



**SUNDAY TABLE SERVICE 8<sup>th</sup> March 2026**

**Third Sunday in Lent**  
**Let us watch Songs of Praise together.**  
**on the ABC and then set the table**  
**for our shared meal.**

**LENT**  
Pray + Fast + Give

**Setting our table for our Sunday lunch service.**

Sometimes we eat, in front of the TV either together or alone; we eat on the run; we eat out in restaurants or even in our car; but today we sit at a table that we have set for our Sunday lunch meal. It is our everyday altar of life-giving food.

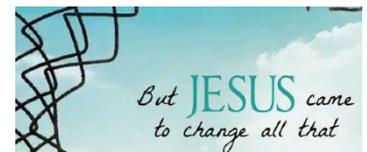


Let us prepare our table with thanksgiving and prayer as we worship during the Lenten Season, define the occasion by adding something special to our table.

Give some thought to the presentation of our meal as a meditation on the importance of the time we are setting aside for worship.

If you are celebrating this meal without people physically present, please be aware that **God Is With You.**

Have you been told, "we don't do it that way, we've always done it this way, don't rock the boat?" Sometimes tradition and protocols hold us back from making a difference. In this reading Jesus broke many cultural rules. He threw out all the cultural "do nots." He went to Samaria, He speaks to a Samaritan woman on her own. He asks her for a drink. This leads Him to teach the whole Samaritan town of Sychar and they come to believe in who Jesus is. If He conformed to Rabbinic tradition the Samaritan woman would not have found healing, and Sychar would never have know the Messiah.



**opening prayer — consciously drawing together in our mind our Parish community around our table.**

*Be still and silent. Visualise in your mind, those whom you invited to share with you. Pray:*

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

**Here, and throughout the world, We adore you O Christ, and we bless you, because by your holy cross you have redeemed the world. Amen**

**Bless this food, both physical and spiritual. Bless all who gather at your table, both seen and unseen, In Jesus' name we pray. Amen**

**A reading from the book of Exodus Chapter 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?" Hear the word of the Lord. **Thanks be to God.**



## Psalm 95

1 O come let us sing out to the Lord:  
let us shout in triumph to the rock of our salvation.  
2 Let us come before his face with thanksgiving:  
and cry out to him joyfully in psalms.  
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:  
and the peaks of the mountains are his also.  
5 The sea is his and he made it:  
his hands moulded dry land.  
6 Come let us worship and bow down:  
and kneel before the Lord our maker.  
7 For he is the Lord our God:  
we are his people and the sheep of his pasture.  
8 Today if only you would hear his voice – ‘Do not  
harden your hearts as at Meribah:  
as on that day at Massah in the wilderness;  
9 ‘When your forbears tested me:  
put me to proof though they had seen my works.  
10 ‘Forty years long I loathed that generation and said:  
“It is a people who err in their hearts for they do not know my ways”;  
11 ‘Of whom I swore in my wrath:  
“They shall not enter my rest.” ’



Psalm 95:4

Mightier than the  
Waves of the sea  
is His love  
for you.

### A reading from the Letter to the Romans Chapter 5:1-11

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.



Hear the word of the Lord. **Thanks be to God.**

### The Gospel of our Lord Jesus Christ according to John Chapter 4: 5-42

#### Glory to you Lord Jesus Christ

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, given you living water." The woman said to him, "Sir, you have no bucket, and the well get that living water? Are you greater than our ancestor Jacob, who gave us the well, a flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty, but everyone who drinks of the water that I will give them will never be thirsty. The water that I will give w



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 worship-pers 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 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 our-selves, and we know that this is truly the Saviour of the world." The Gospel of the Lord. **Praise to you Lord Jesus Christ.**

#### **Sentence:**

'The water that I will give,' says the Lord, 'will become in you a spring of water welling up to the eternal life.'  
John 4:14

*Let us now engage in some quiet reflection, or conversation and sharing, responding to the Gospel passage. We may like to write down some key thoughts for further reflection.*

#### **Many Samaritans from that city believed in him because of the woman's testimony.**

What if Jesus is everything that is counter cultural to what conformity is in religion and society? What if His



living water, the water of life, means that we are taking on a completely different way of living? When taking in Jesus, does it matter if you don't fit in with social expectations? Jesus met a woman divorced 5 times and living with someone else. He treated her as equal and He offers her His life-giving water. He accepted her through all her pain, confusion and isolation and offered her a new hope, a new beginning. This is His example to us of worshipping God in Spirit and in truth.

**Prayer-time** Now let us continue to offer our prayers for healing of the world; for those affected by natural disasters, war and conflict; for family; for members of the parish and wider community, for the life and ministry of the Church, for encouragement in our journey of faith. We pray for a peaceful resolution to the escalating conflict in the Middle East that is now affecting many countries.

*God of mercy, look with compassion on all who are affected by the present conflict. Grant insight to hardened hearts, comfort to the fearful, protection to those in danger, and hope to those who are despairing. Encourage all leaders to come together for the common good, working towards a peaceful resolution that does not follow individual agendas. We ask this through Jesus Christ our Lord. Amen.*

**Please pray alongside those in our parish asking for prayer.**



we continue to pray alongside those in our parish asking for prayer :Ann W, Joy I, David B, Cathy, Jo, Lorraine, Sue, Margaret P, Trish S Kay & Chris DeVries Lynn H, Jean T, Sue and family, Stephen, Anne, Ken, Neville B, Lisa W, Jan Y, Michael, Andrew, Colin C, Pratibha K, Jeanette B, Barbara A, Jo M, Sue Mc, Griselda, Patrusca, Lorraine, Rachel, Steve, Ebony, Nicole, David, Takoohi , Glenda, Margaret, Wendy, Gweneth, Jo and Ginne , Matthew, Kathryn and Keiran, Ruth, Jean N, Georgia, Pat V, Brenda, Joanie, Jan, Jac B; Eileen, Ursula P, Nicholas & Ben; Sue & Frank G, Emily and her family; Christina and any others we wish to remember, either silently or aloud

**Let us say the Lord's Prayer Together. Our Father .....**

**Prayer of the Day**

O God, the fountain of life,  
to a humanity parched with thirst  
you offer the living water that springs from the Rock,  
our Saviour Jesus Christ:  
stir up within your people the gift of your Spirit,  
that we may profess our faith with freshness  
and announce with joy the wonder of your love.  
We ask this through our Lord Jesus Christ,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.



Conclude the meal with the following prayer together.

**May the grace of our Lord Jesus Christ,  
the love of God and the fellowship of the Holy  
Spirit be amongst us and remain with us always.  
Amen.**

**Intentional connection beyond your home**

After our Table Service, make contact with family and friends who may be alone or who you may not have talked with for a while. Let God guide you to the person or persons with whom you should connect. Contact them. Start a conversation: How have you been keeping, or hope you are keeping well, or I was just thinking of you and decided to call.

