

# St John's, Pevensey Road



Pews News & Service Sheet  
for Sunday 20<sup>th</sup> March 2022

**3rd Sunday of Lent**



# Welcome to today's Mass at St John's

## This week:

**Morning Prayer**, 9 a.m. Mon, Tues, Thurs, Friday  
**Church open for private prayer**, where possible.

**Midweek Mass:** Wednesday at 10 a.m.

**Online "Zoom" service:** Wednesday at 10 a.m.

**Morning Coffee:** Friday 10 - 12 noon in Church



**Drop in for Morning Coffee**

... and to spend some time in this beautiful church

**Fridays, 10:00 - 12:00**

## Our prayers are asked for:

Geraldine, Amber, Don F, Sue T, Eve G, Alison N, Ana, Pat, David D, Denise H, Marion H, Rachel W, Mike, Jean & Geoff, Jon, Jackie N, and Murray

## Please pray also for...

the repose of the souls of the departed, especially those whose Years Minds fall around this time - Ken, and Michael Aldridge,

... and all who mourn.



All are welcome to visit our "Pray for Ukraine" prayer station,

near the Blessed Sacrament Altar




... Just a reminder that if you do your online shopping via the "Easyfundraising" website/app, you can raise donations for St John's, at no extra cost to yourself!

Katy is looking to arrange a **Spring Fair** on Saturday 21st May, to be held in the Rectory Garden or in the Hall if it's wet. She is looking for stall holders and ideas for the event. Can you help her to get this idea "off the ground"?!

This Wednesday, 23 March 2022, it will be two years since the first UK lockdown. Many have lost friends and loved ones during that time, through Covid-19 and other causes, and the restrictions we've all been living under have meant that many people have had to grieve without friends and family around them.

St John's will be open all day on Wednesday for people to pop in and pray, light a candle, or pin a name, photo or memory to a "Wall of Remembrance" in the church.

Marie Curie, a charity which supports people around a terminal diagnosis, together with the Church of England, are spearheading this day to acknowledge grief and loss.



Supported by



and



## Mass for the Third Sunday of Lent

Introit: *O Lord my God to thee*  
(Arcadelt)

### Opening Hymn

Jesu, lover of my soul,  
let me to thy bosom fly  
while the nearer waters roll,  
while the tempest still is high:  
hide me, O my Saviour, hide  
till the storm of life is past;  
safe into the haven guide,  
O receive my soul at last.

Other refuge have I none,  
hangs my helpless soul on thee;  
leave, ah, leave me not alone,  
still support and comfort me.  
All my trust on thee is stayed,  
all my help from thee I bring;  
cover my defenceless head  
with the shadow of thy wing.

Thou, O Christ, art all I want,  
more than all in thee I find:  
raise the fallen, cheer the faint,  
heal the sick, and lead the blind.  
Just and holy is thy name,  
I am all unrighteousness;  
false and full of sin I am,  
thou art full of truth and grace.

Plenteous grace with thee is found,  
grace to cover all my sin;  
let the healing streams abound,  
make and keep me pure within.  
Thou of life the fountain art,  
freely let me take of thee,  
spring thou up within my heart,  
rise to all eternity.

*Charles Wesley (1707-88)*

## Welcoming of the people

*Bishop* In the name of the Father,  
and of the Son,  
and of the Holy Spirit.

*All* Amen.

*Bishop* The Lord be with you  
*All* and also with you.

### Prayer of Preparation

*All* Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord.  
Amen.

### Prayers of Penitence

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.

Let us admit to God the sin which always confronts us.

*All* Lord God,  
we have sinned against you;  
we have done evil in your sight.  
We are sorry and repent.  
Have mercy on us according to your love.  
Wash away our wrongdoing and  
cleanse us from our sin.  
Renew a right spirit within us  
and restore us to the joy of your  
salvation,  
through Jesus Christ our Lord.  
Amen.

