



St. John's Anglican Church Albany Consecrated 1848.

Sunday 8th March 2026
Third Sunday in Lent



Sentence of the Day

'God proves his love for us in that while we still were sinners Christ died for us.'

Romans 5.8

Collect

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.

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.

Today's Readings

1st Reading Exodus 17.1-7

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?'

2nd Reading Romans 5.1-11

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.

Gospel Reading John 4.5-42

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.'

The Psalm for today is 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."

Next Sunday's Readings

1st Reading 1 Samuel 16.1-13

2nd Reading Ephesians 5.8-14

Gospel Reading John 9.1-41

P65

P147

P89

**HYMNS – EUCHARIST SETTING
DUDMAN TIS 756**

	8am	9.30am
Introit		152
Gradual	585	585
Offertory	609	609
Recessional	446	446

**Children's Church is
available at our 9:30am
service. This week's
Children's Talk is 'The
Woman at The Well'**

Hello Dear Friends

I pray you have enjoyed a good week and that your Lenten journeys are drawing you ever closer to God.

Our sentence for today reminds us of the enormity of God's love for us, that despite our sin, Jesus died for us. In Exodus we read of water provided by God for the Israelites and our psalm is an exhortation to praise God and a warning not to tempt!!!

This week's Gospel is one of my favourite passages from John's Gospel. It is a passage that shows me Jesus in all his humanity and his divinity. That shows me that spreading God's love saves people, whereas judging them clearly won't! That "In giving, we receive in sharing we are enriched!"

I came across a story:

One day a poor man sat by the side of the road begging. But at the end of the morning, he had nothing to show for his efforts. Weary and dejected, he continued to sit there in the hot noon sun. By his side lay a sack which contained a handful of wheat – just enough for one last cake of bread.

Suddenly he saw the king's carriage coming towards him, and hope flared up inside him. 'The king is a kind man', he said to himself. 'He will give me something'.

He got to his feet, his heart beating with excitement. To his delight he noticed that the royal carriage was slowing down. It came to a halt opposite the spot where he stood with his hand stretched out in a begging attitude.

Down came the window, and the king appeared at it. The beggar man bowed low and was about to say, 'Good day, your Majesty. Could you spare a little money for me, your most unworthy servant?' But the king got in the first words. Reaching out his hand he said, 'Friend, could you spare a little corn for your king?'

The beggar man was completely taken aback at this turn of events. But he soon recovered and said, 'Certainly, your Majesty'. With that he opened the sack, took a quick look inside, picked out the smallest grain he could find, and gave it to the king, saying, 'I'm sorry it's so small, your Majesty, but it's all I can afford'.

The king thanked him, and the carriage moved off, leaving the beggar man feeling terribly disappointed and empty. All day long he sat there by the roadside begging but got nothing. When evening came on, he made his way home, sad, tired and hungry. Once home, he took a pan and

emptied the last of the wheat from the sack into it. As he inspected the meagre heap of grains, he made a startling discovery – the smallest of them had turned into a grain of pure gold.

He bitterly regretted that he had been so miserly with his king. If only he had known what gift the king wanted to give him, he would have given him all the wheat he had. Then he would never have to beg again. The moral of this little parable is simple: it is by giving that we receive, it is by sharing that we are enriched.

This story reminds us of the story in today's Gospel reading. The woman came to a well to draw water. She was a woman, possibly outcast in her community. She must have known there was something missing in her life. Married five times, she still hadn't found what she was looking for. She must have been a searching woman!!!!

At the well she met Jesus. Even though she didn't yet know it, he was the one person who could give her what she was looking for. Clearly, she was the one in greatest need. Jesus was thirsting for ordinary water. But she had a deeper thirst – a thirst of the heart. But like the king in the story, he began as the one in need. He began by asking something from her, something very small – a drink of water. She gave him that drink, and a wonderful dialogue ensued.

