



**8 MARCH 2026**



Welcome to worship, we hope you enjoy being with us.

### **Lectionary Readings**

**This week 8 March, 2026**

Exodus 17:1-7  
Psalm 95  
Romans 5:1-11  
John 4:5-42

**Next week 15 March, 2026**

1 Samuel 16:1-13  
Psalm 23  
Ephesians 5:8-14  
John 9:1-14

### **Ministerial Leave**

Rev Gail is still on leave for the next two weeks. If you have any pastoral concerns during this time, please contact one of the ministry team or Sue in the office.

### **Building Works**

Just a reminder that the building works have commenced and there is **no access to the chapel for at least the next two Sundays except for those on sound and powerpoint.**

We still have access to the hall but there is limited access to the child care centre beyond the toilets, for safety reasons, during the roof replacement work.

### **Return and Earn Support reminder.**

I'm asking for your help in supporting a single mum to raise money for her 14 year-old son to go to the Scout Jamboree next year in Poland.  
Please save and bring in cans/ bottles (cash for cans) to church.

If you have lots I can come and collect them from you.

Karen M



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## **Thoughts on Ephesians 4:25-5:2**

Today's reading starts with Paul spelling out the wonder of what Jesus has done, not just for the Ephesians but for all of us. Paul celebrates the reconciling power which will bring all things into one harmony. One Lord, one faith, one baptism!

But if we believe with Paul that Christ is about transforming all things, then we must begin at home. We are not in a position to feel superior to those early Christians to whom he wrote this letter. The practical implications of what Paul wrote still apply to us.

Stop lying? No white lies. And no deceit by truth withheld? How does our honesty in all our dealings stack up?

Anger? Recognising when we are angry, and then channelling it for good not evil? Do we pass this simple test?

Theft? There are plenty of ways of stealing other than breaking into houses, from tax evasion to robbing another of their dignity. What is our record?

Verbal abuse and the disrespect for others that lies behind it? Racist and religious prejudice? Does that lurk among us?

Do we choose words to bless others rather than hurting them? Words that affirm, encourage, inspire and lighten the load that others bear?

Spitefulness? Nursing resentments? Getting your own back is regarded by some as the smart thing to do. Are we infected with that disease?

Gossip? It is not just those libels that end up in court that do damage. Good will and trust can be shredded by some of the more sneaky slanders.

Being generous and merciful? Giving without looking for reward, and forgiving as Christ forgives us? Is that truly our style?

Not offending the Spirit of God within us? But always respecting the honour that God has bestowed upon us?

How far advanced are we beyond the Ephesians?

Paul's grand vision of Christ reconciling everything, and drawing all together in beautiful harmony before God, comes down to such basic issues. The multiplicity of small words and deeds should embody the beauty of our belief.

We are called not to be commentators but practitioners of faith in Christ Jesus.