

Services and Events this week:

Mon 16th	8.30am	Morning Prayer
	9.45am	Stepping Stones
	2.30pm	Church Women's' Guild
	3.30pm	BIONYC Youth Club
Tues 17th	7.30pm	Lent Course
	Weds 18th	9.30am
	1.45pm	Lent Course
Thur 19th	9.30am	Holy Communion
	10.00am	Refreshments & Stalls
	5.15pm	Choir Practice
Sat 21st	10.00am	Time Out
Sun 22nd	8.00am	Holy Communion (BCP)
	10.30am	Holy Communion (CW)
	4.00pm	Evening Prayer at Christ Church Fulmodeston

Refreshments and Stalls on 5th March:

Refreshments (net) £ 80.00, Stalls £ 74.72, Total £ 154.72. As always, our thanks and appreciation go to all who helped or supported us on the day.

Children's Society

It is time to take in the Children's Society Donation Boxes which people have in their homes. Please can you bring your box to the Church during March and I will empty them and pass the contents on to the Society. I will return an empty box to you with a receipt for your contributions. Alternatively please call me on 0786 779 1899 and I will arrange to collect your box. If anyone would like a box please call me on that number. Thank you.

Janet Wyman

Covid -19 guidance

On Tuesday, 10th March all Diocesan clergy received an email from the Bishop of Norwich which referred to the latest update from the Archbishops. It read:

"As you will know, the situation regarding Coronavirus COVID-19 is rapidly changing. The Archbishops have now updated the Church of England's guidance. This includes:

- the suspension of the Common Cup and only offering Communion in one kind only to all communicants i.e. the consecrated bread/wafer/ host, with the priest alone taking the wine;
- the suspension of handshaking or other direct physical contact during the sharing of the peace;
- the suspension of direct physical contact as part of a blessing or 'laying on of hands'.

I support this as we need to act responsibly to limit the spread of this virus as part of our care for each other and the wider community."

So whereas last Sunday we were following a recommendation to suspend the wine at Communion, it is now a definite request and one which we need to adhere to in order to help where we can with the containment of the virus. Thank you for your understanding.

Francis



15th March 2020 The Third Sunday of Lent

Welcome to today's worship, especially if you are visiting us or here for the first time. If you are unsure of anything please do not hesitate to ask someone nearby. If you are a Communicant member in your own church you are welcome to come up to Communion. We have communion wafers that are gluten free – please ask. Please note there is no 'collection' during the service. If you would like to contribute to our ministry there is a donation desk at the back with a plate for cash and gift aid envelopes. There is also a card reader which is easy to use. Refreshments are served after the 10.30am service.

Francis Mason, Rector

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Today's Worship

8.00am	Holy Communion (BCP) Celebrant & Preacher: Francis Mason
10.30am	Holy Communion (CW) Celebrant & Preacher: Francis Mason Leader: Linda Frost (Reader) Organist: Jonathan Dodd
12.15pm	The Christening of Freya Gould
6.30pm	Choral Evensong Leader: Elaine Burbidge (Reader)

Please remember in your prayers:

- Bishop Graham, Bishop Alan and Bishop Jonathan;
- The Religious Society of Friends and the Area Representative, David Saunders;
- in the Deanery; the Readers of the Deanery, also the Church Wardens, Treasurers, Secretaries, Parochial Church Councils (PCCs) and all people who offer ministry within the life of the Church;
- the Chamber of Trade;
- those who live or work in Waterfield Avenue, Waterfield Close and Jubilee Avenue;
- those who are unwell or in any kind of trouble including: Mary, Sue & Andrew, Ken, Pam Thomas and David Homan;
- those known to us who have died recently & their families – Maggie Hunter, John Tuck, Terry Parke, Shireen, Judith Cletheroe and Ian Reynolds;
- the baptismal anniversary of Sienna.

Mid Norfolk Foodbank

We have received a letter from the foodbank thanking the congregations of both Fakenham and Fulmodeston churches for donations made in 2019. In total, our churches donated 426kg of food which provided around 682 meals for people in crisis. The foodbank continues to need donations of non-perishable food items and, in particular, are in urgent need of the following:- tinned tomatoes, long life fruit juice, tea (small, non-speciality packs), coffee and nappies (sizes 4-6).

Music today:

Hymns (Green Book) – 90, 39, 83, 231 and 188.

We have some large print copies of our hymn books and the service order available – please ask.

Music: O Lord my God, to thee (Arcadelt)
Panis Angelicus (Saint-Saens)

Collect for the 3rd Sunday of Lent

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. **Amen**

Readings today:

Exodus 17.1-7

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. ²The 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?' ³But 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?' ⁴So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' ⁵The 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. ⁶I 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. ⁷He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

John 4.5-42

So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

⁷A 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.) ⁹The 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.) ¹⁰Jesus 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.' ¹¹The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water?' ¹²Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' ¹³Jesus said to her, 'Everyone who drinks of this water will be thirsty again, ¹⁴but 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.' ¹⁵The 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.'

¹⁶Jesus said to her, 'Go, call your husband, and come back.' ¹⁷The woman answered him 'I have no husband' Jesus said to her, 'You are right in saying "I have no husband"; ¹⁸for you have had five husbands, and the one you have now is not your husband. What you have said is true!' ¹⁹The woman said to him 'Sir, I see that you are a prophet. ²⁰Our ancestors worshipped on this mountain but you say that the place where people must worship is in Jerusalem.' ²¹Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²²You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³But 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. ²⁴God is spirit, and those who worship him must worship in spirit and truth.' ²⁵The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' ²⁶Jesus said to her, 'I am he, the one who is speaking to you.'

²⁷Just 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?' ²⁸Then 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?' ³⁰They left the city and were on their way to him.

³¹Meanwhile the disciples were urging him, 'Rabbi, eat something.' ³²But he said to them, 'I have food to eat that you do not know about.' ³³So the disciples said to one another, 'Surely no one has brought him something to eat?' ³⁴Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. ³⁵Do 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. ³⁶The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷For here the saying holds true, "One sows and another reaps." ³⁸I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.'

³⁹Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' ⁴⁰So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. ⁴¹And many more believed because of his word. ⁴²They 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.'

Next week's readings – the 4th Sunday of Lent

Colossians 3.12-17 and John 19.25b-27