

Holy Trinity
Headington Quarry

A Journey  through Lent

The Third Sunday of Lent

12th March 2023

Words of welcome.

Hymn 584

During the opening hymn, children are welcome to join the forest Sunday school taking place outside.

All my hope on God is founded;
he doth still my trust renew.
Me through change and chance he guideth,
only good and only true.
God unknown,
he alone
calls my heart to be his own.

Human pride and earthly glory,
sword and crown betray his trust;
what with care and toil he buildeth,
tower and temple, fall to dust.
But God's power,
hour by hour,
is my temple and my tower.

God's great goodness aye endureth,
deep his wisdom, passing thought:
splendour, light, and life attend him,
beauty springeth out of naught.
Evermore
from his store
new-born worlds rise and adore.

Daily doth th' Almighty giver
bounteous gifts on us bestow;
his desire our soul delighteth,
pleasure leads us where we go.
Love doth stand
at his hand;
joy doth wait on his command.

Still from earth to God eternal
sacrifice of praise be done,
high above all praises praising

for the gift of Christ his Son.
Christ doth call
one and all:
ye who follow shall not fall.

Robert Bridges (1844-1930)

The president says

In the name of the Father
and of the Son
and of the Holy Spirit **Amen**

The Greeting

Grace, mercy and peace
from God our Father
and the Lord Jesus Christ
be with you
and also with you.

Prayers of Penitence

A minister says

The sacrifice of God is a broken spirit;
a broken and contrite heart God will not despise.
Let us come to the Lord, who is full of compassion,
and acknowledge our transgressions in penitence and faith.

Silence is kept.

**Almighty God, our heavenly Father,
we have sinned against you
and against our neighbour
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are truly sorry
and repent of all our sins.
For the sake of your Son Jesus Christ,
who died for us,
forgive us all that is past
and grant that we may serve you in newness of life
to the glory of your name. Amen.**

Kyrie

Andante

10 Organ

mp Lord have mer-cy, Lord have mer-cy. *mf* Christ have

mp mer-cy, Christ have mer-cy. Lord have mer-cy, Lord have mer-cy.

The president says

The almighty and merciful Lord
grant you pardon and forgiveness of all your sins
time for amendment of life,
and the grace and strength of the Holy Spirit. **Amen.**

The Collect

Let us pray:
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 Liturgy of the Word

First Reading: 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 sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, 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.

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 then, now that we have 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

Hymn 592

As the deer pants for the water,
so my soul longs after you.
You alone are my heart's desire
and I long to worship You.

*You alone are my strength, my shield,
to you alone may my spirit yield.
You alone are my heart's desire
and I long to worship you.*

I want you more than gold or silver,
only you can satisfy.
You alone are the real joy-giver
and the apple of my eye. *You alone ...*

You're my Friend and you are my Brother,
even though you are a king.
I love you more than any other,
so much more than anything. *You alone ...*

Martin J. Nystrom (b. 1956)

Gospel Reading

Please stand.

Refrain

Praise to you, O Christ, our Sav-iour, Word of the Fa-ther, call-ing us to life;

5

Son of God who leads us to free-dom: glo-ry to you, Lord Je-sus Christ! Christ!

10 Verse

You are the Word whocalls us out of dark-ness;you are the Word who leads us in- to light;

14

you are the Word who brings us through the de-sert: glo-ry to you, Lord Je- sus Christ!

D.C.

Hear the Gospel of our Lord Jesus Christ according to John.
Glory to you, O Lord.

Gospel reading: John 4. 5-42

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 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.'

This is the Gospel of the Lord.

Praise to you, O Christ

Sermon

Revd Dr Laura Biron-Scott

The Nicene Creed

Please stand

Let us declare our faith in God

**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 or kneel.

These responses may be used

Lord, hear us.

Lord, graciously hear us.

