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Follow us on Twitter and Facebook @wansteadparish; Instagram - @wansteadparish

In the case of an emergency the post codes for our churches are:

CC - E11 2SW St M - E11 2LW

SUNDAY 15th MARCH

THIRD SUNDAY OF LENT

Exodus 17.1-7; John 4.5-42

08.00 Said Eucharist at CC
09.00 Said Family Eucharist at CC
10.00 Combined Choral Eucharist
at CC
18.00 Jazz Vespers in CC

		THIS WEEK	
Mon	16th	19.00	Stations of the Cross at CC
Tue	17th	10.00	Prayer group in CC
		10.45	Bereavement café in CC
Wed	18th	10.00	Little Angels in CC
		18.00	Community Choir in CC
		20.00	Compline in STM
Thu	19th	10.30	Holy Eucharist in CC
		12.00	Lent course at CC
		19.30	Diocesan Lent lecture St Paul's Stratford
Fri	20th	12.00	Lent lunch for Syrian Refugee Project at St Mary's Woodford
		20.00	The Bridge in the Parish hall
Sat	14th	11.00 -15.30	Masterclass at STM's
		14.00-17.00	CC open

HYMNS: 641i – 238 - 652

Byrd Mass for 5 voices, Palestrina *Sicut cervus*

NEXT SUNDAY 22nd MARCH

FOURTH SUNDAY OF LENT – MOTHERING SUNDAY

1 Samuel 16.1-13; John 9.1-41

08.00 Said Eucharist at CC
09.00 Said Family Eucharist at CC
10.00 Sung Family Eucharist at CC
11.15 Morning Prayer at STM's
17.30 Youth Eucharist at CC

A WARM WELCOME TO VISITORS – Please do come and say hello- it would be lovely to meet you.

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.

FIRST 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?'

GOSPEL ACCLAMATION

Praise to you, O Christ, King of eternal glory. Your word is a lamp to my feet and a light to my path. **Praise to you, O Christ, King of eternal glory.**

GOSPEL: 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'.

PRAY FOR THE SICK: Connie FitzGerald, Deborah Martin, Helen, Jack, Allan Cooper, Raffa Lomasto, Elizabeth Palmer, Arianna, Terry Warren, John Eyre, Gladys Blackborow, Mary Colmer, Christopher Head, Sheila Linaker, Valerie, Donna Coote, Richard Francis, Dennis Kaye, Charlotte, Michael.

RIP: Colin, Iris Andrews

RIP ANNIVERSARY: John Sunley (15th,19); Dorothy Jones (18th,06); Laurie Bloomfield (19th,99); Joyce Nash (19th,03); Stephen Catling (19th,10); Suvi Aronen (20th,03) Joan Carter (21st,07)

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.

WE DO NOT NEED ANY MORE DONATIONS OF CLOTHES FOR THE NIGHT SHELTER. PLEASE HELP US TO SPREAD THE WORD

JAZZ VESPER: will take place **TODAY**, Sunday 15th March, in Christ Church. All welcome.

FREE DROP-IN BEREAVEMENT CAFE: will take place 10.45 -12 noon in the vestry at Christ Church this Tuesday 17th March. The Cafe meets at Christ Church on the third Tuesday of each month and provides a supportive meeting space and aims to share experiences of loss and bereavement with others on the same journey over a cup of tea or coffee in an informal cafe setting.

JOINT LENT LUNCHESES WITH ST MARY'S, SOUTH WOODFORD: We are hosting joint Lent lunches with St Mary's Woodford on Fridays during Lent. These lunches will raise money for our Syrian Refugee Project and will be on the following dates: The lunches at St Marys, South Woodford will be held at 12 noon on 20th March and 3rd April. The lunch at Christ Church in the Parish Hall will be at 12.30pm on 27th March. The lunches will consist of vegetarian soup, bread, cheese, pickle, pâté, tea, coffee and biscuits. The cost is £5 per person. All welcome. Please contact Lorraine in the parish office or by adding your name to the sign-up sheets in both churches.

LENT 2020: The overall theme for Lent in the Parish this year will take its inspiration from Archbishop Justin's Green Lent Campaign. Canon Ann will lead our Thursday sessions at noon looking at four important gardens in the Bible. The fifth session will be taken by Canon Martyn Hawkes who will be discussing Archbishop Justin's choice of the Lent book 'Saying Yes to Life', by Ruth Valerio. For more details about Lent and Easter groups and services please pick up one of the booklets available in both churches.

WANSTEAD REFUGEE WELCOME – HELP NEEDED!: Volunteers from Wanstead Parish have joined with four other parishes in the area to apply to resettle a Syrian refugee family here in Wanstead, and we now need your help! We only have a few weeks to reach the £5,000 fundraising target to help meet accommodation costs as part of our application to the Home Office. If you are able to donate, please do visit: crowdfunder.co.uk/wanstead Thank you.

THE VESTRY MEETING AND APCM: this year will be held on Sunday 26 April 2020. The Vestry meeting will take place at 9.45 am in CC. The APCM will begin at 10 am in the Parish Hall and will be followed by mass in CC at 11 am. It will then continue after mass from 12.15 until 1.15 pm in the Parish Hall. The newly elected PCC will then meet from 1.15 pm until 2 pm in the Parish Hall.

