

Welcome to worship at Holy Trinity, Terrigal
THIRD SUNDAY IN LENT
8th March 2026



8.00am – **Sung Eucharist** - *Presiding and Preaching – Fr Mark Watson*
Organist – Chris Sillince

Hymns: TIS 106 (i), 136, 141 (Gerontius), 446

9.30am – **Holy Eucharist** - *Presiding and Preaching – Fr Mark Watson*
Trinity Band and Singers

Hymns: TIS 147, 429, 256, 607

[All hymns are from Together in Song unless otherwise specified.]

Prayer and anointing for healing are available at each Eucharist. If you would like prayer and anointing, please move in front of the step, at the left side of the altar, after receiving communion and a priest will come and minister to you.

Sentence

'The water that I will give,' says the Lord, 'will become in you a spring of water welling up to eternal life.' John 4.14

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.**

A Reading from Exodus Chapter 17, verses 1 – 7

¹ 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. ² 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?' ³ 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?' ⁴ So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' ⁵ 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. ⁶ 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. ⁷ 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 forebears 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."

A Reading from the Letter of Paul to the Romans, Chapter 5 verses 1 – 11

¹ Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, ² 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. ³ And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, ⁴ and endurance produces character, and character produces hope, ⁵ 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. ⁶ For while we were still weak, at the right time Christ died for the ungodly. ⁷ Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. ⁸ But God proves his love for us in that while we still were sinners Christ died for us. ⁹ Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. ¹⁰ 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. ¹¹ 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.

Glory to you, Word of God, Lord Jesus Christ!

Glory to you, Word of God, Lord Jesus Christ!

Repent, says the Lord; the kingdom of heaven is at hand.

Glory to you, Word of God, Lord Jesus Christ!

The Gospel of Our Lord Jesus Christ according to John
Chapter 4, verses 5 – 42

Glory to you Lord Jesus Christ.

⁵ So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. ⁷ A 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.) ⁹ 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.) ¹⁰ 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.' ¹¹ The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water?' ¹² Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from

it?' ¹³ Jesus said to her, 'Everyone who drinks of this water will be thirsty again, ¹⁴ 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.' ¹⁵ 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.' ¹⁶ Jesus said to her, 'Go, call your husband, and come back.' ¹⁷ The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; ¹⁸ for you have had five husbands, and the one you have now is not your husband. What you have said is true!' ¹⁹ The woman said to him, 'Sir, I see that you are a prophet. ²⁰ Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' ²¹ Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²² You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³ 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. ²⁴ God is spirit, and those who worship him must worship in spirit and truth.' ²⁵ 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.' ²⁶ Jesus said to her, 'I am he, the one who is speaking to you.' ²⁷ 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?' ²⁸ Then 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?' ³⁰ They left the city and were on their way to him. ³¹ Meanwhile the disciples were urging him, 'Rabbi, eat something.' ³² But he said to them, 'I have food to eat that you do not know about.' ³³ So the disciples said to one another, 'Surely no one has brought him something to eat?' ³⁴ Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. ³⁵ 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. ³⁶ The reaper is already

receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷ For here the saying holds true, "One sows and another reaps." ³⁸ I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.' ³⁹ Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' ⁴⁰ So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. ⁴¹ And many more believed because of his word. ⁴² 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.'

For the Gospel of the Lord.
Praise to you Lord Jesus Christ.

PLEASE PRAY FOR:

Kevin Thomas, Angarad O'Malley, Gloria Townsend, Janice Clark, Jackie Davidson, Sharon and Malcolm Sandstrom, Lynette Brennan, Robert, David Lamb, Jean Carden, Charlotte Christie, George, Ben & family, Elsa & Peter Sorensen, Maureen Alais, Richard Gosling, Roberta Henderson, Lorraine Fisher, Robyn Morgan, Jessica, Judy, George, Jessica Robert, Wendy & Alan Eades and Ken, Peter Hancock, Sue James, Peter Bosley, Scott, Neil Ewer, John Thompson, Robyn Patterson, Diana M, Jo, Jill Ross, and Cliff and Pam Hammond.