We pray for those who are sick or in particular need:

*Naomi Lawrence, Kate Samuel, Grace, Bob Nind, Rosemary, Judith,
Josie, Diana Harrison, Kitty Datta, Polly Friedhoff, Evelyn Clare,
George, Bob Southgate, Benji, Caroline Wilson.*

Those who have died recently:

Roger Ramsbottom, Diana Kimberly, Ivor Beesley

Those whose anniversary of death falls at this time:

Marae Griffin, Doreen Whitlock, Donald Jacobs.

And at the end

Merciful Father,

accept these prayers

for the sake of your Son,

our Saviour Jesus Christ. Amen.

The Peace

Please stand

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.

A minister says

Let us offer one another a sign of peace.

All may exchange a sign of Peace.

Hymn 669

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.

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.

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.

Horatius N. Bonar (1808-1889)

Taking of the Bread and Wine

God of our journey,
as we walk with you on your path of obedience,
sustain us on our way and lead us to your glory;
through Jesus Christ our Lord. **Amen.**

The Eucharistic Prayer

Please sit or stand as you are most comfortable

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 saints and angels
for ever praising you and singing:

Sanctus and Benedictus

Moderato

10 Ho - ly, Ho - ly, Ho - ly Lord, God of

19 power and might. Heav'n and earth are full of your glo-ry. Ho - san - na in the

high - est. Bles-sed is he, O bles-sed is he who comes in the name of the Lord.

28 Ho - san - na in the high - est, ho - san - na in the high - est.

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.

Deacon: Christ is the bread of life

Acclamation

Moderato *mp*

When we eat this bread and drink this cup we pro-claim your

10 *mf* *ff*

death, Lord Je - sus, un - til you come in glo - ry, un - til you come in glo - ry.

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 the blessed Virgin Mary and 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

Please sit or kneel

As our saviour taught us, so we pray
Our Father in heaven,
hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power
and the glory are yours,
now and for 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.**

Agnus Dei

Slowly

mp

Lamb of God, you take a - way the sins of the world, have

mer - cy - on us. Lamb of God, you take a - way the sins of the world, have mer - cy - on

mf

us. Lamb of God, you take a - way the sins of the world, *mp* grant us peace.

Giving of Communion

God's holy gifts
for God's holy people.

**Jesus Christ is holy,
Jesus Christ is Lord,
to the glory of God the Father.**

This is God's table and all are welcome. Please follow the directions of the steward and follow the one-way system back to your seat. Those sitting towards the back will be invited to come forwards first. If you are wearing a mask, it is most practical if you remove it before receiving communion. The chalice is being administered from the Lady Chapel step. If you wish to receive the chalice, please hold the base of the chalice and guide it towards your lips – the person administering the chalice will not let go of it in the process. Please do not dip your wafer into the chalice. Please note that there is no obligation to take the chalice and it is fine still to receive communion in one kind only (the bread). If you do not wish to receive communion and would prefer a blessing instead, please do come forwards as well.

Anthem Ave Verum Corpus - Edward Elgar

Hymn 460

O thou, who at thy Eucharist didst pray
that all thy Church might be for ever one,
grant us at every Eucharist to say
with longing heart and soul, 'Thy will be done':
O may we all one Bread, one Body be,
through this blest sacrament of unity.

For all thy Church, O Lord, we intercede;
make thou our sad divisions soon to cease;
draw us the nearer each to each, we plead,
by drawing all to thee, O Prince of Peace:
thus may we all one Bread, one Body be,
through this blest Sacrament of unity.

We pray thee too for wanderers from thy fold;
O bring them back, good Shepherd of the sheep,
back to the faith which saints believed of old,
back to the Church which still that faith doth keep:
soon may we all one Bread, one Body be,
through this blest Sacrament of unity.

So, Lord, at length when sacraments shall cease,
may we be one with all thy Church above,
one with thy saints in one unbroken peace,
one with thy saints in one unbounded love:
more blessèd still, in peace and love to be
one with the Trinity in Unity.

