



# St John's Cathedral 聖公會聖約翰座堂

Anglican Diocese of Hong Kong Island  
Hong Kong Sheng Kung Hui

*'St John's Cathedral is a place of God's grace, welcoming all,  
following Christ and changing lives in the heart of Hong Kong.'*

## THE THIRD SUNDAY OF LENT 8TH MARCH 2026

### **8.00am Said Eucharist**

Celebrant and Preacher: The Revd Robert Martin CMP  
Reader: Faye Yee

### **9.00am Responsorial Eucharist**

*(<https://youtube.com/live/bdo2oCWDvJ4>)  
(Eucharistic Prayer C) Lent Prose (verse 3)*

Celebrant: The Revd Canon Dwight dela Torre  
Preacher and Deacon: The Revd Robert Martin CMP  
Communion Setting: Mass of Christ the Saviour (Dan Schutte)  
Hymns: 465i, 89ii, 101, 84  
Anthem: The Song of the Tree of Life  
(Ralph Vaughan Williams)  
Readers: Mark Tse, Susan King  
Intercessor: Eunice Tuma-ac

### **10.30am Sung Eucharist (Mandarin)**

Celebrant: The Revd Francis Yu  
Preacher: The Revd Polly Wong

### **11.45am Choral Mattins**

Officiant: The Revd Robert Martin CMP  
Preacher: The Revd Professor Philip Wickeri  
Reader: Gareth Williams

### **1.30pm Sung Eucharist (Pilipino)**

Celebrant and Preacher: The Revd Sharon Langbis


### **5.00pm Healing Eucharist**

Celebrant: The Dean  
Preacher: The Revd Canon Dwight dela Torre  
Hymns: 484, 489, 97i, 84  
Reader: Zenaida Carias

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## THIS WEEK AT ST JOHN'S CATHEDRAL

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<b>MON 9th March</b>	8.00am	Said Eucharist
	12.25pm	<i>Meditation Group</i>
	1.00pm	One o'clock Prayer
<b>TUE 10th</b>	8.00am	Said Eucharist
	1.00pm	One o'clock Prayer
	1.15pm	Said Eucharist
	7.00pm	<i>Bible Reading Fellowship (in person)</i>
<b>WED 11th</b>	8.00am	Said Eucharist
	1.00pm	One o'clock Prayer
	1.15pm	<i>Lunchtime Recital—Vocal Recital by Eva Chi (Soprano)</i>
	6.00pm	Said Eucharist
<b>THU 12th</b>	8.30am	Said Eucharist
	1.00pm	One o'clock Prayer
	1.15pm	Said Eucharist
	2.30pm	<i>Parents and Toddlers</i>
<b>FRI 13th</b>	8.00am	Said Eucharist
		<b>STATIONS OF THE CROSS</b> <b>12.15pm on Fridays in Lent</b> 
	3.00pm	<i>Friday Fellowship Group</i>
	8.00pm	<i>'Among Us' (Youth Ministry)</i>
<b>SAT 14th</b>	8.30am	Said Eucharist
	12.00noon	Said Eucharist (Filipino)
	4.00pm	<i>Andrew Fellowship</i>
	6.00pm	Sung Eucharist (Cantonese) (Anticipated Sunday Service)
<b>SUN 15th March</b> <i>1 Samuel 1.20-end</i> <i>Psalm 127.1-4</i> <i>2 Corinthians 1.3-7</i> <i>John 19.25b-27</i>		<b>Mothersing Sunday (The Fourth Sunday of Lent)</b>
	8.00am	Said Eucharist Celebrant and Preacher: The Dean
	9.00am	Sung Eucharist Celebrant: The Revd Robert Martin CMP Preacher: The Revd Professor John Kater
	10.30am	Sung Eucharist (Mandarin) Celebrant and Preacher: The Revd Canon Peter Koon
	11.45am	Responsorial Eucharist—Provincial (Rite II) Celebrant: The Revd Sharon Langbis Preacher: The Dean
	1.30pm	Sung Eucharist (Filipino) Celebrant and Preacher: The Revd Canon Dwight dela Torre
	5.00pm	Choral Evensong Officiant and Preacher: The Revd Will Newman

ONLINE DONATION



<https://www.stjohnscathedral.org.hk/Donation/default.aspx?lang=1>

*Welcome to all who worship here today. Visiting communicants, of whatever Christian tradition, are invited to receive communion here. **No unauthorised photography, video filming or sound recording during the service. Please set your mobile phone to silent and refrain from using it during the service.***

**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.**

**FIRST READING**  
**Exodus 17.1-7**

A reading from the book of Exodus.

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?'

This is the word of the Lord.  
**All Thanks be to God.**

**SECOND READING**  
**Romans 5.1-11**

A reading from the letter of Paul to the Romans.

