

The Church of St Mary Magdalene, Richmond
Richmond Team Ministry

Sung Eucharist

Sunday 8 March 2026, Third Sunday of Lent, Woman Composer Sunday

Mass setting: Rizza Mass of St Benedict

(music copies available from Heather, today's welcomer)

❖ **The Gathering**

Please stand to sing as the procession enters.

Introit Hymn

**Lord, teach us how to pray aright
with reverence and with fear;
though dust and ashes in thy sight,
we may, we must, draw near.**

**2 We perish if we cease from prayer:
O grant us power to pray;
and, when to meet thee we prepare,
Lord, meet us by the way.**

**3 God of all grace, we bring to thee
a broken, contrite heart;
give what thine eye delights to see,
truth in the inward part;**

**4 Faith in the only sacrifice
that can for sin atone,
to cast our hopes, to fix our eyes,
on Christ, on Christ alone;**

**5 Patience to watch and wait and weep,
though mercy long delay;
courage our fainting souls to keep,
and trust thee though thou slay.**

**6 Give these, and then thy will be done;
thus, strengthened with all might,
We, through thy Spirit and thy Son,
shall pray, and pray aright.**

Greeting

The Lord be with you
And also with you.

Please be seated for an informal greeting.

Prayers of Penitence

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil.

Let us confess our sins remembering before God
the times when we have fallen from temptation into sin.

**Most merciful God,
Father of our Lord Jesus Christ,
we confess that we have sinned
in thought, word and deed.
We have not loved you with our whole heart.
We have not loved our neighbours as ourselves.
In your mercy forgive what we have been,
help us to amend what we are,
and direct what we shall be;
that we may do justly, love mercy,
and walk humbly with you, our God. Amen.**

Kyrie

Lord, have mercy, Lord, have mercy.
Christ, have mercy, Christ, have mercy.
Lord, have mercy, Lord, have mercy.

Absolution

Almighty God, who forgives all who truly repent,
have mercy upon you, pardon and deliver you from all your sins,
confirm and strengthen you in all goodness, and keep you in life eternal;
through Jesus Christ our Lord. **Amen.**

The 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. **Amen.**

Please be seated for the readings and the Lent Prose.

❖ The Liturgy of the Word

Reading

A reading from the book of Exodus (17:1-7) read by Andrew

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 quarreled 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 for 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?"

This is the word of the Lord.

Thanks be to God.

Lent Prose, verse 3

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

Hear us, O Lord, have mercy upon us: for we have sinned against thee.



God, we implore thee, in thy glory seated : bow down and hearken to thy weeping children : pity and pardon all our grievous trespasses.

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

A reading from St Paul's first letter to the Romans (5:1-11)

Therefore, 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 afflictions, knowing that affliction produces endurance, and endurance produces character, and character produces hope, and 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. 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, therefore, since we have now 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.

This is the word of the Lord. **Thanks be to God.**

Please stand

Gradual Hymn

**Take up thy cross, the Saviour said,
if thou wouldst my disciple be;
deny thyself, the world forsake,
and humbly follow after me.**

**2 Take up thy cross, let not its weight
fill thy weak spirit with alarm;
His strength shall bear thy spirit up,
and brace thy heart, and nerve thine arm.**

**3 Take up thy cross, nor heed the shame,
nor let thy foolish pride rebel;
the Lord for thee the Cross endured,
to save thy soul from death and hell.**

**4 Take up thy cross then in his strength,
and calmly every danger brave;
'twill guide thee to a better home,
and lead to victory o'er the grave.**

**5 Take up thy cross, and follow Christ,
nor think till death to lay it down;
for only he who bears the cross
may hope to wear the glorious crown.**

**6 To thee, great Lord, the One in Three,
all praise forevermore ascend;
O grant us in our home to see
the heavenly life that knows no end.**

CW Everest, 1814-1877 NEH 76

Gospel Reading

Hear the Gospel of our Lord Jesus Christ according to John (4:5-42)

Glory to you, O Lord.