The woman went away greatly enriched as a result of her encounter with Jesus. Yet he didn't give her anything. On the contrary, he asked something from her. In doing so he awakened her to her own riches, to the 'gift of God' within her. He conveyed to her a sense of her own worth and dignity. As a result, she underwent an extraordinary inner transformation.

In the heart of all people there is an indestructible core of goodness – the image of God. It is on this that our future has to be built. This woman possessed this core too: and so Jesus was able to put her in touch with that.

Christ meets us where we are. He knows our deeper thirst – the thirst of the heart, which ultimately only God can quench. For this deeper thirst we need another kind of 'water', the water Jesus said he could give and wanted to give. What is this water? It is the life-giving Spirit of God bubbling up inside us: bubbling up into eternal life.

God Bless

Karen

We respectfully acknowledge the Menang Noongar people as the traditional custodians of the land on which we worship and minister, and pay respect to elders past and present.

A WARM WELCOME TO ALL VISITORS - All are welcome at the Lord's table. Baptised, communicant members of all Christian denominations, are very welcome to receive Holy Communion and any person welcome to come forward to receive a blessing. If you are unable to come to the altar rail and wish to receive the Sacrament in your pew, please speak to a sides person.

Prayers for:

The Diocese of Bunbury - Bishop - Rt. Revd. Ian Coutts, wife Anne, Archdeacon and Chair Diocesan Safe Ministry- Ven. Geoff Chadwick, wife Gabby, Registrar - Revd. Nick Freeland, wife Jane, Secretary - Jenny Duncan, husband Andrew, Office Staff, Laura Golding, husband James, Kat Pearce, Jodi Sturrock, husband Travis, Wanese Maloney, husband Justin, Tiffany Della-Vedova, husband Adrian, Kerrie Forrest, husband Don, Revd. Cn. Carol Morgan, husband Chris, Bishop-in-Council, Diocesan Trustees and Members of the Synod.

The Parish of Busselton - Part-time Priest-in-Charge - Revd. Nick Freeland wife Jane and Curate - Revd. Carolyn Ball.

Please pray for:

- * Our Parish Volunteers in their Social Outreach.
- * Our ministry to families.
- * Our ministry to aged care.
- * Study groups.
- * Our Julian Group.

Diocesan Ministry - The Diocesan Campsite, Eric and Samantha van der Wacht.

For the World:

- * For a greater sense of responsibility and accountability for the environment.
- * For those suffering from physical, social and spiritual abuse.
- * That as a church our lives may be as a light of Christ to the villages around us.

Anglican Church of Kenya - Diocese of Kapsabet.

St. Peter's Ndalat Parish - Parish Priest - Revd. Abraham Lagat and wife Visiline.

All Saints Kapkoimur Parish - Parish Priest Revd. Kenneth Kemboi and wife Nancy and Curate Revd. Lilian Tarus.

Please pray those who are differently abled that their challenges may be addressed adequately by the relevant authorities.

Diocesan Ministry - That God will bring loving unity in our churches and a deep sense of brotherhood among the Christians of our churches.

Mothers Union Monthly Prayer

Called by God to be a global family of prayer, action, and service, may God bless us with:

*** hands to comfort,**

*** a Holy anger at oppression seeking justice,**

*** a restless discomfort with easy answers, so that we can seek the truth boldly**
*** enough foolishness to believe that we really can make a difference in this world.**

So we are called, with God's grace to do what others claim cannot be done. Amen.