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.

This is the word of the Lord.  
**All Thanks be to God.**

**GOSPEL READING**  
**John 4.5-42**

Hear the Gospel of our Lord Jesus Christ according to John.  
**All Glory to you, O Lord.**

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 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.'

This is the Gospel of the Lord.  
**All Praise to you, O Christ.**

**POST COMMUNION PRAYER**

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.**



**FOR YOUR PRAYERS THIS WEEK**

**In the worldwide Anglican Communion** we pray for The Episcopal Church in Jerusalem & The Middle East.

**Hong Kong Sheng Kung Hui** (Anglican Province of Hong Kong & Macau); for the Most Revd Andrew Chan, our Archbishop and Primate; for our Diocesan Bishop, the Rt Revd Dr Matthias Der, and for all bishops, priests and deacons within our diocese and province.

**We also pray for St Joseph's Church**, the Revd Matthew Lee and his colleagues, the parish's kindergarten, primary school and social service centre; For residents in Kam Tin, Pat Heung, the transitional housing and housing estates; Ask for God's blessing on St Joseph's Church, that He may strengthen the hands of all who serve there.

**Within the Cathedral Parish** we pray for the Cathedral Church and its various congregations, for the Dean and the chaplains; for our daughter churches; St Stephen's Chapel, Stanley, Discovery Bay Church and Emmanuel Church, Pokfulam; and their Priests in Charge. We also remember in our prayers our Council members, Cathedral Staff, Cathedral Servers, Cathedral Sidesmen, Poverty Alleviation Group, our Prison Ministry, Music Ministry, and Lunchtime Recitals.

**We pray for our link diocese of Toungoo in Myanmar**, where thousands of church members are still suffering from last year's earthquake and floods, and the continuing civil war.

**PRAYER REQUESTS**

*Please pray for those who are sick:*

Lilou Bricod, Thrity Shroff, Poon Wan Fung Sebastien, Sweeta Mahtani, SoSo Mei Ping Wong-Leung, Therese Marie Gerarda Chan, Birdy Yeung, Tommy Hui, Leung Chan Ying Ping, Fung Wan Nui, Eva Sorrel, Chung Sheung Yung, Peter Yue, Teresa Ray Li, Sabrina Ho, Fr John Chynchen, Ray Chan, Joseph Chu, Hsu Hon Chung, Daisy Tai, Jane Pang Tong, Raymond Yuen, William L Shia, Sylvia Donna Kantor, Hung Yeung Pong Wah, Cheung Chik Wan, Rozana Leung-Bishop, Li Chunjuan, Sanson Lau, Manju Dhillon, Irena Wu, Esther Bangcawayan, Katie Yuet Kum Leung-Lui, Yeewan Li, John Chakas, Jeffrey Lee, Chew Tung Yim Fong, Emily Tso, Wu Yat Cho, Bonnie Lin, Wanda Wan H, Sister Jean Mary, Sarah Wong, Alan Irvine, Wanda Clay, Leona Tjio, Andrew Ashley, Tehmina Malhorta, Tiffany Au, Caitlin Berry, Ralph Szweda, Dr Kerry Houston, Pamela Bennett, Evelyn Chan, Tristan Sherliker, Ruth Phillipson, Jan Williams, Chuan Xiaokang, and Sabine Day.

*Please pray for the recently departed:*

Roger Cole

*In Memoriam:* Antony Shiu Lau Chan

Please remember those named above in your private prayers. To include someone in this prayer list, please contact Elisa, Tel: +852 2523 4157.



**PRAYERS FOR PEACE**

More and more wars and conflicts are spreading in our world, in the Middle East, Ukraine and Africa. More and more people, children of God, are losing their lives, their families, and their homes in the violence and destruction. Join us online in Prayers for Peace every Thursday 8.30-9pm, to pray for peace in our world and peace within ourselves. We all need it! Join us at 8.30pm any Thursday. WhatsApp Tony Poon tssf on +852 9860 2920.

**CLERGY**

This morning, the Dean and The Revd Sharon Langbis are celebrating the Eucharist and preaching at Discovery Bay Church and Emmanuel Church, Pokfulam, respectively.

**REFRESHMENTS in the Li Hall after 9.00am service**

Please join us for light refreshments; a good opportunity to renew acquaintances, welcome visitors and new friends while enjoying fellowship with other parishioners.

**PRAYER FOR THE MIDDLE EAST**

Father of human beings,  
Lord of all nations,  
we pray you to guide and help us,  
that all nations may prosper  
in their search for the common good.

Teach us to dispel envy,  
hatred, selfishness, and pride,  
and to establish justice,  
love, goodwill and peace,  
so that your will may be done  
and your kingdom may advance.  
In Christ we pray. Amen.

