



# ST SAVIOUR'S CHURCH

SANDPIT LANE | ST ALBANS | AL1 4DF

[stsavioursstalbans.com](http://stsavioursstalbans.com)

**8 MARCH 2026**  
**3rd SUNDAY OF LENT**

## Welcome to St Saviour's

We have **Sundays at Ten** this morning with activities for children KS2 and under during the 10am Parish Mass. In Lent, the children leave for the hall during the first hymn and return during the Eucharistic prayer.

**broken/** at 6pm this evening is an informal monthly communion service. Refreshments will be served afterwards. All welcome.

**Vicarage Bible Study** is now paused until after Easter, resuming on Monday 20 April at 8pm.

**Thursday Suppers in Lent** replace Mass for the Mission of the Church during Lent. Please see the leaflet for more information. All are welcome to attend, but if you would like to eat then you **MUST** book using the form on the leaflet. Some weeks have only a few places left.

The **Walsingham Mass** is postponed until Saturday 21 March.

The **Fairtrade Stall** will be available next Sunday at the back of the church after the 10am service.

### WEEK AHEAD

Tuesday	10.00am	Low Mass with Lectio Divina
	2.00pm	Compassionate Café (See Notices)
Thursday	7.00pm	Thursday Suppers in Lent
Friday	9.30am	Tots Time
Saturday	10.00am	Craft Fair & Nearly New Sale
	7.30pm	Community Quiz Night (See Notices)

Evening Prayer is said at 5.30pm Monday to Thursday & 4.30pm Friday at the High Altar

### NEXT SUNDAY MOTHERING SUNDAY

8.00am	Low Mass
10.00am	All Age Parish Mass
11.15am	Fairtrade Stall

**Readings** 1 Samuel 1.20-28; Luke 2.33-35

**Mass Setting** New English Folk Mass  
(See service booklet)

**Organ Prelude** Chorale Preludes on 'Alle Menschen müssen streben', BWV 643, 'Wenn wir in höchsten Nöthen sein', BWV 642 and 'Ich ruf' zu dir, Herr Jesu Christ', BWV 639 JS Bach 1685-1750

**Introit** Call to remembrance  
Richard Farrant d.1590

*Call to remembrance, O Lord,  
Thy tender mercies  
and Thy loving kindness,  
which hath been ever of old,  
O remember not the sins and offences of my  
youth:  
but according to Thy mercy  
think Thou on me, O Lord,  
for Thy goodness.*

**HYMN 96** Jesu lover of my soul

**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.

All Amen.

**THE LITURGY OF THE WORD**

**READING** 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?'

Listen for the word of the Lord.  
All **Thanks be to God.**

**RESPONSORIAL PSALM 95**

Response Andrew Moore



O come let us wor-ship and bow down be-fore the God, our Ma - ker

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

1. O come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation.
2. Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise
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; the heights of the mountains are his also.

**THE GOSPEL** *John 4.5-42*

The Lord be with you.

All **And also with you.**

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

All **Glory to you, O Lord.** (Said)

Jesus 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 Jesus 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.

*All Praise to you, O Christ.* (Said)

**SERMON** Father Richard

**THE CREED**

**PRAYERS OF INTERCESSION**

**THE LITURGY OF THE SACRAMENT**

**THE PEACE**

**HYMN 469** I heard the voice of Jesus say

**EUCCHARISTIC PRAYER**

**THE COMMUNION**

**Agnus Dei** Herbert Sumsion 1899–1995

**Motet** Like as the Hart

Herbert Howells 1892–1983

*Like as the hart desireth the waterbrooks :  
so longeth my soul after thee, O God.*

*My soul is athirst for God, yea, even for the  
living God :*

*when shall I come to appear before the  
presence of God?*

*My tears have been my meat day and night :*

*while they daily say unto me,*

*Where is now thy God?*

**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.

*All Amen.*

**HYMN 455** Guide me, O thou Great

Redeemer

**BLESSING AND DISMISSAL**

**Organ Voluntary** Prelude in G Major, BWV

568 *JS Bach*

Please join us for tea or coffee after the service at the back of the church

## NOTICES

### Please pray for

**Those who are sick and in need** Leverage Johnson, David Atkinson, Hilary Miller, Nicky Brown, Joan Hammerton, Che, John, David, Sally, Fred Ward, Philip Milton, Rex Winn, Doug Reavley.

### Those whose Year's Mind falls this week

**Sunday** Frederick Fryer, Lionel Mascoll;

**Monday** Edna Elson, Alice Henderson, Sarah Radcliffe, Frederick Rushbrook;

**Tuesday** Hilda Mayho, Katie Reynolds, Hilda Rolph, Ellen Scott, Rose Vickers;

**Wednesday** Catherine Baker, Catherine Hephher, Sam Shepheard, Cyril Taylor;

**Thursday** Dorothy Fenn, William Genge, Paddy Harding, Dennis Hoyte, Jean Timson;

**Friday** Jane Barker, Eliza Butcher, David Gough, Robert Gray, Ruth Haynes, Ethel Hayter, Derek Maher, John Pattison, Alice Willard; **Saturday** Daisy Barker, Susanna Gandy, Katie Ruffle, Kathleen Stevenson.