## **Absolution**

*Bishop* 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.  
*All Amen.*

## **The Collect**

Let us pray:

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.  
*All Amen.*

## **A reading from the book of the prophet Isaiah**

*Isaiah 55.1-9*

The LORD says this:

Everyone who thirsts,  
come to the waters;  
and you that have no money,  
come, buy and eat!  
Come, buy wine and milk  
without money and without price.  
Why do you spend your money for that  
which is not bread,  
and your labour for that which does not  
satisfy?  
Listen carefully to me, and eat what is  
good,  
and delight yourselves in rich food.  
Incline your ear, and come to me;

listen, so that you may live.  
I will make with you an everlasting cove-  
nant,  
my steadfast, sure love for David.  
See, I made him a witness to the peoples,  
a leader and commander for the peoples.  
See, you shall call nations that you do not  
know,  
and nations that do not know you shall  
run to you,  
because of the LORD your God, the Holy  
One of Israel,  
for he has glorified you.

Seek the LORD while he may be found,  
call upon him while he is near;  
let the wicked forsake their way,  
and the unrighteous their thoughts;  
let them return to the LORD, that he may  
have mercy on them,  
and to our God, for he will abundantly  
pardon.  
For my thoughts are not your thoughts,  
nor are your ways my ways, says the  
LORD.  
For as the heavens are higher than the  
earth,  
so are my ways higher than your ways  
and my thoughts than your thoughts.

For the Word of the Lord  
*All Thanks be to God*

## **A reading from the First Letter of Paul to the Corinthians**

*1 Corinthians 10.1-13*

I do not want you to be unaware, brothers  
and sisters, that our ancestors were all  
under the cloud, and all passed through  
the sea, and all were baptized into Moses  
in the cloud and in the sea, and all ate the  
same spiritual food, and all drank the  
same spiritual drink. For they drank from  
the spiritual rock that followed them, and

the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, 'The people sat down to eat and drink, and they rose up to play.' We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

For the Word of the Lord

**All Thanks be to God**

### **Gradual Hymn**

All ye who seek a comfort sure  
in trouble or distress,  
whatever sorrow vex the mind,  
or guilt the soul oppress,

Jesus, who gave himself for you  
upon the cross to die,  
opens to you his sacred heart;  
O to that heart draw nigh.

Ye hear how kindly he invites;  
ye hear his words so blest --  
"All ye that labour come to me  
and I will give you rest."

O Jesus, joy of saints on high,  
thou hope of sinners here,  
attracted by those loving words  
to thee I lift my prayer.

Wash thou my wounds in that dear blood  
which forth from thee doth flow;  
new grace, new hope inspire, a new  
and better heart bestow.

*18<sup>th</sup> cent. Latin tr. Edward Caswall (1814-78)*

### **Gospel Reading**

Praise to you, O Christ,  
King of eternal glory.  
The Lord is a great God,  
O that today you would listen to  
his voice.  
Harden not your hearts.

**All Praise to you, O Christ,  
King of eternal glory.**

**Dcn** The Lord be with you

**All And also with you**

**Dcn** Hear the Gospel of our Lord Jesus  
Christ according to Luke

**All Glory to you, O Lord.**

*Luke 13.1-9*

There were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, 'Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the

tower of Siloam fell on them - do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did.'

Then he told this parable: 'A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, "See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?" He replied, "Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down."

This is the Gospel of the Lord.

*All* Praise to you, O Christ.

## Sermon

### The Creed

Let us declare our faith in God,  
Father, Son and Holy Spirit.

**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

Let us pray for the Church and for the  
world, and let us thank God for his  
goodness

*The response may be:*

Lord in your mercy  
*All* hear our prayer

*and at the end:*

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

## **The Peace** *is introduced*

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  
**All and also with you.**

Let us offer one another a sign of peace.

*We may exchange a sign of Peace with  
those around us*

## **Hymn**

*During which the table is prepared and  
bread and wine are placed upon it.*

Ah, holy Jesu, how hast thou offended,  
that man to judge thee hath in hate  
pretended?  
By foes derided, by thine own rejected,  
O most afflicted!