*(Prayer for International Friendship,  
Taken from the Anglican East Asia Book  
of Common Prayer)*

**The Annunciation  
of Our Lord  
to the Blessed Virgin Mary**

Wednesday 25<sup>th</sup> March 2026  
7.30pm Sung Eucharist  
*with St John's Cathedral Choir*

*Celebrant:  
The Revd Robert Martin CMP*

*Preacher:  
The Revd Francis Yu*



**LENT COURSES AT ST JOHN'S**

**Tuesdays**

*BRF Group*

7.00pm *(English)* Conference Room

**Thursdays**

*Grace in a busy week*

12.30pm *(English)* Li Hall

**Fridays**

*Friday Fellowship Group*

3.00pm *(English)* Harold Smyth Room

**Saturdays**

*Saturday Filipino Congregation*

2.00pm *(Filipino)* Conference Room

*Andrew Fellowship*

4.00pm *(Cantonese)* Harold Smyth Room

**Sundays**

3.30pm *(English & Filipino)*

Harold Smyth Room

**GRACE IN A BUSY WEEK**  
*Special*  
**Lent Course**

Speaker | The Revd Will Newman

**Dates & Topics**  
26<sup>th</sup> Feb - Fasting  
5<sup>th</sup> March - Trusting  
19<sup>th</sup> March - Power  
26<sup>th</sup> March - Failing  
(Thursdays)  
12.30-1.30pm  
Li Hall,  
St John's Cathedral

To register,  
please email [reception@stjohnscathedral.org.hk](mailto:reception@stjohnscathedral.org.hk)  
or WhatsApp 5107 7170.



St John's Cathedral Michaelmas Fair 2026  
聖約翰座堂賣物會2026

# BLAZE FITNESS TRAINING

## 14 三月 MAR

2.45-3.45pm  
下午2時45分至3時45分



This dynamic group session combines strength training with cardio. Join us for a fun workout.

這個充滿活力的團體課程結合了肌力與心肺訓練。歡迎加入我們，一起享受運動的樂趣！

All proceeds will go towards supporting various ministries of St John's Cathedral.

收益將全數撥捐聖約翰座堂作發展各項事工之用。



4-8 GARDEN ROAD, CENTRAL 中環花園道 4 至 8 號 TEL / 電話: 2523 4157  
WWW.STJOHNSCATHEDRAL.ORG.HK

# ST JOHN'S CATHEDRAL MINISTRY TEAM

## Dean

The Very Revd Kwok-keung Chan  
(Acting Priest-In-Charge of Emmanuel Church)

## Clergy Ministry Co-ordinators:

Chinese Ministry -  
The Revd Canon Peter Koon  
The Revd Francis Yu

Christian Education - The Revd Will Newman  
(Priest-In-Charge of St Stephen's Chapel, Stanley)

Filipino Ministry -  
The Revd Canon Dwight dela Torre  
The Revd Sharon Langbis

Liturgy and Spirituality - The Revd Robert Martin CMP  
(Chaplain to the English-speaking congregations)

Youth Ministry - The Revd Francis Yu

The Revd Drew Courtright  
(Priest-In-Charge of Discovery Bay Church)

## Honorary Chaplains:

The Revd Professor Philip Wickeri  
The Revd Polly Wong Heung-fong

## Executive Administrator:

Ms Bette Lai

## Serving the wider community:

SJC Counselling Service  
Mission for Migrant Workers  
SJC Life Enrichment Centre  
Cathedral Bookstore  
CLARES/Castaways  
Prison Ministry



## Safeguarding Officer:

Mr Jason Wong



Information about St John's Cathedral and its ministries can be found on the notice boards and on the website: [www.stjohnscathedral.org.hk](http://www.stjohnscathedral.org.hk).

Clergy are here to listen and help. Please feel free to speak to one of them after the services, or make contact during the week: St John's Cathedral, Tel: +852 2523 4157

## Welcome to St John's Cathedral!

Please complete this form and hand it to one of the Clergy, a Sidesman or the Welcome Table.

Surname: \_\_\_\_\_

First Name: \_\_\_\_\_

Name of spouse (if applicable) \_\_\_\_\_

Names and ages of children (if applicable) \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

*Please circle as appropriate:*

*I attend the 8.00am/9.00am/10.30am/11.45am/1.30pm/5.00pm service.*

*I am interested in finding out about:* Sunday School / Cathedral Choir / CLARES / Baptism & Confirmation / Flower Guild / Sidesman / Servers Guild / Fellowship Group / Stewardship Scheme / Uniformed Group.

*Other questions / information:* \_\_\_\_\_

I do not agree to receive any promotional materials from St John's Cathedral.

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