

We're raising money for Marie Curie

We're **RECYCLING** to raise funds for Marie Curie **LAPTOPS** in Working Order; must have the operating system installed (Windows 7&8 with installation disc)
Everything else of any age & in working order or broken:

- Mobile Phones** iPods/MP3 Players **Fitbits**
- Readers**(eg. Kindle) **Tablets** **Sat Navs**
- Games Consoles & Games**
- Cameras & Video Cameras** **Watches**
- Jewellery** – gold, silver, metal, wood, plastic, eg. odd ear-rings & broken chains
- Costume Jewellery**
- Stamps**
- Loose or single stamps
- First Day Covers & Presentation Packs**
- Currency** **Marie Curie**
- Any country, any age, eg. pre-decimal, pre-euro



mariecurie.org.uk/groups

Care and support through terminal illness

Please Contact Sandra 01480 466515



A Rocha Eco Church

St Mary's have started to work towards our Eco Church awards and we are looking to put together a team of people who would be interested in helping. If you are interested in joining in, please talk to Liz Lee. *Each month, we will suggest making JUST ONE CHANGE to reduce our environmental impact and encourage nature.*

JUST ONE CHANGE for March: Dig a hole in the garden and use to bury fruit and vegetable peelings to make compost.

Keep a bag for life in your car, handbag, rucksack or by the door so you always have one in case you need it, instead of buying a new one....just don't forget to put one back!

Carbon Fast for Lent

Climate Stewards

FAST TO HELP PEOPLE AND PLANET TO FLOURISH!

WEEK 4: FAST FROM FOOD WASTE, MEAT AND DAIRY

THIS WEEK'S CHALLENGE?
TO FAST FROM FOOD WASTE, SHARE MORE AND REDUCE MEAT AND DAIRY INTAKE.

WHY? WE THROW AWAY ONE-THIRD OF ALL FOOD PRODUCED EVERY YEAR.
BUT 800 MILLION PEOPLE ON EARTH GO TO BED HUNGRY EACH NIGHT

LAND WAS CLEARED, LIVESTOCK REARED AND LABOUR STEERED FOR US TO EAT
FOOD WASTE BANKS AS THE NUMBER 1 CLIMATE SOLUTION GLOBALLY BY 100 SCIENTIST SEE PROJECT DRAMDOWN

BIN MASTING FOOD: SHOP FOR A FOOD CHALLENGE THIS WEEK!

- FAST FROM MEAT ONE DAY THIS WEEK.
- OR GO VEGETARIAN FOR THE WEEK.
- SHARE EXCESS FOOD VIA THE OLIO APP OR DONATE TO FOOD BANKS
- ZERO FOOD TO LANDFILL – COMPOST ALL FOOD WASTE. SET UP A COMPOST BIN IN YOUR CHURCHYARD OR GARDEN.
- TRY PLANT-BASED DIET FOR LENT.
- VOLUNTEER – FOOD BANK OR HELP SETUP CHURCH FOOD-SHARING INITIATIVE OR PANTRY.

EVERYDAY PLASTIC

THE BIG PLASTIC COUNT

9-15 MARCH

LET'S MAKE OUR PLASTIC COUNT!

JOIN IN HERE!

You can obtain the weekly update of **CARBON FAST** by accessing this link:
<https://tinyurl.com/3wf4d389>

WE'RE TAKING PART, ARE YOU?
Scan to sign up or head to: thebigplasticcount.com
@TheBigPlasticCount #TheBigPlasticCount



**St. Mary the Virgin
Houghton with Wyton
Church**

**The Third Sunday of Lent
8th March 2026**



Christ and the Samaritan Woman at the Well
- Ferdinand Georg Waldmüller 1818

Today

9.45 am Holy Communion Service

Leader: Rev Geoff Boucher

Preacher: Rev Michael Diamond

**Readings: Exodus 17:1-7
Romans 5:1-11
John 4:5-42**

Collects: The Third Sunday of Lent

1. 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**
2. 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.**

ZOOM Meetings

Evensong on Wednesday evenings at 7.30pm. Anyone wanting to join should request the info required from **Guy Morton on 01480 494641**

Water from the Rock

¹From 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. ²The 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?" ³But 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?" ⁴So Moses cried out to the Lord, "What shall I do for this people? They are almost ready to stone me." ⁵The 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. ⁶I 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. ⁷He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, "Is the Lord among us or not?"

Romans 5:1-11**Results of Justification**

¹Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom we have obtained access to this grace in which we stand, and we boast in our hope of sharing the glory of God. ³And not only that, but we also boast in our afflictions, knowing that affliction produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. ⁶For while we were still weak, at the right time Christ died for the ungodly. ⁷Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. ⁸But God proves his love for us in that while we still were sinners Christ died for us. ⁹Much more surely, therefore, since we have now been justified by his blood, will we be saved through him from the wrath of God. ¹⁰For 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. ¹¹But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

The woman at the well

⁵So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. ⁷A 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.) ⁹The 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.) ¹⁰Jesus 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." ¹¹The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water?" ¹²Are you greater than our ancestor Jacob, who gave us the well and with his sons and his flocks drank from it?" ¹³Jesus said to her, "Everyone who drinks of this water will be thirsty again, ¹⁴but 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." ¹⁵The 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." ¹⁶Jesus said to her, "Go, call your husband, and come back." ¹⁷The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband,' ¹⁸for you have had five husbands, and the one you have now is not your husband. What you have said is true!" ¹⁹The woman said to him, "Sir, I see that you are a prophet. ²⁰Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." ²¹Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²²You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³But the hour is coming and is now here when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. ²⁴God is spirit, and those who worship him must worship in spirit and truth." ²⁵The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." ²⁶Jesus said to her, "I am he, the one who is speaking to you." ²⁷Just 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?" ²⁸Then 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?" ³⁰They left the city and were on their way to him. ³¹Meanwhile the disciples were urging him, "Rabbi, eat something." ³²But he said to them, "I have food to eat that you do not know about." ³³So the disciples said to one another, "Surely no one has brought him something to eat?" ³⁴Jesus said to them, "My food is to do the will of him who sent me and to complete his work. ³⁵Do 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. ³⁶The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷For here the saying holds true, 'One sows and another reaps.' ³⁸I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour." ³⁹Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." ⁴⁰So when the Samaritans came to him, they asked him to stay with them, and he stayed there two days. ⁴¹And many more believed because of his word. ⁴²They 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."