



THE SUNDAY SHEET
THE 3RD SUNDAY BEFORE LENT
5TH FEBRUARY 2023

*A very warm welcome as we gather for the Parish Eucharist.
An induction loop is provided.*

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

Morning has broken like the first morning;
Blackbird has spoken like the first bird.
Praise for the singing! Praise for the morning!
Praise for them springing fresh from the Word!

Sweet the rain's new fall, sunlit from heaven,
Like the first dew-fall on the first grass.
Praise for the sweetness of the wet garden,
Sprung from completeness where his feet pass.

Mine is the sunlight! Mine is the morning
Born of the one light Eden saw play!
Praise with elation, praise ev'ry morning,
God's re-creation of the new day!

*Eleanor Farjeon 1881-1965
Tune: Bunessan*

THE COLLECT

Almighty God,
who alone can bring order
to the unruly wills and passions of sinful humanity:
give your people grace
so to love what you command
and to desire what you promise,
that, among the many changes of this world,
our hearts may surely there be fixed
where true joys are to be found;
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.**

ISAIAH 58. 1-9A

A reading from the book of the prophet Isaiah.

Shout out, do not hold back!
Lift up your voice like a trumpet!
Announce to my people their rebellion,
to the house of Jacob their sins.
Yet day after day they seek me
and delight to know my ways,
as if they were a nation that practised righteousness
and did not forsake the ordinance of their God;
they ask of me righteous judgements,
they delight to draw near to God.
'Why do we fast, but you do not see?
Why humble ourselves, but you do not notice?'
Look, you serve your own interest on your fast-day,
and oppress all your workers.
Look, you fast only to quarrel and to fight
and to strike with a wicked fist.
Such fasting as you do today
will not make your voice heard on high.
Is such the fast that I choose,
a day to humble oneself?
Is it to bow down the head like a bulrush,
and to lie in sackcloth and ashes?

Will you call this a fast,
a day acceptable to the Lord?
Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?
Is it not to share your bread with the hungry,
and bring the homeless poor into your house;
when you see the naked, to cover them,
and not to hide yourself from your own kin?
Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the Lord shall be your rearguard.
Then you shall call, and the Lord will answer;
you shall cry for help, and he will say, Here I am.

For the word of the Lord:
Thanks be to God.

THE GOSPEL

Please Stand

*Alleluia, alleluia,
give thanks to the risen Lord.
Alleluia, alleluia,
give praise to his name.*

Jesus is Lord of all the earth:
he is the King of creation.

Alleluia

*Donald Fishel b. 1950
Tune: Alleluia No. 1*

MATTHEW 5. 13-20

Listen to the Gospel of Christ according to Saint Matthew.
Glory to you, O Lord.

Jesus said: 'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.'

'You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

'Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

This is the Gospel of the Lord.

Praise to you, O Christ.

OFFERTORY HYMN

Longing for light, we wait in darkness.
Longing for truth, we turn to you.
Make us your own, your holy people,
light for the world to see.

Christ be our light!

Shine in our hearts.

Shine through the darkness.

Christ be our light!

Shine in your church gathered today.

Longing for peace, our world is troubled.
Longing for hope, many despair.
Your word alone has pow'r to save us.
Make us your living voice.

Longing for food, many are hungry.
Longing for water, many still thirst.
Make us your bread, broken for others,
shared until all are fed.

Longing for shelter, many are homeless.
Longing for warmth, many are cold.
Make us your building, sheltering others,
walls made of living stones.

Many the gifts, many the people,
many the hearts that yearn to belong.
Let us be servants to one another,
Making your kingdom come.

Bernadette Farrell b.1957

PRAYER OVER THE GIFTS

God our sustainer,
in this holy sacrament feed us continually
with that bread which satisfies all hunger,
your Son Jesus Christ our Lord. **Amen.**

HYMN AT THE END OF COMMUNION

Laudate omnes gentes,
Laudate Dominum.
Laudate omnes gentes,
Laudate Dominum.

