

VICAR: THE REV'D DR ANTHONY MOORE

Tel: 01273 281 302 Email: fr.anthony@stmargaret.org.uk (Rest day: Friday)

ASSISTANT CURATE: THE REV'D LUCY SULLIVAN

Tel: 01273 933 316 Email: mthr.lucy@stmargaret.org.uk (Rest day: Friday)

HONORARY ASSISTANT PRIEST: THE REV'D GAIL SOUPPOURIS

CHURCHWARDEN & ST MARGARET'S COTTAGE BOOKINGS: JOYCE BOURNE

Tel: 01273 307 144 Email: joycebourne11@gmail.com

CHURCHWARDEN: DAWN DAVIDSON

Tel: 01273 304 349 Email: dawn.davidson7@ntlworld.com

PARISH VISITOR: MARIE FREEMAN

01273 273 951

SAFEGUARDING OFFICER: JAN MCFADYEN

Tel: 07870 269 746 Email: safeguarding@stmargaret.org.uk

'THE LOOKOUT'

SUNDAY 15TH MARCH 2020

THIRD SUNDAY OF LENT

CHURCH SERVICES & EVENTS THIS WEEK

Sunday 15th March	0800	Holy Communion
THIRD SUNDAY OF LENT	1000	Parish Eucharist
	1600	Children's Church <i>in St Margaret's Cottage</i>
Monday 16th	0910	Morning Prayer
	1730	Evening Prayer
	1830	Lent Course on prayer <i>in St Margaret's Cottage</i>
Tuesday 17th	0910	Morning Prayer
St Patrick	1000	Eucharist
	1030	Singing Kettle <i>in St Margaret's Cottage</i>
	1730	Evening Prayer
Wednesday 18th	0910	Morning Prayer
	(1000	School service)
	1730	Evening Prayer
	1930	Knit & Natter <i>in St Margaret's Cottage</i>
Thursday 19th	0910	Morning Prayer
ST JOSEPH	1000	Eucharist
	1530	Lent course on prayer <i>in St Margaret's Cottage</i>
	1730	Evening Prayer
Friday 20th	<i>No public services today</i>	
<i>St Cuthbert</i>		
Saturday 21st	1000	Morning Prayer
St Thomas Cranmer		
Sunday 22nd	0800	Holy Communion
MOTHERING SUNDAY	1000	Parish Eucharist (Parade Sunday)
	1700	Healing Service

BEFORE THE PARISH EUCHARIST

Quiet, please, from 0955 *(a bell will be rung)*

"Talk to God before the service, and to one another afterwards"

HYMNS THIS MORNING

ENTRANCE	102
GRADUAL	282
OFFERTORY	362
COMMUNION	40 & 262
FINAL	240

The Collect (Opening Prayer) for the Third Sunday of Lent

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 Reading from the Old Testament – 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?'

The Gospel Reading – John 4: 5-42

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.'

Prayers of Intercession

The sick and those who care for them: John Leech, Esmé von Habsburg, Andrew West, Jenny Edwards, Margaret Montagu, Deirdre West, Barbara Webb, Beryl Scott, Elizabeth Perkis, Pippa, Jill Crossland, Susan Wiltshire, Ian Aslett, Michael Moore, Issam Geib, Phil Gervait, Anne Smith, Gwendoline Lee, Chloe Grenier, Sarah Neve, Jean Talbot, Patrick Mills, Lissy Mason, Kate, Martina Hallinan, Jean Hughes, Terry Bourne, Les Bower, Sheila Ball, Anne Prout, Maureen Georges, Daniella Georges, David Crofts, Jim Heath, Kathleen Williams, Ann Hayes

The recently departed:

Anniversaries of death this week: David Smith (15th); Sidney Hitchcock (15th); Lorraine Gamba (16th); Louis Gamba (16th); Basil Wheeler (18th); Bill Blackett (19th); Lawrence Coleman (19th); Robert Gibbs (19th); Lyrus Moses Tinsley (19th); Ron Spark (20th)

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.**

NEXT SUNDAY'S READINGS – MOTHERING SUNDAY

1 Samuel 1:20-end; John 19: 25-27; *Related readings – Psalm 127: 1-4; Colossians 3: 12-17*



Desperately needed this week: washing-up liquid, tinned potatoes, razors, shaving foam, tinned meat, cereal, tuna chunks, chicken curry, carbonara sauce, toilet roll. You can now make your donation through online supermarket shops. More details can be found here -

<https://thewhitehawk.foodbank.org.uk/2019/06/21/ordering-food-delivery-foodbank/>. Many thanks for your ongoing support of the Foodbank. Please pray for its work and volunteers, and for the increasing number of people who rely on its services.