William Henry Turton (1856-1938)

Prayer after 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. **Amen.**

**Father of all,
we give you thanks and praise,
that when we were still far off
you met us in your Son and brought us home.
Dying and living, he declared your love,
gave us grace, and opened the gate of glory.
May we who share Christ's body live his risen life;
we who drink his cup bring life to others;
we whom the Spirit lights give light to the world.
Keep us firm in the hope you have set before us,
so we and all your children shall be free,
and the whole earth live to praise your name;
through Christ our Lord. Amen.**

The Sending Out

Hymn 365

Let us build a house where love can dwell
and all can safely live,
a place where saints and children tell
how hearts learn to forgive.
Built of hopes and dreams and visions,
rock of faith and vault of grace;
here the love of Christ shall end divisions:
*All are welcome, all are welcome,
all are welcome in this place.*

Let us build a house where prophets speak,
and words are strong and true,
where all God's children dare to seek
to dream God's reign anew.
Here the cross shall stand as witness
and as symbol of God's grace;
here as one we claim the faith of Jesus:
All are welcome...

Let us build a house where hands will reach
beyond the wood and stone
to heal and strengthen, serve and teach,
and live the Word they've known.
Here the outcast and the stranger
bear the image of God's face;
let us bring an end to fear and danger:
All are welcome...

Let us build a house where all are named,
their songs and visions heard
and loved and treasured, taught and claimed
as words within the Word.
Build of tears and cries and laughter,
prayers of faith and songs of grace,
let this house proclaim from floor to rafter:
All are welcome...

Marty Haugen (b. 1950)

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 among you and remain with you always
Amen.

The Dismissal

Go in peace to love and serve the Lord.
In the name of Christ. Amen.

Voluntary: Fantasia in G Minor (BWV 542) J.S. Bach 1685 –1750

Please do join us for refreshments! Please take this booklet away with you, and recycle it when you have finished with it. We no longer pass the collection plate around during the service, but you are welcome to use the collection plate at the back of church, or the contactless machine, if you would like to make a donation to support the work of our church. If you would like to sign up to our regular giving scheme, please visit: <https://www.hthq.uk/giving-to-the-church> for more details.

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Notices: March 12th

Sunday March 12th The Third Sunday of Lent

8am – Holy Communion from the Book of Common Prayer

10am – Parish Eucharist with Forest Sunday School

Midweek Services

Morning Prayer: Mondays at 9am

Tots Service: Tuesdays at 10am

Midweek Communion: Wednesdays at 10am

Sunday March 19th Mothering Sunday

8am – Holy Communion from the Book of Common Prayer

10am – All Age Parish Eucharist with distribution of daffodil posies.

2023: A time to build: Important Update

The PCC recently discovered that plans to build a scaled back version of our church extension are not likely to be accepted by the Diocese and the Local Authority in their current form. After careful consideration, the PCC is now exploring how we can build our original extension design and carry out the West end reordering work before planning permission expires later this year. We believe a shortfall of £250,000 remains to fulfil this plan, and the PCC has started to explore the possibility of a loan (secured against the parish house on Binswood Avenue) the need for a fresh and final fundraising appeal to the congregation to help finance this. More details will follow in the weeks ahead, and we ask everybody to keep this process in their prayers:

God of vision and hope,
we thank you for our church building;
a place of prayer and pilgrimage,
witnessing to your love and presence in our midst.
We pray for our plans to develop the building
to further the work of your kingdom in this and future generations.
We pray for the guidance, resources and skills we need
to bring the project to completion,
and that we would be united in vision and focus
as we work towards this goal,
in the name of Jesus Christ our Cornerstone.
Amen.

Today is the day of the Fair Trade stall in the church after the 10a.m. service. Do visit the stall and support this worthy cause.

Margaret Samuel and Hilary Rollin for the Eco Church Group.

SWWCP Spring Lecture: 'C.S Lewis and the Book of Nature'

Thurs 23rd March, 6.30-8pm, St Peter's Wolvercote. Revd Dr Laura Biron Scott will be exploring how C.S. Lewis's ideas might inform contemporary discussions of the environmental crisis: focusing on mystical and rational dimensions of his writings.

