

Keep-fit & Pilates

A BRAND new class to help improve general fitness, heart and lung function by performing light cardio-vascular exercises using your own body weight.

In the Church Hall, each TUESDAY afternoon at 1pm.

Cost is £6 per session - just turn up!

LENT COURSE

THE focus of our Lent Course is 'Let's talk... Jesus!' with a mixture of short films, discussion, sharing and prayer.

It's suitable for everyone, so please do come along!

Wednesday evenings in Lent (some or all of them) at 7.30pm in Church.

TEA Service

TODAY 15 MARCH 3PM

(In the Church Room)

A GOOD SING, plus great fellowship and of course, tea, cakes and afterwards a time for conversation.

All welcome!

Friday Night Live

20 MARCH 6.30PM

SOMETHING for you, no matter what your age... so why not try it!?

Starts at 6.30pm in Church and afterwards we share food together at 7.30pm in the Church Hall, *everyone is welcome*.

Mothering Sunday Flowers

FANCY helping to make up the bunches? Then please meet up on Saturday morning 21 March 9.30am in the Church Room, ready for:

MOTHERING SUNDAY!

SUNDAY 22 MARCH 10AM

A Special All Age Service!



HOLY WEEK

SERVICES
at St Stephens Soundwell

- **PALM SUNDAY** 05 APRIL 10AM
- **MAUNDY THURSDAY**
09 APRIL 7.30PM
- **GOOD FRIDAY** 10 APRIL
11.30AM – 1PM All ages
Journey with Jesus to the Cross
1PM–2PM *Quiet reflection + Music*
2PM–3PM *Last hour at the Cross*
- **EASTER SUNDAY** 12 APRIL
SERVICES 8AM & 10AM
TEA SERVICE 3PM

Easter Egg Appeal

TODAY is the final day for us to receive Easter Eggs for The Sisters of the Church. They are unable to take them after this week.

www.saintstephensoundwell.org

 [saintstephen soundwell](https://www.facebook.com/saintstephen-soundwell)  [@SoundwellChurch](https://twitter.com/SoundwellChurch)

CHARITY NUMBER 1131503

15 MARCH 2020

THIRD SUNDAY OF LENT

BIBLE READINGS: EXODUS 17:1-7; JOHN 4:5-42

Loved by God

'TO BE loved but not known is comforting but superficial. To be known and not loved is our greatest fear.

But to be fully known and fully loved is what it means to be loved by God' (*Timothy Keller*)

THE story of the Samaritan woman from our gospel reading today is one that has parallels with my own story.

Jesus is on his way north travelling through Samaria when he encounters a Samaritan woman, come to draw water in the heat of the day. The fact that she does this probably says something about how life was for her, how she felt about herself.

She didn't want to run into people; people who likely as not she felt judged by. What she would not have been expecting was to engage in conversation with a man – and a Jewish man at that! But she ends up having a profound spiritual conversation with him.

And then it gets personal: '*Go, call your husband and come back*', Jesus tells her. In that moment, she had a choice: was she going to tell the truth? There was something about Jesus – the way he saw her, spoke to her – that gave her the courage to be truthful with him: '*I don't have a husband*', she replied.

Imagine her surprise at Jesus' response: '*You are right when you say you have no husband. You have had five husbands and the man you are living with now is not your husband*'. He knew her!

He knew her – in all the chaos of her life; he knew her and he accepted her. There was no condemnation: 'to be fully known and fully loved is what it means to be loved by God'.

Her encounter with Jesus that day changed everything for this woman. Her story has parallels with my story – and maybe with some of yours too?

The same Jesus who knows, accepts and loves me, who knew, accepted and loved the Samaritan woman; that same Jesus knows, accepts and loves each and every one of you too.

Rev Julie Bradley



NEXT WEEK IS MOTHERING SUNDAY
A SPECIAL ALL-AGE SERVICE