VOCAL MASTERCLASS given by ROYAL COLLEGE OF MUSIC PROFESSOR ALISON WELLS: Following the great success of last year's vocal masterclass at St Mary's, which saw over 170 people attending to watch RCM Professor Alison Wells work with 8 talented singers most of whom were at the start of their professional careers, we are delighted that the event is happening again on March 21st 2020. Alison will recruit 8 singers to be put through their paces in front of an audience in St Mary's. The timings are: 11-1, 1.30-3.30. Entry is free, but we welcome donations and there will be refreshments available. All proceeds will go to Parish Funds. Do come and see what an interesting and informative experience it is to see how singers at this level work and how they can be given tips to improve in even a short time. As one member of the audience put it last year "I thought they were all brilliant anyway, but then the level of performance really rose after their 30 mins work with Alison."

VOLUNTEERS NEEDED: for Easter Spring Clean at Christ Church on Saturday 28th March 2.00 to 5pm. Please sign up on the volunteer sheet in church if you are able to help.

SCHOOL ADMISSIONS: If you have any questions regarding getting your children into faith schools please speak to Father Jack sooner rather than later. He is always happy to help.

MAUNDY THURSDAY: There are a few time slots still remaining on the Sign-up sheet in Christ Church for the Maundy Thursday Vigil. The times are 1 hour slots from 10pm on Maundy Thursday to 8am on Good Friday. Please print your name on the sheet or let Lorraine in the office know the time you are able to be in church.

FINANCE COMMITTEE MEMBERS REQUIRED: Are you interested in understanding more about how our parish operates? Finance Committee are looking for two new members to join the team in April and to get involved in the oversight of the parish finances. For further information, please speak to Fr Jack or contact the Treasurers, Jill Steggle/ Mary Shaw on treasurer.wanstead@gmail.com

ELECTORAL ROLL IMPORTANT NOTICE: The PCC review of the current Electoral roll will take place between 31st March and 7th April. A copy of the ER will then be published in both churches on 8th April for 14 days for you to check your name is included, if you are eligible to join the Parish Electoral Roll. Any additions or changes must be notified to the Electoral Roll officer Lorraine Bucknall in the Parish Office at wansteadparishadmin@uwclub.net. or on 020 8530 8743 by 22nd April. The APCM will be held on 26th April at Christ Church. Please see separate note on the Pew sheet regarding timings of the meeting and services on this date.

IRIS ANDREWS: We are sad to announce that Iris Andrews, who organised the hall bookings during Stephen Foster's time and led the 7th Wanstead Brownies, has passed away. Iris's funeral will be held at Christ Church on Tuesday 17th March at 1pm. All who knew Iris are welcome to attend. The family have requested no dark clothing please.

SUNDAY TEA & COFFEE: Each year 100 billion single use cups end up in landfill so please bring a reusable cup with you for tea and coffee after church on Sundays.

SERVICES IN ST. MARY'S IN APRIL 2020:

5 April	Palm Sunday - Procession starts at CC at 10 am followed by Eucharist at St. Mary's at approximately 10.30 am
12 April	Easter Sunday - Combined service at CC at 10 am and Compline at St. Mary's at 6 pm
19 April	Low Sunday - Service of the Word at St. Mary's at 11.15 am
26 April	Combined APCM service at CC at approximately 11 am

KEY 2020 CHURCH DATES AT A GLANCE:

22 March	Mothering Sunday - 8/9/10/11.15am.
29 March	Youth Voices Concert at CC at 3pm
5 April	Palm Sunday - Procession from CC to St. M's at 10am
9 April	Maundy Thursday service at CC at 8pm
10 April	Good Friday - services at 9am at CC / 12 noon at St. Mary's / 2pm at CC 10.30am ecumenical walk of witness from Hermon Hill Methodist church to Our Lady of Lourdes RC church
11 April	Easter Vigil service at 8pm at CC
12 April	Easter Sunday Services at CC at 8/9/ 10 am and Compline at St. Mary's at 6pm
15 -19 April	Visitors from our German link church, Christus Kirche, Engelskirchen.
26 April	APCM at CC. Vestry meeting at 9.45am in CC. APCM at 10am in Parish Hall followed by Mass in CC at 11am followed by APCM from 12.15 until 1.15pm in the hall followed by PCC meeting from 1.15pm until 2pm in the hall.
10 May	MMU combined confirmation service at St. Gabriel's, Aldersbrook at 4pm
21 May	Ascension Day Eucharist at 8pm at St. Mary's, Woodford
31 May	Pentecost services at 8/9/10 am at CC and 11.15am at St. Mary's
3 June	Poetry & Music 8pm at STM's to celebrate the Festival of Pentecost.
7 June	First Communion Service at CC at 10am
11 June	Corpus Christi Service at CC at 8pm
20 June	Summer BBQ at CC 2-4pm
5 July	Picnic Sunday at St. Mary's at 11.15am
18 July	Glamour on the Green at CC at 6.30pm

HELP REQUIRED: The Parish are hosting visitors from our link church in Germany from 15th to 19th April. We have host families for the visitors to stay with but we are looking for reserve accommodation in case the host families are unable to have people staying at the last minute. We are also looking for people who would be happy to provide a meal for some guests one evening. If you would like more information please contact Margaret Adams on 020 8989 7933 or margaret@kjalondon.com or Father Richard.