

## Reflection for Lent 3

This week's reading from Isaiah and the Psalm set for the day both start with references to thirst and water. I can't help but think of those poor people in Ukraine who are now suffering from having their cities and homes bombed. Basic services such as water are being disrupted and life without safe water is very difficult. Other parts of the world have water shortages and droughts through global warming and climatic conditions.

### Isaiah 55 v1 says,

Ho, everyone who thirsts, come to the waters;  
and you that have no money, come, buy and eat!

### Psalm 63 says,

- 1 O God, you are my God; eagerly I seek you;  
my soul is athirst for you.
- 2 My flesh also faints for you, as in a dry and  
thirsty land where there is no water.

God is the water that refreshes us, that keeps us  
alive and going. Water is essential to our physical  
lives as well.

It is through the waters of baptism that we come to  
God, our lives are refreshed and revitalised as sin  
is washed away.

*Phil Baker*

## Codes for Zoom Compline on Sundays during Lent

**Meeting ID:** : 767 2850 1397

**Passcode:** QxdMw1

**Telephone numbers:** 0203 481 5237,  
0203 481 5240, 0131 460 1196

## NEXT SUNDAY 27.03.2022 Mothering Sunday

**SERVICES:** 10.30am in Church. 8pm Zoom

**READINGS:** OT Exodus 2: 1-10  
NT 2 Corinthians 1: 3-7  
GOSPEL John 19: 25-27



## CONTACT US

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# St Thomas, Exeter

**20th March 2022**

## Lent 3

**10.30am in Church. 8pm Compline by Zoom**

### Today

**10.30am** Sung Eucharist

**8pm** Compline by Zoom

### Tuesday 22nd March

**7.30pm** House Group by Zoom (see Ian)

### Wednesday 23rd March

**10am** Holy Communion (BCP)  
followed by coffee and Lent Group

**2pm-4pm** Young at Hearts

### Thursday 24th March

**9.30-11am** St Thomas Tots with Breast  
Feeding Support

**10.30am** Knit & Natter at 19 Maple Road

### Friday 25th March

**11.30am** Stations of the Cross

### Saturday 26th March

**12.30pm** Ladies Lunch at The Royal Oak.



## 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**

## Isaiah 55.1–9

Ho, 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. 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. 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. See, I made him a witness to the peoples, a leader and commander for the peoples. 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. Seek the LORD while he may be found, call upon him while he is near; 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. For my thoughts are not your thoughts, nor are your ways my ways, says the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

## Psalms 63.1–9

O God, you are my God; eagerly I seek you; my soul is athirst for you. My flesh also faints for you, as in a dry and thirsty land where there is no wa-

ter. So would I gaze upon you in your holy place, that I might behold your power and your glory. Your loving-kindness is better than life itself and so my lips shall praise you. I will bless you as long as I live and lift up my hands in your name. My soul shall be satisfied, as with marrow and fatness, and my mouth shall praise you with joyful lips, When I remember you upon my bed and meditate on you in the watches of the night. For you have been my helper and under the shadow of your wings will I rejoice. My soul clings to you; your right hand shall hold me fast.

## Luke 13.1–9

At that very time there were some present who told him about the Galileans whose blood Pilate had mingled with their sacrifices. Jesus asked them, 'Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. 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? No, I tell you; but unless you repent, you will all perish just as they did.' 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. 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?" He replied, "Sir, let it alone for one more year, until I dig round it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down."

## Post Communion

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**

## NOTICES

For our services in Church, **mask wearing** is not now compulsory but we would still advise it while infection numbers remain high. If you are coming to coffee, we also recommend wearing a mask until you are seated in the Hall.

**Knit and Natter March 2022** We shall be meeting every Thursday from 10.30 to midday at 19 Maple Road. Details from Jenny on 01392 498725.

**House Group.** We are meeting every Tuesday throughout Lent. We will be following the C of E 'Living in Love and Faith' course. New people very welcome!

**Community Larder** is receiving donations on Tuesdays from 10am-12noon.

**Wednesday 23rd March at 10am.** This month Fr Dominic Cyrus will celebrate a Walsingham Mass for us on the fourth Wednesday in The Lady Chapel. Do come to this brief and uplifting service.

**DBS renewals and checks** a message from Carolyn Bryant, Parish Safeguarding Representative. As a result of recent changes DBS checks now need to be renewed every 3 years instead of 5, so everyone will need to complete a new online application. All PCC members will need a DBS check in their capacity as trustees of an organisation working with and supporting children and vulnerable adults. There are also others in connection with their work with children, taking communion to people in their homes etc. Please look out for an email from me with instructions and a link to the online application form over the next couple of weeks and speak to Jane Vowles or me if you have any questions. We appreciate that not everyone has access to email or may need additional support with the application process, providing acceptable ID etc and we would be happy to help if required. Carolyn Bryant 07780707183 Jane Vowles 07759263410

**St Andrew's, Exwick.** Please note that Fr David and Rev Sarah are covering some of the Sunday morning services at Exwick after the retirement of Jerry Bird.