So 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, 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 worshiped 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 worshipers 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 ourselves, and we know that this is truly the Saviour of the world.”

This is the Gospel of the Lord.

Praise to you, O Christ.

Sermon

Please stand

Creed

**We believe in one God, the Father, the Almighty,
maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God, eternally
begotten of the Father, God from God, Light from Light, true God
from true God, begotten, not made, of one Being with the Father;
through him all things were made.**

**For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary
and was made man.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again in accordance with the Scriptures;
he ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshipped and glorified,
who has spoken through the prophets.**

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

**We look for the resurrection of the dead,
and the life of the world to come. Amen.**

Prayers of Intercession

Please sit for the prayers which have been written and are read by Heather

These or other responses may be used

Lord, in your mercy
hear our prayer.

(or)

Lord, hear us.

Lord, graciously hear us.

At the end

Merciful Father,
**accept these prayers for the sake of your Son,
our Saviour Jesus Christ. Amen.**

❖ The Liturgy of the Sacrament

Please stand

The Peace

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, who has given us access to his grace.

The peace of the Lord be always with you
and also with you.

Let us offer one another a sign of peace.

*We turn to people to wish them God's Peace. During the hymn, an offering is taken.
Please remain standing to sing the offertory hymn, while the altar is prepared.*

Offertory Hymn

**I heard the voice of Jesus say,
'Come unto me and rest;
lay down, thou weary one, lay down
thy head upon my breast:'
I came to Jesus as I was,
weary, and worn, and sad;
I found in him a resting-place,
and he has made me glad.**

**2 I heard the voice of Jesus say,
'Behold, I freely give
the living water, thirsty one;
stoop down, and drink, and
live:'
I came to Jesus, and I drank
of that life-giving stream;
my thirst was quenched, my
soul revived,
and now I live in him.**

**3 I heard the voice of Jesus say,
'I am this dark world's Light;
look unto me, thy morn shall
rise,
and all thy day be bright:'
I looked to Jesus, and I found
in him my star, my sun;
and in that light of life I'll walk
till travelling days are done.
Horatio Bonar (1808-89) NEH 376/CP 469**

The Eucharistic Prayer

The Lord be with you
and also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give thanks and praise.

It is indeed right and good to give you thanks and praise,
almighty God and everlasting Father, through Jesus Christ your Son.
For in these forty days you lead us into the desert of repentance,
that through a pilgrimage of prayer and discipline we may grow in
grace and learn to be your people once again.

Through fasting, prayer and acts of service you bring us back to
your generous heart. Through study of your holy word, you open
our eyes to your presence in the world and free our hands to
welcome others into the radiant splendour of your love.

As we prepare to celebrate the Easter feast with joyful hearts and
minds, we bless you for your mercy and join with angels and saints for
ever praising you and singing:

Holy, holy, holy Lord, God of power and might,

Holy, holy, holy Lord, God of power and might,

Heaven and earth are full of your glory, are full of your glory.

Hosanna, hosanna, hosanna in the highest.

Hosanna, hosanna, hosanna in the highest.

Blessed is he who comes, who comes in the name of the Lord.

Blessed is he who comes, who comes in the name of the Lord.

Hosanna, hosanna, hosanna in the highest.

Hosanna, hosanna, hosanna in the highest.

We praise and bless you, loving Father, through Jesus Christ, our Lord;
and as we obey his command, send your Holy Spirit,
that broken bread and wine outpoured
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends
and, taking bread, he praised you.

He broke the bread, gave it to them and said:

Take, eat; this is my body which is given for you; do this in remembrance of me.

When supper was ended he took the cup of wine.
Again he praised you, gave it to them and said:
*Drink this, all of you; this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.*

So, Father, we remember all that Jesus did,
in him we plead with confidence his sacrifice made once for all upon the cross.
Bringing before you the bread of life and cup of salvation,
we proclaim his death and resurrection until he comes in glory.

