

**Truro
Cathedral**
sacred space, common ground

**Sunday 8 March 2026
3rd Sunday of Lent**

Worship in Truro Cathedral today

08:00	BCP Holy Communion	President Revd. Andrew Yates
10:00	Choral Eucharist	President Dean Simon Robinson Preacher Revd. Keiren Marwood
16.00	Choral Evensong	Preacher Revd. Joanna Abecassis

10.00am Hymns for this morning's service

333, 360, 234

Music for the 10am Choral Eucharist, sung by Truro Chamber Choir

Introit Lord, for thy tender mercy's sake *Farrant*

Mass for four voices *Byrd*

Motet Vere langoures *Victoria*

The Collect: 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 forever. **Amen.**

First reading: 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.

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

Psalm 95

Andrew Moore

Response

cf. v. 6 O come let us wor-ship and bow down and kneel be - fore our Ma - ker.



O come let us sing to the Lord;
Let us heartily rejoice in the rock of our salvation.
Let us come into his presence with thanksgiving
And be glad in him with psalms.

For the Lord is a great God
And a great king above all gods.
In his hand are the depths of the earth
And the heights of the mountains are his also.
The sea is his, for he made it, .
And his hands have moulded the dry land.

Come let us worship and bow down
And kneel before the Lord our Maker
For he is our God;
We are the people of his pasture and the sheep of his pasture
and the sheep of his hand.

Second reading: Romans 5.1-11

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.

Gospel reading: 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. 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 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 them 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.'

Post Communion Prayer: Merciful Lord,
Grant your people 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**

Music for Choral Evensong, sung by Truro Chamber Choir
 Watson in E
 Anthem O Lord, in thy wrath *Gibbons*

Responses *Leighton*
 Psalm 40
 Hymns 336, 339

This week we are praying for: May Kincaid, Fiona Davie, Mary Prior, Elliot Wills, Laura Ruth Robathan, Jill Staplehurst, Colin Bradley, Sophia Jenkins, Keith Halstead, Katharine Shephard.

RIP: Tim Pickering, Ann Johnson.

Next Sunday, 15 March, Mothering Sunday

8.00 BCP Holy Communion Dean Simon Robinson
 10.00 Choral Eucharist President Dean Simon Robinson
 Preacher Revd. Jane Vaughan Wilson
 16.00 Evening Prayer with Hymns
 18.00 Kres – Contemporary Celtic Worship

Services for the week beginning: 9 March 2026

Monday 9 March	09:00 Holy Communion 09:30 Morning Prayer 17.30 Choral Evensong
Tuesday 10 March	09:00 Holy Communion 09:30 Morning Prayer 17.30 Choral Evensong
Wednesday 11 March	09:00 Holy Communion 09:30 Morning Prayer 17.30 Choral Evensong
Thursday 12 March <i>Paul Aurelian, Bishop</i>	09:00 Holy Communion 09.30 Morning Prayer 12.10 Christian Meditation 17.30 Choral Evensong
Friday 13 March	09.00 Holy Communion 09.30 Morning Prayer 11:00 BCP Holy Communion 17.30 Choral Evensong
Saturday 14 March	09:00 Holy Communion 09:30 Morning Prayer 16:00 Evening Prayer

Notes from the Office

Friends Coffee Morning: Wednesday 11 March - 10-1130

Friends coffee morning in the Cathedral Chapter House. Hot drinks, homemade cakes on sale, a raffle and plenty of chatter. Everybody welcome.

Lent Readings for the week commencing 9 March

Monday 9th	Chapter 17	11.30	Chapter 18	12.00 noon
Tuesday 10	Chapter 19	11.30	Chapter 20	12.00 noon
Thursday 12	Chapter 21	11.30	Chapter 22	12.00 noon
Friday 13	Chapter 23	12.00 noon	Chapter 24	12.30pm

Baptism & Confirmation at Easter

If anyone is interested in Baptism or Confirmation, it's not too late to contact Canon Sue for preparation during Lent. Also, the following sessions will help in your preparation for Confirmation.

Exploring the Christian Faith will be in the **Chapter House at 3-3.45pm** on the following days:

Sunday 8th March: Different ways of Praying.

Sunday 15th March: The Bible and the Holy Spirit.

Sunday 22nd March: The Church and the Sacraments.

Sunday 29th March: Baptism and Confirmation.

All are welcome to attend any or all of these sessions.

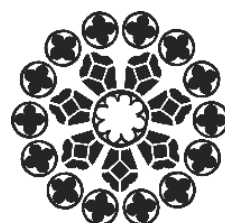
Stations of the Cross

A moving and inspiring set of stations of the Cross by the artist Judith Tutin will once more be installed around the cathedral this Lent. We are very grateful to Judith for all her work on this. Please do tour them and use them in your own devotions. We will also be using them liturgically on a number of occasions within the coming weeks. More details of these devotional tours of the stations will follow soon. Relevant books and cards are available in the pop-up shop.

Choir News : Members of the cathedral choir have been invited to sing at the 10 am Eucharist this morning with Exeter Cathedral Choir. We are grateful to the Truro Chamber choir who will be singing Choral Evensong for us later today as well as their singing at other services during the past week.

Organ Recitals resume on Thursday 12 March.

Truro Cathedral Charity Number: 1207821



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