Who was the guilty? Who brought this  
upon thee?  
Alas, my treason, Jesu, hath undone  
thee!  
'Twas I, Lord Jesus, I it was denied thee;  
I crucified thee.

Lo, the Good Shepherd for the sheep is  
offered;  
the slave hath sinnèd, and the Son hath  
suffered.  
For man's atonement, while he nothing  
heedeth,  
God intercedeth.

For me, kind Jesu, was thy incarnation,  
thy mortal sorrow, and thy life's oblation;  
thy death of anguish and thy bitter  
passion,  
for my salvation.

Therefore, kind Jesu, since I cannot pay  
thee,  
I do adore thee, and will ever pray thee,  
think on thy pity and thy love unswerving,  
not my deserving.

*Robert Bridges (1844-1930) from  
J. Heermann (1585-1647) Latin meditation*

## **Preparation of the Table**

God of mercy and compassion,  
your Word calls us home to faith and love.  
accept all we offer you this day;  
in the name of Jesus Christ the Lord.  
**All Amen.**

*The president takes the bread and wine.*

## **The Eucharistic Prayer**

The Lord is here  
**All His Spirit is with us.**  
Lift up your hearts.  
**All We lift them to the Lord.**  
Let us give thanks to the Lord our God.  
**All It is right to give thanks and praise.**

Blessed are you, Lord God,  
our light and our salvation;  
to you be glory and praise for ever.

From the beginning you have created all  
things  
and all your works echo the silent music of  
your praise.  
In the fullness of time you made us in your  
image,  
the crown of all creation.

And now we give you thanks  
because you give us the spirit of discipline,  
that we may triumph over evil and grow in  
grace,  
as we prepare to celebrate the paschal  
mystery  
with mind and heart renewed.

You give us breath and speech,  
that with angels and archangels  
and all the powers of heaven  
we may find a voice to sing your praise:

**All Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your  
glory.  
Hosanna in the highest.  
Blessed is he who comes in the  
name of the Lord.  
Hosanna in the highest.**

How wonderful the work of your hands,  
O Lord.

As a mother tenderly gathers her  
children,  
you embraced a people as your own.  
When they turned away and rebelled  
your love remained steadfast.

From them you raised up Jesus our  
Saviour, born of Mary,  
to be the living bread,  
in whom all our hungers are satisfied.

He offered his life for sinners,  
and with a love stronger than death  
he opened wide his arms on the cross.

On the night before he died,  
he came to supper with his friends  
and, taking bread, he gave you thanks.  
He broke it and gave it to them, saying:  
Take, eat; this is my body  
which is given for you;  
do this in remembrance of me.

At the end of supper, taking the cup of  
wine,  
he gave you thanks, 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.

Great is the mystery of faith:

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

Father, we plead with confidence  
his sacrifice made once for all upon the  
cross;  
we remember his dying and rising in glory,  
and we rejoice that he intercedes for us  
at your right hand.

Pour out your Holy Spirit  
as we bring before you  
these gifts of your creation;  
may they be for us  
the body and blood of your dear Son.

As we eat and drink these holy things in  
your presence,  
form us in the likeness of Christ,  
and build us into a living temple to your  
glory.

Remember, Lord, your Church in every  
land.

Reveal her unity, guard her faith,  
and preserve her in peace ...

Bring us at the last with Saint John the  
Evangelist, Saint Peter, Mary the Mother  
of God, and all the saints  
to the vision of that eternal splendour  
for which you have created us;  
through Jesus Christ, our Lord,  
by whom, with whom, and in whom,  
with all who stand before you in earth  
and heaven,  
we worship you, Father almighty,  
in songs of everlasting praise:

**All Blessing and honour and glory and  
power  
be yours for ever and ever.  
Amen.**



## **The Lord's Prayer**

Trusting in the compassion of God,  
let us pray with confidence  
as our Saviour has taught us:

*All* 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**

*The bishop breaks the consecrated bread.*

We break this bread  
to share in the body of Christ.

