

Lent 3 **7th March , 2010**

TODAY

Gary is worshipping at St Barnabas', Lodge Road, this morning, supporting the Parish there at a difficult time.

5.30p.m. Choir Practice at St Alban's

6.30p.m. Evensong with Choir at St Alban's

THIS WEEK

Mon 5.00p.m. Evening Prayer at St Alban's

7.30p.m. Meeting to plan the ***Joyful Discipleship*** Parish Day on April 24th - ***all are*** invited to come along and be a part of the planning.

Wed 9.00a.m. Morning Prayer at St Mary's

9.30a.m. Holy Communion at St Mary's

11.00a.m. Holy Communion at Grange Court. All welcome

Fri 9.00a.m. Morning Prayer at St Alban's

9.30a.m. Holy Communion at St Alban's followed by refreshments in the Community Room

- 10.15a.m. Friday Coffee Pot and Credit Union at St Alban's. All welcome
- 12.00noon-2.00p.m. Lent Lunch in support of Christian Aid, Immaculate Conception, each Friday in Lent
- 5.00p.m.** Staff Planning meeting at the Vicarage.
- 8.00p.m. Choir Practice at the Vicarage - all welcome as we prepare music for the following month.
- Sat 10am-2pm **Spring Cleaning** at St Alban's - see Lent Leaflet. Come for as much or little as you'd like. Lunch provided.

NEXT SUNDAY

Lent 4

(Mothering Sunday)

READINGS for next week : I Samuel 1: 20-28, Ps. 127: 1-4 , Colossians 3 : 12-17, John 19: 25-27

- 8.00a.m. Holy Communion at St Mary's
- 10.00a.m. **Mothering Sunday Service** at St Alban's, with the distribution of flowers
- 10.30a.m. **Mothering Sunday Family Service** at St Mary's with the distribution of flowers
- 12.30p.m. **Steps to Peace** - Council of Faiths Walk to different places of worship for students and young people. Meet at the Peace Fountain in East Park, Centre of Southampton - see notice in Church for more details. (The Southampton Council of Faiths AGM, at Taunton's College, Hill Lane, advertised for today is now on the 28th)
- 6.30p.m. Evensong at St Alban's

NOTES AND NEWS

JOYFUL DISCIPLESHIP PARISH DAY: Please book Saturday, April 24th for all of us to think pray, plan and celebrate together. Please come if you can - details to follow. On **Monday, March 8th**, 7.30p.m., at the Vicarage, there will be a planning session with the Revd Mike Powis who is going to facilitate the day for us - please come along and help us shape the day so that we get the most out of it.

LENT PROGRAMME - The Parish Lent Programme is in the February Magazine. There are opportunities for study, prayer and practical help. Spring Cleaning at St Alban's on *Saturday, March 13th*, 10-2, and at St Mary's on *Wednesday, March 24th*, starting at 10.00a.m.

COVENANT LENT GROUPS: WHEN I SURVEY... CHRIST'S CROSS AND OURS - *The Lent Groups are now organised* - see the list on the notice boards at the back of Church. *If you would still* like to join a group, look at the list and phone the host of the group you would like to join to confirm there is still a place for you. There are five sessions, meeting at various venues and times beginning this week.

SWINE FLU PRECAUTIONS - We encourage use of the alcoholic rub provided as you enter the Church, and at any later point you wish to use it. Please speak to one of the Clergy if you have any concerns.

E-MAIL PEW SHEET - Would you like to receive this Pew Sheet by e-mail each week? If so, send a message to Julie in the Office at Swaythling.Parish@tiscali.co.uk and she will send you a pdf copy.

The Parish Website is: www.swaythlingparish.org.uk

The Vicar is: The Revd Canon Gary Philbrick - 023 8055 4231

SOME ENGAGEMENTS FROM THE VICAR'S DIARY THIS WEEK.

In addition to the events listed above, please pray for:

Monday afternoon, Deanery Meeting with Assistant Area Dean.

Tuesday Morning, Deanery Chapter of Clergy meeting, and in the evening the Collation of the Revd Robert Sanday as the Vicar of Lord's Hill and Lord's Wood.

Wednesday evening, sharing a Lenten Reflection with the local LGCM group.

READINGS FOR TODAY
- and for you to use during the Week

Lent 3
7th March , 2010

COLLECT:

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.

**A Reading from the Book of the
Prophet Isaiah**

Isaiah 55.1-9

The LORD says this: 1 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. 2 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. 3 Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David. 4 See, I made him a witness to the peoples, a leader and commander for the peoples. 5 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. 6 Seek the LORD while he may be found, call upon him while he is near; 7 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. 8 For my thoughts are not your thoughts, nor are your ways my ways, says the LORD. 9 For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

At the end, the Reader says:

For the word of the Lord.

Thanks be to God

Psalm 63.1-8

1 O God, you are my God; eagerly I seek you;
my soul is a-thirst for you.

- 2 My flesh also † faints for you,
as in a dry and thirsty land where there † is no water.
- 3 So would I gaze upon you in your † holy place,
that I might behold your power † and your glory.
- 4 Your loving-kindness is better than † life itself
and so my † lips shall praise you.
- 5 I will bless you as long † as I live
and lift up my hands † in your name.
- 6 My soul shall be satisfied, as with mar-† row and fatness,
and my mouth shall praise you with † joyful lips,
- 7 When I remember you u-† pon my bed
and meditate on you in the watches † of the night.
- 8 For you have † been my helper
and under the shadow of your wings will † I rejoice.

A Reading from the First Letter of Paul to the Corinthians

1 Corinthians 10.1-13

1 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, 2 and all were baptized into Moses in the cloud and in the sea, 3 and all ate the same spiritual food, 4 and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. 5 Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness. 6 Now these things occurred as examples for us, so that we might not desire evil as they did. 7 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.’ 8 We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. 9 We must not put Christ to the test, as some of them did, and were destroyed by serpents. 10 And do not complain as some of them did, and were destroyed by the destroyer. 11 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. 12 So if you think you are standing, watch

out that you do not fall. 13 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.

At the end, the Reader says:

For the word of the Lord.

Thanks be to God

THE GOSPEL READING

Please stand and turn to face the Gospel Reader

An acclamation heralds the Gospel, to which all reply:

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

When the Gospel is announced, the Reader says:

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

Glory to you, O Lord.

Luke 13.1-9

1 There were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. 2 He asked them, ‘Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? 3 No, I tell you; but unless you repent, you will all perish as they did. 4 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? 5 No, I tell you; but unless you repent, you will all perish just as they did.’ 6 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. 7 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?” 8 He replied, “Sir, let it alone for one more year, until I dig around it and put manure on it. 9 If it bears fruit next year, well and good; but if not, you can cut it down.”’ .

At the end, the Reader says:

This is the Gospel of the Lord.

Praise to you, O Christ.

(c) New Revised Standard Version of the Holy Bible.

Eucharistic Prayer: C

THERE IS A REDEEMER

1. There is a Redeemer,
Jesus, God's own Son,
Precious Lamb of God, Messiah,
Holy one.

Chorus: Thank you, O my Father,
For giving us your Son,
And leaving your Spirit till
The work on earth is done.

2. Jesus, my Redeemer,
Name above all names,
Precious Son of God, Messiah,
Lamb for sinners slain.
3. When I stand in glory
I will see his face,
And there I'll serve my king for ever,
In that holy place.

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POST COMMUNION: Lent 3

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.**