**Holy Week and Easter** Service details are available on the website, or inside the folded postcard available at the back of church. Please note alterations in timings for Good Friday: the families' workshop runs from 10.30am-12.30pm. The church will be available for private prayer and reflection from midday until the Liturgy of the Cross at 2pm.

**Holy Week Postcards** are now available for delivery for those who can lend a hand - and a pair of legs! This time we have a double sized folded card so we can advertise events in March, so please deliver as soon as possible. Thanks.

**Compassionate Café** on Tuesday 10 March from 2-3.30pm in the church hall is a welcoming space for anyone affected by any type of loss who would like to drop in, have a cuppa and a chat. For more information, please see Libby.

The **House Group** is taking a break during Lent and Easter tide. We hope to restart on Thursday 14 May.

**Good Friday Family Event** On Good Friday (3 April) we will be holding a family event in church from 10.30am-12.30pm which will include crafts and lunch. It would be wonderful if we had lots of 'helpers' from the congregation. Specific roles involve welcoming, help with crafts, setting up/clearing away, helping in the kitchen. If you are interested there will be a sign up sheet at the back of church over the next few weeks. Please speak to Emily for more details, or email [curate.stsaviours@gmail.com](mailto:curate.stsaviours@gmail.com).

**Eco Church** You should hopefully have seen from last week's pew sheet insert that as part of our drive to achieve Eco Church Silver Award this Lent we are taking part in the Climate Steward organisation's Carbon Fast. Each week follows a separate challenge and details can be found on the church notice board and website, and in the pew sheet insert. Please take a read and speak to Emily, Elaine or Ellie if you would like to know more.

**Parish Organ Restoration Appeal** Thank you to all who have donated and helped St Saviour's raise the extra £40,000 to complete the parish organ restoration project by the end of March. We have been able to add a 16' trombone stop and make improvements to the organ's specification as well as future proof it's maintenance and performance. The first stages of rebuilding the organ on site have gone well.

**Garden Play Equipment** When shopping at the local Tesco stores, please use your Tesco Stronger Starts token to vote for '8th St Albans Rainbows for Garden Play Equipment'. This project aims to replace the play equipment in the hall garden for the benefit of all hall users. If we win the

vote, we may get a grant of up to £1,500. For more information, please speak to Elaine. Voting closes on 31 March.

**Craft Fair & Nearly New Sale** Saturday 14 March from 10am–2pm selling homemade crafts, books, DVDs, toys, clothes, bric-a-brac as well as tea/coffee and homemade cakes. If you are able to provide cakes, volunteer on the day or would like a table (£10), please speak to Sarah or Elaine or email wardens.stsaviours@gmail.com.

**Community Quiz Night** Saturday 14 March 7.30pm. Teams of up to 8 people. Book as a team or we can match individuals to make up team numbers where required. Licensed bar from 7pm (main fundraiser). Table nibbles provided. Tickets £6 per person. See website to book online.

**The Phoenix of Gaza** Film screening and director Q&A. Yousef Alhelou's 2023 award-winning documentary will be screened on Saturday 21 March 3.30pm at St Albans URC, Homewood Road, AL1 4BH. Film starts 4pm followed by Q&A with director Yousef Alhelou. Refreshments and stalls until 6.30pm. Tickets £10.

**WOMAN - Women On Mondays At Notcutts** No, it's not our new name - but a cute thought! Next Meeting - Monday 23 March, 10.30am. Info from Jan.

**Concerts** The Madrid-based folk group Track Dogs return to St Saviour's on Thursday 16 April, 7.30pm as part of their 20th anniversary tour. Also the popular performance poet Harry Baker is back on Sunday 24 May. The 4pm performance is already SOLD OUT but tickets are available for 8pm. Details and information for both events are available at [stsavioursstalbands.com](http://stsavioursstalbands.com) and are significant fundraisers for church funds as we receive 30% of tickets sales and profits from the bar.

**Walsingham Visit** This year's day trip to Walsingham will be on Saturday 27 June. There will be a sign-up sheet at the back of church nearer the time. Diane

**Please Donate** St Saviour's relies on your donations. You can make a card payment by the door, or use the QR code on the right. Alternatively, please use the 'Donate' page on the website. Thank you.



**Contact Us** Vicar - Fr Richard Watson, [vicar.stsaviours@gmail.com](mailto:vicar.stsaviours@gmail.com), 01727 851526; Curate - Mthr Emily Lloyd, [curate.stsaviours@gmail.com](mailto:curate.stsaviours@gmail.com); Website [www.stsavioursstalbands.com](http://www.stsavioursstalbands.com)