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

*We sit as Agnus Dei is sung:*

**Jesus, Lamb of God,  
Have mercy on us**

**Jesus, bearer of our sins,  
Have mercy on us**

**Jesus, redeemer of the world,  
Give us your peace**

## **Giving of Communion**

*The bishop says the invitation to communion.*

Jesus is the Lamb of God  
who takes away the sin of the world.  
Blessed are those who are called to his  
supper.

*All* Lord, I am not worthy to receive you,  
but only say the word, and I shall be  
healed.

*The bishop partakes of the consecrated bread - and wine on behalf of us all - to which we respond Amen.*

*Holy Communion is then distributed in one kind - The Body of Christ.*

*Anthem: Ave Verum Corpus (Elgar)*

## **Communion Hymn**

How sweet the name of Jesus sounds  
in a believer's ear!  
It soothes his sorrows, heals his wounds,  
and drives away his fear.

It makes the wounded spirit whole,  
and calms the troubled breast;  
'tis manna to the hungry soul,  
and to the weary rest.

Dear name! the rock on which I build,  
my shield and hiding-place,  
my never failing treasury filled  
with boundless stores of grace.

Jesus! my Shepherd, Brother, Friend,  
my Prophet, Priest, and King,  
my Lord, my Life, my Way, my End,  
accept the praise I bring.

Weak is the effort of my heart,  
and cold my warmest thought;  
but when I see thee as thou art,  
I'll praise thee as I ought.

Till then I would thy love proclaim  
with every fleeting breath;  
and may the music of thy name  
refresh my soul in death.

*John Newton (1725-1807)*

### **Prayer after Communion**

*The bishop prays the Post  
Communion for the day:*

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.

**All Amen.**

**All** 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.**

### **Notices**

### **Final 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.

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 Bonar (1808-89)*

### **The Blessing & Dismissal**

**Bishop** The Lord be with you  
**All** And also with you

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.  
**All Amen.**

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

**Concluding voluntary: Toccata and Fugue  
in B flat (Pachelbel)**



This week's **Prayer for Ukraine** comes from the Methodist Church...

Holy and Gracious God

We pray for the people of Ukraine and the people of Russia;  
for their countries and their leaders.

We pray for all those who are afraid;  
that your everlasting arms hold them in this time of great fear.

We pray for all those who have the power over life and death;  
that they will choose for all people life, and life in all its fullness.

We pray for those who choose war;  
that they will remember that you direct your people to turn our swords into ploughshares  
and seek for peace.

We pray for leaders on the world stage;  
that they are inspired by the wisdom and courage of Christ.

Above all, Lord, today we pray for peace for Ukraine.

And we ask this in the name of your blessed Son, Jesus Christ our Lord. Amen.

Although the world might not feel like a very kind place at the moment, this might be just the time when acts of kindness matter the most.

Back in August 2021, **The Kindness Test** was launched on BBC Radio 4, in conjunction with a team at the University of Sussex. Here are some of their findings:

- 1) Kind acts are very common: three-quarters of people said they received kindness from close friends or family quite often or nearly all the time.
- 2) The most common kind acts reported were helping people when they asked. Next came doing favours for friends, opening doors to let people through, helping strangers to pick up things they'd dropped, and having concerned feelings for people less fortunate than ourselves.
- 3) Two thirds of people said the Pandemic made people kinder. Perhaps because it was so difficult, people took more time to look after each other and noticed the small kindnesses that can make such a difference.
- 4) People who carry out more kind acts, or even just notice that other people are carrying out kind acts, have higher levels of well-being on average. This fits in with lots of previous research showing that acting kindly makes us feel good.
- 5) When people were asked where kindness takes place, the home came top, followed by medical settings, the workplace, green spaces and shops. The places where people saw the fewest kind acts were online, on public transport and in the street.
- 6) People who talk to strangers see and receive more kindness.
- 7) Income makes little difference to how kind people are.
- 8) People were asked what might stop them from being kind, and the top reason they gave was that they were afraid their actions might be misinterpreted, or that they had insufficient time to be as kind as they'd like to. Social media also had a negative effect.

