

Notices: Please take this sheet home with you.

Commissioning of New Church Elders: Wendy Phelan and Edith Peck will be commissioned by Bishop Martin here today, Sunday 19th March, during the 9.30am service. Please pray for them in their new role.

Alive @ 4: This service is happening today, Sunday 19th March at 4pm, in St Michael's Rooms. Fun, fellowship, bible stories, activities, crafts and high tea. For details ring Mary Lamb on 01728 638897 or Wendy Phelan on 01728 720125.

The Healing Team: Two members of the Healing Group will be in our Space For Grace after the 9.30 service today for anyone to share their concerns, doubts, fears or worries or to say thank you. It is done in complete confidence.

The next meeting of Knit and Stitch will be at 2.30pm on Monday 20th March. We are making items to be given away at Easter to the children. Do come for a chat, share ideas, bring your own project and have a cuppa, we like to welcome new people. More details from Geraldine or Mary: 638897

Lent Study Groups: There are two Lent Study Groups running for 5 weeks in Lent. One straight after the Wednesday Communion. The other on Thursday evenings 7.30pm – 9.00pm. For details contact Geraldine or Mark.

Photocopying: Does anyone have access to a photocopier that could be used for some high volume photocopying for the church? Please speak to Mark or Victoria if you do. Thank you.

Tower Team Children's activities during the 9.30am service: Deborah, Edith or Victoria would be very pleased if any children would like to come and join in some Sunday school activities in the Tower Room just before the sermon starts.

Food Bank – Donations for the church food bank bin are urgently needed. The food from our bin is taken to the Salvation Army in Woodbridge who are in need of donations and have to buy food in order to have enough to go round. If you can keep popping something in our bin it would be much appreciated. Thank you.

Suffolk Coastal Filling Station: 7.00 pm at The Riverside Centre, Stratford St Andrew, Suffolk IP17 1LL. Geoffrey Boulton will speak on the theme of 'Living on the Front Line without Fear' at the next Filling Station meeting on **Thursday 23rd March.**

Rector: The Rev Canon Mark Sanders Tel: 01728 768875 Email: revmarksanders@tiscali.co.uk **Associate Priest:** Revd. Mary Lamb. Email: marylamb1952@googlemail.com **Parish Office:** Telephone 01728 621255 Email framparish@gmail.com

Wednesday 22nd March – 10.30am Holy Communion in the Rectory followed by Lent Study Group

Next Sunday: Sunday 26th March 2016: 8am Eucharist (Book of Common Prayer.) 9.30am Family Eucharist – Mothering Sunday. Saxtead: 11.15am Holy Communion (Common Worship).



The Third Sunday of Lent - Sunday 19th March 2017

Today's Service:

Processional Hymn: 623 Praise my soul, the King of heaven

Gradual Hymn: 91 Brother, sister, let me serve you

Offertory Hymn: 334 I heard the voice of Jesus say

Final Hymn: 491 Love divine, all loves excelling

Kyries in Lent 3 – Michael Booker

Collect: Eternal God, give us insight to discern your will for us, to give up what harms us and to seek the perfection we are promised in Jesus Christ our Lord. Amen.

First Reading: Exodus 17.1–7

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?'

For the word of the Lord.

Response (ALL) **Thanks be to God.**

Gospel Acclamation for Lent – Andrew Moore

Response (ALL): Praise to you, O Christ, King of eternal glory! X2

GOSPEL: John 4.5–42

Hear the gospel of our Lord Jesus Christ according to John

Response (ALL): **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.' 16 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.' 27 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. 31 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.' 39 Many Samaritans from that city believed in Jesus 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. Response (ALL): **Praise to you O Christ.**

Post 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.

Please pray for: Marion Barber, Ben Bullock, Robin Self, Patrick Lewin and Graham Vellacott, Olwin Bridges, Desmond and Renee Clifton, Trevor Newton, Joyce Davis and any who are unwell at this time.