Great is the mystery of faith:

Christ has died: Christ is risen: Christ will come again.

Lord of all life,

help us to work together for that day when your kingdom comes
and justice and mercy will be seen in all the earth.

Look with favour on your people, gather us in your loving arms
and bring us with all the saints to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,

in the unity of the Holy Spirit, all honour and glory are yours,

O loving Father, for ever and ever. **Amen.**

The Lord's Prayer

Let us pray with confidence as our Saviour has taught us.

Please sit

**Our Father, who art in heaven, hallowed be thy name;
thy kingdom come; thy will be done;
on earth as it is in heaven.**

Give us this day our daily bread.

**And forgive us our trespasses,
as we forgive those who trespass against us.**

And lead us not into temptation; but deliver us from evil.

**For thine is the kingdom, the power and the glory,
for ever and ever. Amen.**

Breaking of the Bread

We break this bread to share in the body of Christ

**Though we are many, we are one body,
because we all share in one bread.**

Giving of Communion

Draw near with faith. Receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you.

Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.

Agnus Dei

**Lamb of God you take away the sin of the world,
have mercy on us, have mercy on us**

**Lamb of God you take away the sin of the world,
have mercy on us, have mercy on us**

**Lamb of God you take away the sin of the world,
grant us peace, grant us peace.**

If you are a visitor, and receive communion in another church, whether it is in the Church of England or not, please feel welcome to receive communion at this service. If you prefer, please come to receive a blessing instead, and bring this booklet as a sign to the priest. During the distribution of communion organ music will be played and the choir sing Randall The Call.

*Come, my way, my truth, my life:
such a way as gives us breath;
such a truth as ends all strife;
such a life as killeth death.*

*Come, my light, my feast, my strength:
such a light as shows a feast;
such a feast as mends in length;
such a strength as makes his guest.*

*Come, my joy, my love, my heart:
such a joy as none can move;
such a love as none can part;
such a heart as joys in love.*

Text: George Herbert 1593-1633

Music: Gail Randall b.1955

Post Communion Prayer

Let us pray.

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.**

**Almighty God, we thank you for feeding us
with the body and blood of your Son Jesus Christ.**

**Through him we offer you our souls and bodies to be a living sacrifice.
Send us out in the power of your Spirit to live and work to your
praise and glory. Amen.**

Notices of our life together are shared.

❖ **The Dismissal**

Dismissal Hymn

**Lead us, heavenly Father, lead us
o'er the world's tempestuous sea;
guard us, guide us, keep us, feed us,
for we have no help but thee;
yet possessing every blessing,
if our God our Father be.**

**2 Saviour, breathe forgiveness o'er us:
all our weakness thou dost know;
thou didst tread this earth before us,
thou didst feel its keenest woe;
self denying, death defying,
thou to Calvary didst go.**

**3 Spirit of our God, descending,
fill our hearts with heavenly joy;
love with every passion blending,
pleasure that can never cloy;
thus provided, pardoned, guided,
nothing can our peace destroy.**

James Edmeston 1791-1867 NEH 393/CP 496

The Blessing

Christ give you grace to grow in holiness,
to deny yourselves, take up your cross, and follow him;
And the blessing of God almighty, the Father, the Son, and the Holy Spirit,
be with you and all whom you love and remain with you always.
Amen.

Dismissal

Go in peace to love and serve the Lord.

In the name of Christ. Amen.

Voluntary

Prelude and Fugue on 'O Traurigkeit, O Herzeleid'

Ethel Smyth 1858-1944

Please listen to the voluntary and then stay to greet old and new friends over coffee, which today is prepared by David & Esther.



Please do not forget to give towards the work of the church – there are Gift Aid envelopes available, and a card machine and a QR code for contactless giving. There are also leaflets about regular giving at the back of church.

This Evening

6:30pm – Recital and Choral Compline

Sung by the Choir and Choral Scholars of St Mary Magdalene

Anthem: *Joanna Forbes L'Estrange* Drop drop, slow tears