Floodlighting – suggested donation £32.50 for a month

The church is being floodlit at night in the month of March Elaine Bowden in loving memory of Iris Morgan.

CORONAVIRUS – ACTING RESPONSIBLY – AN UPDATE

The Diocese of Chichester, along with other Dioceses in the Church of England, has issued formal advice in relation to our responsibilities to contain the spread of the deadly coronavirus. At the Eucharist, **do not shake hands at the Peace**: simply nod and smile at your neighbours and say 'Peace be with you'. **The clergy are required to use anti-bacterial handwash** when preparing the bread and wine to be consecrated. **Communion will be received in one kind (the consecrated bread) only**. Only the celebrating priest will consume from the chalice. **The clergy are advised not to shake hands** with people as they leave the church building. We pray for those who have contracted the virus, those treating them, those researching a vaccine, the families of those who have died, and for the repose of the souls of the virus' victims. Thank you for your understanding. **Additional steps from 15/03/20-** **The collection plate** will not be passed around during the offertory hymn- if you wish to make a cash offering please put this on the plate at the back of church before the service begins, Parish Giving Scheme tokens are not to be used. **Coffee and the Singing Kettle** continue at this time however, we will use single- use cups and encourage you to bring your own reusable/ travel mugs to reduce plastic waste. *Fr Anthony*

Self Isolation

If you need to 'self isolate' please don't hesitate to be in touch with the clergy. There are members of our community prepared to help all those in need and those who are at risk or fearful. If you have access to the Internet our website provides resources for prayer and up to date information on church activities, as well as a recording of the readings and sermon each week. *A new booklet to help with prayer during time spent away from the church community is also available at the back of church.*

Lent Course 2020

This year during our Lent course we are exploring 'prayer'. The course will run on Thursday 19th, 26th March and 2nd April at 1530-1630 in St Margaret's Cottage. The same sessions will also run on Monday 16th, 23rd, 30th March at 1830, in St Margaret's Cottage.

Passiontide Quiet Day

On Saturday 4th April 1000-1530, Mthr Lucy will be leading a quiet day for the parish in St Dunstan's Chapel at Blind Veterans UK. This day will conclude the Lent course on prayer, however attendance at the weekly sessions is not compulsory for attending this day. Please sign up on the sheet in the porch if you are interested in attending. There is no fee for the day however donations will be collected to help cover the cost of refreshments and to thank BVUK for their hospitality.

Ovingdean Choral Society Concert for Passion Sunday

Please note that the concert on Sunday 29th March has been cancelled by the society. Ticket refunds are available.

Parish Pilgrimage to The Anglican Shrine of Our Lady of Walsingham

Thank you to all those who have expressed an interest in this pilgrimage. We now need to collect the deposit- this is £20 per person. Please hand this in, clearly marked with your name and "Walsingham Pilgrimage", to Jackie Williams or the church office, as soon as possible.

Flower Festival 2020 – 'For All the Saints' Friday 12, Saturday 13, Sunday 14 June 2020 WE NEED YOUR HELP for the flower festival in June.

- 1 A person/couple to organise **refreshments** for the three days
 - 2 A person /couple to organise **some stalls** in the grounds of the church on the Saturday
- Please can you let Duncan or Mother Lucy know if you can help, as these will bring in funds.

Donations, Sponsorship and Dedications – please sponsor or donate to this event.

Workshops – Sign up at the back of church for advice and to build confidence in your flower arranging. Further details can be found on our website of applications forms to display a floral arrangement and are available at the back of the church. All funds raised will go to the church.