Thank you all who prayed for Liz E. She has died and is now with her husband in God's hands.

Please note: This prayer list will be updated at the beginning of each month. Please legibly print prayer recipients' names in the prayer book. Please get their permission first. Thank you.

Offertories via Direct Debit

Offering via direct debit. Direct debit details of account:
ASDF Account: Parish of Terrigal, BSB:705-077
Account Number: 00040934
Terry Rowe - Treasurer.

Prayer of the Week

Lord God, our Redeemer,
who heard the cry of your people
and sent your servant Moses to lead them out of slavery:
free us from the tyranny of sin and death
and, by the leading of your Spirit,
bring us to our promised land;
through Jesus Christ our Lord. **Amen.**

WHISPERS OF LOVE – A MEDITATION

Our 'Whispers of Love' meditation meets each Monday at 10.00am. All are welcome.

Reflection:

To you, Lord we bring all our thirsts
As we make our way through these desert days.
May we thirst for your word
As you thirst for our love.

Prayerfully, Reverend Ann.

GARDEN BEE THANK YOU 🌻

A heart felt thank you to all who attended the Garden Bee last week. We can't keep the gardens in flourishing without you!

Our next Garden Bee will be held on Saturday 11th April, 2026 starting at 8.30am. We welcome everyone to come along and join us in keeping our gardens looking beautiful.

With gratitude,

Suzanne George – Garden Captain

WOMEN'S FELLOWSHIP

We encourage and welcome ladies to join us in
Women's Fellowship.

Our next meeting will be on

Monday 9th March 2026 at 1.00pm at church.

We look forward to seeing you there.

WYOMING EMERGENCY RELIEF CENTRE (WERC)

Thank you for your generous giving.

Items needed now include coffee (not tea), sugar, toilet rolls, laundry powder, canned goods such as tinned fish, vegetables and fruits, cereals, pasta & sauce and baby items. Also needed are toiletries such as toothpaste, soap, shampoo and conditioner. Please do not donate anything that needs cooking.

WERC is very grateful for donations but also appreciate financial donations, which is used to buy meat, bread and margarine, and to top up their pantry when other items are running low.

You can donate money to:

The Anglican Parish of Wyoming (WERC)

BSB: 032523 Account number: 491351

Many thanks.

DINNER AT TERRIGAL BOWLING CLUB

Due to Easter weekend, there will be no dinner at Terrigal Bowling Club at 'Bec's Kitchen' in April.

Our next dinner will be on

Sunday 3rd May 2026, from 6.00pm.

If you want to attend the May dinner, please add your name and any family member's names, if they are attending, to the sign-up sheet on the small notice board in the foyer.

Thank you.

MARKET DAY

Our next Market Day is on

Saturday 21st March from 8am to 1pm.

We'd love your help setting up on Friday 20th and packing up from 12:30pm on Saturday 21st.

Donations of home-made cakes, slices, jams, or chutneys are very welcome—please label ingredients and collect a Holy Trinity Church sticker to put on them when you drop them off.

Thank you. *Terry Rowe – Interim Market Day Co-Ordinator.*

VOLUNTEERS NEEDED

We are trying to set up new rosters for people to help with:

- *Church set up on a Sunday morning
- *Sidespersons
- *Greeters
- *Operating slides & assisting in video recording.
- *Market Day Co-Ordinator

A Crim Check and Safe Ministry Training will need to be completed to volunteer.

If you would like to volunteer for any of these roles, please let Fr Mark, a church warden or myself know. Your help would be very much appreciated.

Cal Priest – Office Administration

VOLUNTEER NEEDED TO BAKE SIMNEL CAKE FOR MOTHERING SUNDAY (15th MARCH)

Each year, the Fourth Sunday in Lent is celebrated as Mothering Sunday. This year, Mothering Sunday falls on 15th March.

As part of our tradition, we share pieces of simnel cake at the conclusion of the service.

Simnel cake is a traditional British Easter fruitcake — lighter and delicately spiced — often seen as a festive alternative to Christmas cake. It is distinguished by a layer of toasted marzipan baked both inside and on top and is decorated with eleven or twelve marzipan balls symbolising the apostles.

