



THE SUNDAY SHEET
LENT I
6TH MARCH 2022

*A very warm welcome as we gather for the Parish Eucharist.
An induction loop is provided. To use, please turn your hearing aid to T.*

***Gluten free wafers are available** for those who need them. Please inform one of the stewards/sidespersons who will pass the information on to the clergy. Many thanks*

ENTRANCE HYMN

Forty days and forty nights
thou wast fasting in the wild;
forty days and forty nights
tempted, and yet undefiled.

Sunbeams scorching all the day;
chilly dew-drops nightly shed;
prowling beasts about thy way;
stones thy pillow, earth thy bed.

Shall not we thy sorrows share,
and from earthly joys abstain,
fasting with unceasing prayer,
glad with thee to suffer pain?

And if Satan, vexing sore,
flesh or spirit should assail,
thou, his vanquisher before,
grant we may not faint nor fail.

So shall we have peace divine;
holier gladness ours shall be;
round us too shall angels shine,
such as ministered to thee.

Keep, O keep us, Saviour dear,
ever constant by thy side;
that with thee we may appear
at the eternal Eastertide.

George Hunt Smyttan 1822-1870 & Francis Pott 1832-1909
Tune: Aus der Tiefe (Heinlein)

THE COLLECT

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
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.**

ROMANS IO. 8B-13

A reading from the letter of Paul to the Romans.

What does scripture say?

‘The word is near you,
on your lips and in your heart’

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, ‘No one who believes in him will be put to shame.’ For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, ‘Everyone who calls on the name of the Lord shall be saved.’

For the word of the Lord:

Thanks be to God.

Praise to you, O Christ, our Saviour,
 Word of the Father, calling us to life;
 Son of God who leads us to freedom;
 glory to you, Lord Jesus Christ.

*You are the Word who calls us out of darkness;
 you are the Word who leads into light;
 you are the Word who brings us through the desert:
 glory to you, Lord Jesus Christ.*

Praise to you, O Christ, our Saviour,
 Word of the Father, calling us to life;
 Son of God who leads us to freedom;
 glory to you, Lord Jesus Christ.

Bernadette Farrell b.1957

LUKE 4. 1-13

Listen to the Gospel of Christ according to Saint Luke.

Glory to you, O Lord.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone."'

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."'

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written,

"He will command his angels concerning you,
 to protect you",

and

"On their hands they will bear you up,
 so that you will not dash your foot against a stone."'

Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' When the devil had finished every test, he departed from him until an opportune time.

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

OFFERTORY HYMN

Jesu, lover of my soul,
let me to thy bosom fly,
while the nearer waters roll,
while the tempest still is high:
hide me, O my saviour, hide,
till the storm of life is past;
safe into the haven guide,
O receive my soul at last.

Other refuge have I none,
hangs my helpless soul on thee;
leave, ah, leave me not alone,
still support and comfort me.
All my trust on thee is stayed,
all my help from thee I bring;
cover my defenceless head
with the shadow of thy wing.

Plenteous grace with thee is found,
grace to cover all my sin;
let the healing streams abound,
make and keep me pure within.
Thou of life the fountain art:
freely let me take of thee,
spring thou up within my heart,
rise to all eternity.

Charles Wesley 1707-1788
Tune: Aberystwyth

PRAYER OVER THE GIFTS

God of the desert,
as we follow Jesus into the unknown,
may we recognize the tempter when he comes;
let it be your bread we eat,
your world we serve
and you alone we worship;
we ask this through Christ our Lord. **Amen.**

HYMN AT THE END OF COMMUNION

Be known to us in breaking bread,
but do not then depart;
Saviour, abide in us, and spread
thy table in our heart.

There sup with us in love divine,
thy body and thy blood,
that living bread, that heavenly wine,
be our immortal food.

James Montgomery 1771-1854

Tune: Belmont

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.**

FINAL HYMN

From ashes to the living font
your Church must journey, Lord,
baptized in grace, in grace renewed
by your most holy word.