HOLY WEEK AND EASTER SERVICES 2026

Palm Sunday 29th March	8am 9.30am	Holy Communion Holy Communion
Tuesday 31st March	6am 12.30pm 6pm	Combined Churches Prayer Meeting Holy Communion Tenebrae Service
Maundy Thursday 2 nd April	6pm	Commemoration of The Last Supper, Foot Washing, Stripping of the Altar and The Watch.
Good Friday 3rd April	9am 12pm	Solemn Service "Stations of the Cross" service in the church gardens. Followed by Hot Cross Buns
Holy Saturday 4th April	6pm	The Great Easter Vigil
Easter Day 5th April	8am 9.30am	Holy Communion Holy Communion

Morning and Evening Prayers will be live streamed as usual at 8am and 5pm and Compline at 6pm on Sunday. During Holy Week the Gospel of the Day will be live streamed at 10am

Upcoming Meetings and Events

Parish Council Meeting - Tues., 17th March in the D/W Hall at 5.30pm. Reports are due to Parish Administrator by 5pm Wed., 11th Mar.

Finance Committee Meeting - Thurs. 12th March at 10am via Zoom

Lenten Studies for 2026 - Our Lenten journey began on Wednesday February 18th with our Ash Wednesday Services. I encourage us all to follow the Joy Lenten Study with copies of this available from the parish office and Church entrance from February 2nd. (Voluntary cost \$10). One group session will be available on Thursdays (February 19th - March 26th) at 3pm - a sign up sheet will be available. We will also look at the daily readings and reflections daily at the end of Morning Prayer live-streams. Revd. Karen

Bicentennial Fete Reminder - October or November are months away but wont take long to get there. Now is the season to start making jams, pickles, etc for our Bicentennial fete, with most fruits ready for picking. Thank you all in advance. Mike T

Upcoming Cruise Ship Visit: The Viking Orion (approx. passenger capacity of 930) is due to dock in Albany from 7am-5pm on Saturday, 21 March. We wish all a very happy visit to Albany and safe sailing.

Bunbury Diocese Mothers Union



Joining the dots...

God, Church, Community

**2026 ALBANY
LADY DAY FESTIVAL**

Friday 20th March 2026

REFRESHMENTS AVAILABLE
From 9.00 in Parish Hall

EUCCHARIST
10.00 St John's Albany (York St)

FELLOWSHIP AND REFRESHMENTS
AVAILABLE AFTER THE SERVICE



RSVP numbers by
Friday 13th March
Wendy Minchin, Albany Branch Secretary
Phone: 0428 858 024
Email: wendyminchin1@gmail.com

PEACE OF MIND

Regardless of age, an enduring power of attorney (EPA), an enduring power of guardianship (EPG) and an advanced health directive (AHD) can be accessed at <https://www.wa.gov.au/service/justice/civil-law/enduring-power-of-attorney> and are recommended to be in place to provide peace of mind to our families. Do you have a will?
AND FUNERALS - Information to assist you make your wishes known re funeral arrangements can be accessed via the Parish Office. The completed information is for your family and/or support persons to ensure your wishes are carried out.

Prayer Chain - A parish prayer chain has been re-established. If you have prayer requests **please contact Revd. Karen (0434 702 343)**, who will communicate with other members of the team. Prayer requests will not be discussed by prayer chain members and will be kept in confidence. If you wish for prayers to continue for more than one week, please contact Rev. Karen again. The importance and power of prayer is intrinsic in our faith.

Prayer is an act of worship that glorifies God and reinforces our need for God. "Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7 (NRSV).

CONTEMPLATIVE PRAYER. - CHANGE OF DATE AND TIME - A contemplative prayer service is held in the Lady Chapel every Wednesday at 10:45am. The format is flexible, but follows The Rhythm of Life: Celtic Daily Prayer by David Adam and includes a time of silent prayer, up to 20 minutes for regulars. The service is chosen as a result of discussion about matters on the hearts of those attending, and the contemplation based on a mantra taken from the psalm. The service usually takes less than an hour. The books are supplied,

Mission of The Month for March is Church Mission Society of Australia (CMS).