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Anatomy of kindness excerpt By Claudia Hammond, from BBC website accessed 16.3.22

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Do you have an item, prayer list update, or info for the Pews News? Please send to [pewsnewsstjohns@gmail.com](mailto:pewsnewsstjohns@gmail.com) by 9 p.m. on Thursdays. Thanks!

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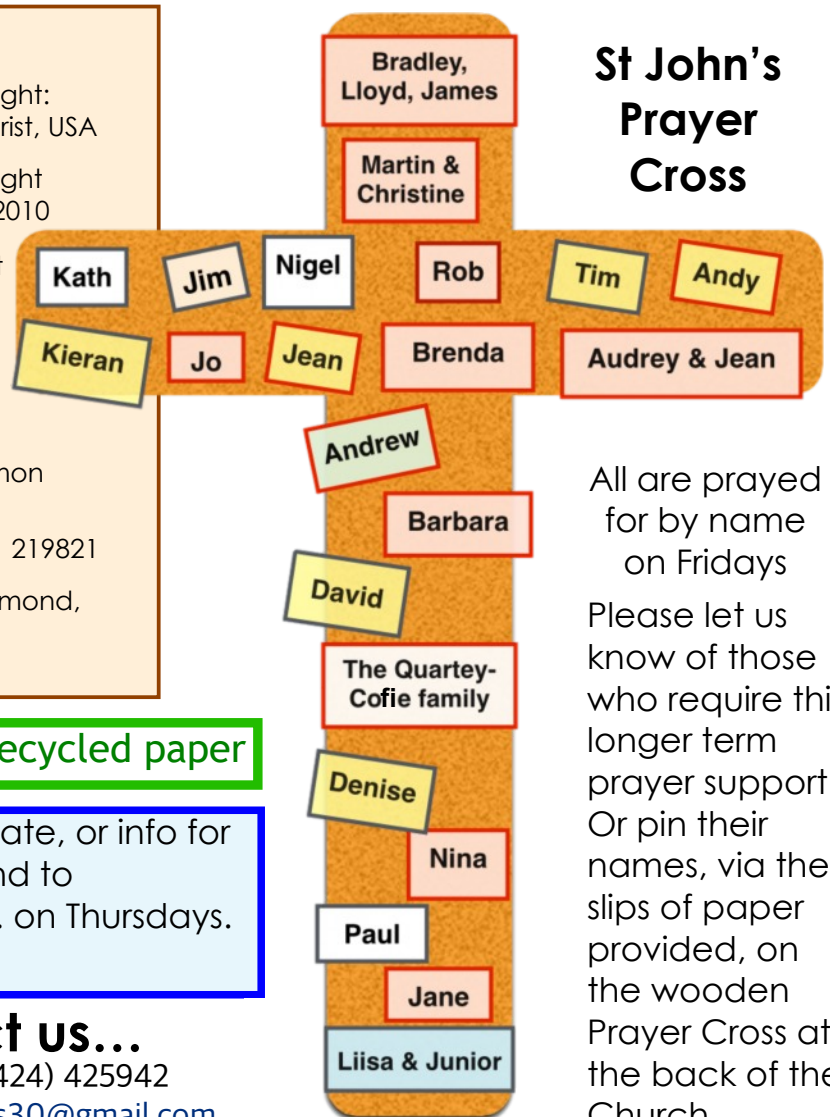
Tina is our Administrator.

Usual office hours 09:00-13:00, Mon, Tues, Thurs.

Please contact her also for **Church Hall bookings**

Website: [www.StJohnsPevenseyRoad.org.uk](http://www.StJohnsPevenseyRoad.org.uk)

## St John's Prayer Cross



All are prayed for by name on Fridays

Please let us know of those who require this longer term prayer support. Or pin their names, via the slips of paper provided, on the wooden Prayer Cross at the back of the Church. Thank you.