Through fasting, prayer and charity
your voice speaks deep within,
returning us to ways of truth
and turning us from sin.

From desert to the mountaintop
in Christ our way we see,
so, tempered by temptation's might,
we might transfigured be.

For thirsting hearts let water flow,
our fainting souls revive;
and at the well your waters give
our everlasting life.

From ashes to the living font
your Church must journey still;
through cross and tomb to Easter joy,
in Spirit-fire fulfilled.

Alan J. Hommerding b.1956
Tune: Albano

CCL No: 961722

TODAY'S READINGS

DEUTERONOMY 26. I-II

Moses commands his people that when they come into the Promised Land they should offer the first fruits of their harvest to God as a thanksgiving for their deliverance from Egypt.

ROMANS IO. 8B-I3

Paul offers salvation to all who put their faith in the crucified and risen Christ, regardless of who they are.

LUKE 4. I-I3

Jesus is led by the Spirit into the wilderness. After forty days of fasting, he is tested by the devil. His decision to hold fast to God's calling stays firm.

NOTICES

Covid 19 Please use the hand sanitiser, complete the Track & Trace form, and please do continue wear a face covering when coming to church. Please take care to keep one another safe.

Refreshments. Do join us for coffee after the Eucharist this morning. No charge but donations gratefully received.

Electoral Roll. The Church Electoral Role is being completely renewed this year. Please complete a form and return it to church as soon as possible. Thank you!

Bible Study

This Lent, the Bible Study Group will focus on Luke's Gospel (we are in Year C of the Lectionary, the year of Luke). The Lent Study Group will be called

Reading St Luke. And below are the titles of the 5 sessions.

1. Meet the author.
2. The main Character.
3. The plot.
4. The climax of the narrative.
5. An unexpected ending.

The group will meet via Zoom on Tuesday evenings at 7pm (for an hour) starting on Tuesday 8th March and ending on Tuesday 5th April. If you would like to register for this please contact me as soon as possible: RexMatthias@cinw.org.uk

Night Prayer (Compline)

There will be Night Prayer (Compline) on Wednesday evenings during Lent at 7.30pm in the stillness of the Cathedral. Night Prayer is a lovely and fitting end to the day. This will start on Wednesday 16th March and end of Wednesday 6th April. Please note the new start date!

Forget-me-not afternoons for those living with dementia are held every Thursday afternoon from 2-4pm at the Parish Church. On the first Thursday of the month, we will be having singing in addition to the usual activities. All welcome. For further details please see Janet Cameron or Linda Roberts.

Easter Flowers. Donations for Easter Flowers are now being invited in memory of departed loved ones. Please use the envelopes which can be found on the table at the back of the Church. Thank you.

THE WEEK AHEAD

7th Monday – Perpetua, Felicity & their Companions

9am Morning Prayer

9.30am Holy Eucharist *at the Cathedral*

5pm Evening Prayer

8th Tuesday – Feria

9am Morning Prayer

6pm Evening Prayer

7pm Holy Eucharist *at the Cathedral*

7pm Bible Study *via Zoom*

9th Wednesday – Ember Day

9am Morning Prayer

10.30am Holy Eucharist *at the Cathedral*

5pm Evening Prayer

(Compline will now begin next week on 16th)

10th Thursday – Feria

9am Morning Prayer

10am Holy Eucharist *at the Parish Church*

5pm Evening Prayer

11th Friday – Ember Day

9am Morning Prayer

9.30am Offeren *(Welsh Eucharist)*

6pm Choral Evensong

12th Saturday – Ember Day

9am Morning Prayer

5pm Evening Prayer

13th Sunday – Lent 2

9.30am The Parish Eucharist

11am The Cathedral Eucharist

3.30pm Choral Evensong

Contact:

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www.stasaphparishchurch.org.uk