We are currently seeking a volunteer to bake this year's simnel cake. If you would be willing to help, please contact Cal in the office on **Tuesday or Thursday between 9.30am and 2.30pm**, or email **admin@terrigalanglican.org.au**.

Thank you for helping us continue this special tradition.

ANGLICAN PARISH OF EAST MAITLAND ORGAN RECITAL

The Anglican Parish of East Maitland is holding an Organ Recital on the second Sunday of each month at 2pm.

Tickets can be booked online via 123Tix at:

<https://www.123tix.com.au/events/profile/organrecitalseries2026>

Discounts are available for groups of 6 or more. Please contact Music Co-ordinator Thomas Barnes for group bookings

E: trgb@hotmail.com.au

M: 0432786775

Rosters for Next Week

FRIDAY 13th March - 10.30am

Reader
Catherine Taylor

SUNDAY 15th March - 8.00am

Readers	Servers
1 st – Neil Ewer 2 nd – Terry Rowe	Ronda

SUNDAY 15th March – 9.30am

Readers	Servers	Flowers
1 st – Anna Holt 2 nd – John Holt	Ronda	No flowers in Lent.

Morning Tea
Joanne Lilly

Next Sunday –15th March 2026

FOURTH SUNDAY IN LENT

8.00am – Sung Eucharist – *Presiding & Preaching* – **Fr Mark Watson**

Organist – Chris Sillince

9.30am – Holy Eucharist – *Presiding & Preaching* – **Fr Mark Watson**

Organist – Chris Sillince

Readings: 1 Samuel 16.1-13, Psalm 23, Ephesians 5.8-14

Gospel: John 9.1-41

This Week

Monday 9th March

Sister Emma SSA, superior of the Society of the Sacred Advent QLD (d. 1939)

10.00am – Whispers of Love – a Meditation – Rev'd Ann Watson

1.00pm – Women's Fellowship Meeting

Tuesday 10th March

7.00pm – Trinity Band and Singers rehearsal

4.00pm – Parish Council Meeting

Wednesday 11th March

Thursday 12th March

Friday 13th March

10.30am – Holy Eucharist – *Fr Mark Watson*

Readings: Hosea 14.2-9, Psalm 81. 13-16

Gospel: Mark 12.28-34

Saturday 14th March

The Anglican Diocese of Newcastle
Parish of Terrigal – The Church of the Holy Trinity
92 Serpentine Rd, Terrigal, 2260
Parish Postal Address – P.O. Box 167, Terrigal, 2260
Office Phone: 4365 1115 (Office open Tuesday and Thursday 9.30am – 2.30pm)

Parish Email – admin@terriglanglican.org.au

or admin.terrigan@newcastle.org.au

Website – www.terriglanglican.org.au

Facebook – <https://www.facebook.com/TerrigalAnglican>

Rector

The Reverend Canon Mark Watson – 4365 1374 or 0434 431 400

Email – cyprian7@bigpond.com

Associate Priests

The Reverend Ann Watson – 0427 135 771

The Reverend Dr Richard Harvey – 0422 109 262

The Reverend Bruce McAteer – 0417 229 296

Parish Executive

Rector's Warden – Ronda Kiss 0419 989 526

People's Warden – Terry Rowe 0427 788 308

People's Warden – Neil Ewer 0412 640 477

Parish Treasurer – Terry Rowe 0427 788 308

Parish Ministries

Parish Organist – Chris Sillince 0422 225 849

Sacristan – C. Taylor

Office Administration – Cal Priest 4365 1115

Pastoral Care - Contact 4365 1115

Trinity Band & Cursillo – Libby Harvey 0431 315 085

Safety Officer - Mike Keaney 0412 370 716

Copyright Compliance Officer – Terry Rowe 0427 788 308

Parish Bookshop – Ronda Kiss 0419 989 526

Women's Fellowship – June Timms 4384 2280

Market Day Co-ordinator – Interim – Terry Rowe

Parish Opportunity Shop – Julie Laird 4365 1280