2. 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.

3. 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.

The Dismissal

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.

The ministers and people depart.

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