



SUNDAY BULLETIN

Sunday 8 March 2026

The Third Sunday of Lent

SERVICES TODAY:

— Outside our usual pattern of worship

8.00 am

Holy Communion (BCP)

Celebrant &
Preacher: The Canon Precentor

9.00 am

All-Ages Eucharist

President: The Canon Pastor and Sub Dean
Preacher: Caitlin Fitzjohn, Cathedral Reader

10.30 am

Choral Eucharist (L)

Choir: Cathedral Choir
President: The Canon Pastor and Sub Dean
Preacher: The Canon Precentor
Hymns: A&M 445 (Tune 337), 669, 652
Setting: Missa Brevis Sancta Cecilia
Anthem: Upon your heart
Voluntary: Durch Adams Fall ist ganz verderbt

*Sarah MacDonald
Eleanor Daley
Dietrich Buxtehude*

3.10 pm

Lent Organ Recital (L)

Organist: David Cook

3.30 pm

Choral Evensong (L)

Choir: Cathedral Choir
Hymns: NEH 242, 73
Responses: Forbes-L'Estrange
Psalm: 40
Canticles: The St Mary's Service
Anthem: The search for God
Voluntary: Attende Domine

*Anna Lush
Sarah Cattley
Jeanne Demessieux*

SERVICES IN THE WEEK AHEAD:

Details of this week's services can be found on the Cathedral's website or on service booklets throughout the Cathedral, but please check as they may be subject to change: stedscathedral.org.

St Edmundsbury Cathedral runs on the generosity of our community and your donation will help to ensure that our work can continue. You can donate via our Gift Aid envelopes, our tap boxes on entry or exit, or by scanning the QR code here (using the camera on your mobile phone or tablet) and [donating via our website](#). We are very grateful for your support!

SCAN ME



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NOTICES THIS WEEK:

The Dean, This Sunday, 8 March:

Today, the Dean is preaching at the 10.45 am Parish Mass at St Mary-at-the-Elms, Ipswich.

Lent Organ Recitals:

During Lent the music department are hosting five short recitals of seasonal repertoire prior to Sunday Evensong. The recitals will start at 3.10 pm, and lead straight into Choral Evensong at 3.30 pm. Free to attend. Today's recital is by David Cook, organist at All Hallows-by-the-Tower.

Bellringing:

In March there will be three Sunday afternoon quarter peal attempts, on 8 March, 15 March and for the Justice Service on 22 March. There will also be a full peal attempt by a local band and friends on Saturday 14 March starting at around 10.00 am. In February each year there is a bellringing striking competition for 12 bell bands across Essex, Norfolk and Suffolk, and this year it was hosted at Great Yarmouth Minster. The aim of the competition is for each ringer to place their bell accurately amongst the other 11 bells, and we are very pleased to advise that our band beat six other teams to bring home the trophy.

Together on Tuesday, Tuesday 10 March:

Our next 'Together on Tuesday' service takes place on Tuesday 10 March at 2.00 pm in the Edmund Chapel. This informal and friendly service is for anyone who might find a longer service difficult and is also suitable for those with dementia and their carers. Refreshments served after.

St Edmund's RC Church, Tuesday 10 March, 7.30 pm in the Crypt:

A talk by Rabbi Roddy Young from Norwich Synagogue, entitled: Eat drink and be merry! But do a little fasting too... A gallop through the Jewish year - what we do, why we do it and how we do it!

Guild Get-Together, Thursday 12 March:

The first meeting of the year will take place at 10.00 am in the Edmund Room on Thursday 12 March. Phil Roberts will talk about the Mary Rose and his involvement with it over the years. Refreshments will be available and everyone is welcome.

Flower Arranging:

An invitation to coffee and a general chat on Thursday 12 March, 10.30 am at 7 Schoolhall Lane, Bury St Edmunds. Please do come if you are existing arranger/waterer, or would like to know more about arranging flowers in the Cathedral. Please let me know if you can come.
Sue Cockram 01284 766688.

Cathedral Mothers' Union Meeting, Friday 13 March:

The Mothers' Union will be meeting on Friday 13 March at 10.00 am until 1.00 pm to prepare Mothering Sunday posies. If you would like to help, please join us in the Learning Hub. If you can donate any greenery you might have in your garden, especially rosemary, it will be greatly received.

Bury St Edmunds Fairtrade Partnership Coffee Morning:

Bury St Edmunds Fairtrade Partnership Coffee Morning will be held at Trinity Methodist Church, Brentgovel Street on Saturday 14 March from 10.00 am - 12.00 noon. A stall with fairtrade goods will be available. Do come along.

FOCC 500 Club Draw:

The winners of the Friends of the Cathedral Choirs 500 Club draw for March are Richard Summers (£25), Paul Collard (£15) and Russell Tilbury (£10).

Confirmation:

This year's diocesan confirmation service is taking place at the Cathedral on Sunday 3 May at 3.30 pm. If you are an adult, have not been confirmed, and would like to take this next step on your faith journey (or, at least, would like to find out more about it), please speak to Canon Katy.

English Sacred Choral Music – Living Heritage:

Cathedral Music Trust is leading a national initiative to recognise English sacred choral music as part of the UK's submission to UNESCO's Intangible Cultural Heritage list. Members of the congregation who wish to support this recognition are warmly invited to find out more and sign the petition by scanning the QR code.



Eastertide Saturday Pilgrimages:

Saturday 25 April: Lavenham to the Cathedral. A day's walk on St Edmunds Way.

Saturday 9 May: Rogationtide Walk 'Beating the Bounds' of Exning & Newmarket Parishes.

Saturday 16 May: Little Gidding Annual Pilgrimage from Leighton Bromswold to Little Gidding in Huntingdonshire.

For information and registration please contact Mark, the Cathedral Chaplain
markhaworth@stedscathedral.org or telephone 07932 160009.

NEXT SUNDAY, 15 March, *Mothering Sunday / Lent 4*

8.00 am **Holy Communion (BCP)**

9.30 am **Choral Mattins**

10.30 am **All-Ages Eucharist**

3.10 pm **Lent Organ Recital**

3.30 pm **Choral Evensong**

5.00 pm **Marcel Dupré's Symphonie-Passion**

Organist: Richard Cook

The full version of the Sunday bulletin is available by email. If you are not receiving the bulletin this way and would like to, please email us at reception@stedscathedral.org. You can also use the QR code here to [sign up via our website](#).

SCAN ME



Sunday Bulletin: copy deadline is 12 noon every Wednesday.

Send items to liturgy.admin@stedscathedral.org

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 for ever.
Amen.

POST COMMUNION PRAYER

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:

THE FIRST READING:

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?'

Exodus 17.1-7

THE SECOND READING:

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.

Romans 5.1-11

THE GOSPEL READING:

Jesus 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 of 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 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 Jesus 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.'

John 3.1-17