Sing praises, all you peoples,
sing praises to the Lord.
Sing praises, all you peoples,
sing praises to the Lord.

Taize Community

POST COMMUNION PRAYER

Merciful Father,
who gave Jesus Christ to be for us the bread of life,
that those who come to him should never hunger:
draw us to the Lord in faith and love,
that we may eat and drink with him
at his table in the kingdom,
where he is alive and reigns, now and for ever. **Amen.**

FINAL HYMN

Thou whose almighty word
chaos and darkness heard
and took their flight,
hear us, we humbly pray,
and where the gospel day
sheds not its glorious ray
Let There Be Light!

Thou who didst come to bring
on thy redeeming wing
healing and sight,
health to the sick in mind,
sight to the inly blind,
now to all humankind
Let There Be Light!

Spirit of truth and love,
life-giving, holy Dove,
speed forth thy flight;
move on the water's face,
bearing the lamp of grace,
and in earth's darkest place
Let There Be Light!

Holy and blessed Three,
glorious Trinity,
Wisdom, Love, Might,
boundless as ocean's tide
rolling in fullest pride,
through the earth far and wide,
Let There Be Light!

John Marriott 1760-1825

Tune: Moscow

NOTICES

Refreshments. Please do join us for refreshments after the service if you can.

Foodbank. The Foodbank box is now back in the Parish Church. Donations gratefully received.

Praying for Growth. Please pray for the growth and renewal of the Church here in this place. Here is the Leading Your Church into Growth Prayer (*card copies are available at the back of the Church*):

God of Mission,

Who alone brings growth to your Church,

Send your Holy Spirit to give

Vision to our planning,

Wisdom to our actions,

Joy to our worship,

And power to our witness.

Help our church to grow in numbers,

In spiritual commitment to you,

And in service to our local community,

Through Jesus Christ our Lord. Amen.

Walsingham Pilgrimage. Our annual pilgrimage to Walsingham will take place from 7th to 11th August 2023. If you are interested in joining the group, please speak to Fr Rex as soon as possible.

Leading Your Church into Growth meeting on Tuesday 7th February at 10am in Church. All are welcome as we explore ideas around church growth.

The Community Fridge takes place every Sunday from 5-7pm at the Parish Church

Lent 2023. Leaflets are available today

giving details of all our activity for the Season of Lent and for Holy Week and Easter. Please do prayerfully engage with what we are doing through these most important of seasons. Also enclosed is the Diocesan Lent Prayer card. Bishop Gregory asks that we join with him in saying the prayer at around 6pm every day through lent. Perhaps we could commit to saying the LYCiG prayer for growing the church at the same time! This is printed on this sheet and there are cards available at the back of the Cathedral and the Parish Church.

THE WEEK AHEAD

6th Monday – Feria

9am Morning Prayer

9.30am Holy Eucharist *at the Cathedral*

5pm Evening Prayer

7th Tuesday – Feria

9am Morning Prayer

10am LYCiG meeting *at the Parish Church*

6pm Evening Prayer

7pm Holy Eucharist *at the Cathedral*

8th Wednesday – Feria

9am Morning Prayer

10.30am Holy Eucharist *at the Cathedral*

5pm Evening Prayer

9th Thursday – Teilo, Bishop

9am Morning Prayer

10am Holy Eucharist *at the Parish Church*

11am Prayer Group *at the Parish Church*

5pm Evening Prayer

10th Friday – Feria

9am Morning Prayer

9.30am Offeren (*Welsh Eucharist*)

6pm Choral Evensong

11th Saturday – Feria

9am Morning Prayer

5pm Evening Prayer

**12th Sunday – The 2nd Sunday before
Lent**

9.30am The Parish Eucharist

11am The Cathedral Eucharist

3.30pm Choral Evensong

Contact:

Parish Church: 01745 535957

Fr Rex: 07393 639813

Parish Church Website:

www.stasaphparishchurch.org.uk