

Reflection for Mothering Sunday

As an ex-sailor, I am a supporter of the RNLI, and it was lovely to read a story from Cornwall this week of a mother and daughter who have both trained to become RNLI lifeguards at the same time.

I find something beautiful in the image of a mother and daughter together, both ready to help a stranger in danger. It says something of a love that begins in the family, but spills out into the wider world, reminding us that caring for and loving one another is bigger than we sometimes realise.

Mothering Sunday reminds us that 'mothering' is bigger than one role or relationship. It's the quiet work of nurture, care and love given and shown by many. In a world that seems so busy and hectic, our community needs people who will mother it. People who notice the lonely, who encourage the young, who protect the vulnerable and help others find their way out of danger.

So today we give thanks for those who have cared for us along the way, for those who have 'mothered' us. May we be a people who carry that same nurturing love into the lives of others.

Rev Sarah



NEXT SUNDAY 22.03.26 5th Sunday of Lent

10.30am in the Hall



OT Ezekiel 37: 1-14
NT Romans 8: 6-11
GOSPEL John 11: 1-45

CONTACT US

Revd Sarah Mounoury, Minister 07491 360399
revsarahmounoury@gmail.com

Day off: Monday

Ian Totterdell, Church Warden 07536 459096
ian.totterdell@cantab.net

Mary Daunton, Church Warden 07779742792
Phil Baker, Licensed Lay Minister 07970 216740
lionelbaker@outlook.com

Revd Mike Clark, Associate Priest
mike.clark@exeter.anglican.org

Revd Terry Litherland, 07594 633195
tlitherland36@gmail.com

Revd Sarah Cumming Assistant Priest [on secondment at St Davids]

Liz Pioneer Community Worker & LLM
pioneerstthomas@gmail.com

Email: parishoffice@stthomaschurchexeter.co.uk

Facebook: www.facebook.com/sttexeter

Website: www.stthomaschurchexeter.co.uk

X (formerly Twitter): @sttexeter

Office Tel: 01392 437486 Messages at any time.



St Thomas, Exeter

15th March 2026

Mothering Sunday

10.30am in the Hall

Today

Sung Eucharist

Hymn Numbers

137 For the beauty of the earth

227 O come with joy, a child of God

448 Sing we of the blessed Mother

354 Now thank we all our God

2.30-4pm Crafternoon in the hall

Tuesday 17th March

7.30pm House Group at Helen's house

Wednesday 20th March

10am Holy Communion (BCP)

Thursday 19th March

9.30-11am St Thomas Tots

10.30am-12noon Knit & Natter at Jenny Tuckett's house.

Friday 20th March

9.30am Stations of the Cross

10am Staff Meeting



Collect

God of compassion, whose Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth, and on the cross drew the whole human family to himself: strengthen us in our daily living that in joy and in sorrow we may know the power of your presence to bind together and to heal; 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**

Exodus 2: 1-10

Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him for three months. When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him. The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him. 'This must be one of the Hebrews' children,' she said. Then his sister said to Pharaoh's daughter, 'Shall I go and get you a nurse from the Hebrew women to nurse the child for you?' Pharaoh's daughter said to her, 'Yes.' So the girl went and called the child's mother. Pharaoh's daughter said to her, 'Take this child and nurse it for me, and I will give you your wages.' So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, 'because', she said, 'I drew him out of the water.'

Colossians 3: 12-17

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility,

meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Luke 2: 33-35

And the child's father and mother were amazed at what was being said about him. Then Simeon blessed them and said to his mother Mary, 'This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed—and a sword will pierce your own soul too.'

Post Communion

Loving God, as a mother feeds her children at the breast you feed us in this sacrament with the food and drink of eternal life: help us who have tasted your goodness to grow in grace within the household of faith; through Jesus Christ our Lord.

Amen

Notices

If you would like to make a donation for **Easter flowers** please see Mary Naish or Ian.

Purple Day is an international effort dedicated to increasing awareness about epilepsy worldwide. Every year on March 26th people in coun-

tries around the world are invited to wear purple in support of epilepsy awareness. Please visit purpleday.org

The **House Group** is meeting weekly through Lent.

2.30-4pm Crafternoon. This week we will be making banners. If anyone has an old clothes that can be cut up to make banners please bring them to church at 2pm.

Easter Vigil Meal On Holy Saturday, 4th April, we will be having our Easter Vigil from 6pm. In recent years we have held a bring and share meal after the Vigil. If people are interested in taking part in that meal please speak to Rev Sarah or Mary or Ian, the churchwardens, so we can gauge interest.

On Saturday 28th March the PCC are meeting during the morning to pray together for the appointment of a new Rector, the future of St Thomas church and the community.

The former Ladies Lunch is now the **St Thomas Lunch** and is open to all. The next lunch is on Saturday 28th March at 12.30pm in the Royal Oak, Okehampton Street.