The CMS was founded in 1799 in England. Two of the founding members were John Newton, an Anglican priest who was formerly the captain of a slave ship, (he wrote Amazing Grace); and William Wilberforce who led the movement to abolish slavery. Together with others Wilberforce succeeded in stopping the slave trade in England. They were both part of a group of Evangelicals with a passion for spreading the Good News of the gospel worldwide. CMS in the UK took a particular interest in Australia, especially the Aboriginal community. At that time (1825) most of the action was in Sydney where a CMS outpost was established. The first

and contemplative time can be modified for those new to this form of prayer. You are most welcome to come and try a new experience! Cherry O'Donnell.

2026 Lectionaries are still available from the Office for \$12.50.

Emergency Relief - Hi everyone Thanks for your previous donations which we very much appreciated. We urgently require the following items:

- * 1 litre full cream long life milk.
- * 1kg plain or self-raising flour.
- * 1kg white rice.

Thank you and best wishes from the ER team.

Ministry opportunities - The Church cleaning team and Op Shop are looking for extra volunteers to join them. Please contact our Op Shop Manager, Wardens or Revd. Karen.

Church Watch is now up and running again on Fridays from 11am-2pm. If anyone is interested in assisting with this ministry please speak to

Direct Giving via Electronic Banking - Thanks again to those who are continuing to support the church in one form or another. Could I please ask that those that are electronically transferring money to the church follow the following instructions.

Ordinary Direct giving - quote the word "Donation" in the reference section and deposit into Anglican Community Fund.

**BSB: 706-001
Acc: 3000 3081**

Mission giving should be deposited into the Parish Holding Account using the word "Mission" as a reference.

**Banking details are:
BSB: 706-001
Acc: 3000 8763**

Missionaries from the UK arrived soon after. From Sydney they ventured further afield; the first overseas missionaries from Australia went to Sri Lanka (Ceylon as it then was) in 1892. The CMS branches in Australia eventually combined to form The Church Missionary Society of Australia. Since then Australia has sent Missionaries to many countries. As stated on the CMS Australia website their mission is:

- To reach gospel-poor peoples for Christ
- Equip Christians as leaders in the Church and the world.
- To engage churches in cross-cultural mission.

For further detail please go to the CMS website <https://www.cms.org.au>

Services at St John's.

We have implemented live streaming of services on Facebook - If you use Facebook please "like" the following pages Anglican Parish of Albany and Anglican Parish Albany Service Stream for live services or recordings. We will also put a link on the website www.anglicanchurchalbany.org.au so you can watch the recordings.

Normal Worship times:

Sunday 8:00am

Sunday 9.30am

Sunday 7.00pm

Tuesday 12.30 pm

Monday - Friday

Sung Eucharist with Hymns

Live streamed sung Eucharist with Hymns

Live Streamed Compline

Eucharist

Morning and Evening Prayer live streamed at 8am and 5pm.

The next Order of St Luke Healing Service will be held on Thursday 12th of March at 9.30am in the Lady Chapel.

CONTACT DETAILS

Priest-in-Charge: Reverend Canon Karen Cave - Mob: 0434 702 343

Email: priest@anglicanchurchalbany.org.au

Safe Church email - safechurch@anglicanchurchalbany.org.au

Wardens:

Email: wardens@anglicanchurchalbany.org.au

Mike Taylor: Mob: 0417 967 368

John Blake: Mob: 0438 761 950, (H) 9844 4587

Georgie Walker: Mob: 0428 425 293

Parish Office:

admin@anglicanchurchalbany.org.au

Rachel Matthews – 9841 5015

Parish Office Volunteer: Amy Mengler and Kate Britton.

Office Hours – Mon - Thurs 9am to 12pm and Fri 9am –5pm.

Op Shop:

Mob: 0474 265 500

Manager - Ann Robinson

Trading Hrs are 10am-2pm Mon-Fri.

Director of Professional Standards:

Ms Davina Goldthorpe - Ph: 9425 7203. Email:

safeministry@perth.anglican.org

Mandatory Reporting Service:

Ph: 1800 708 704. Website: www.mandatoryreporting.dcp.wa.gov.au