Warm Welcome Space March: Coffee tea and cake in the Coach House, on Fridays 10am – 12pm, 24th & 31st March. Soup and rolls on March 17th. No booking required just turn up. For info contact Margaret Taylor 765051 or Elizabeth Knight 761476.

The **deadline** for the next online **newsletter** is Thursday **30 March**. If you have any items and photos to contribute, please email them to Yue-Yi Hwa at newsletter@hthq.uk. Thank you very much.

Reserve Drivers needed: We are building up a list of reserve drivers, who would be prepared to offer lifts to church from time to time, as need arises. This service is enormously valuable to those who would otherwise be unable to get to church. If it's something you feel able to do (or, even better, if you would like to join the regular rota of drivers), please get in touch with Anne Tarassenko: annetarassenko@hotmail.com, 07443 652082.

Host wanted. A young Ukrainian woman from Zaporizhe, which is in frontline territory, is wanting to come to England preferably to Oxford where good friends from Ukraine are already living. She is 26, coming on her own, is a non-smoking vegetarian and is looking for a room for six months. For further details, please contact Elizabeth Knight.

Save the Date – The Parish Trip to the seaside in Bournemouth at Alum Chine is back by popular demand! Book a seat now for **17th June** leaving the Coach house at 8.30am seats are £15 each. For more information or to reserve your seat please talk to Frances or email frances.farrar@tiscali.co.uk For those of you who have never been on the trip this is for all ages to visit a wonderful sandy safe beach, with gardens behind, a long sea front and great facilities including a play area.

Asylum Welcome are in urgent need of donations to their food bank as stocks are currently running very low. They currently provide food to over 80 adults and children on a weekly basis, distributing up to 1000 items for tinned and fresh food every week. They rely entirely on donations for their food bank and are currently particularly in need of cooking oil, tinned tomatoes, milk (UHT) and tinned fish. Please put items in the crate at the back of church You can find a list of all the items that are needed on this page: <https://www.asylum-welcome.org/food/>. Thank you for your support.

Headington Repair Café: Don't condemn broken tools etc to landfill! The Bring and Fix Café is back every Tuesday 10.00-12.00 in the (newly-

revamped) Bullingdon Community Centre, Peat Moors, OX3 7HS. Experts offer to fix most small electric and household items. Free tea/coffee, biscuits and parking are available. A small donation is appreciated. For further information please phone: 07792 49 13 50. Hilary Rollin for Eco Group

Eco Church Resources New Year, New Eco Resources List. For a range of suggestions and links to material on topics related to Climate Change, go to: <https://www.hthq.uk/eco-church-resources/> Hilary Rollin, for Eco Church Group.

Eco Tips Eco Tip of the Week: Ask a gardening friend for advice on what seeds to plant in order to grow a few herbs and /or vegetables. You don't need an allotment or large garden. It's surprising what you can grow on a window sill or balcony. *Hilary Rollin for Eco Church Group*

Pastoral care team Are you in need of support or would you like to talk to someone? We rely on you to let us know of anyone who is ill, or in hospital or who might welcome a visit. Please contact any of the clergy (numbers below) or Helen Day, Janet Masters, Nell Slocock or Anne Tarassenko.

Holy Trinity Headington Quarry

*An open door between heaven and earth,
showing God's love to all.*

As the Anglican parish in Headington Quarry, Risinghurst and Wood Farm, we are here for every local resident. Our church is open every day. We hope that you will find God's peace as you come to pray or just sit and rest awhile. If you have questions about the Christian faith or would like to find out more about church life, please get in touch:

Contact us

Vicar: Revd Dr Laura Biron-Scott

vicar@hthq.uk 01865 762835

Associate Priest: Revd Prof Rob Gilbert

associatepriest@hthq.uk

Curate: Revd Emily Hockliffe Essex

curate@hthq.uk 07979 931889

Parish Office: office@hthq.uk 01865 762931

Churchwardens: wardens@hthq.uk

Website: www.hthq.org.uk