



The Sunday Sheet

The Sunday 1st Sunday of Lent

18th February 2024

*A very warm welcome as we gather for the All-Age/Family 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

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 of 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 1832-1090

Tune: Heinlen

The order of service can be found in the Eucharist Booklet

The Collect

Heavenly Father,
your Son battled with the powers of darkness,
and grew closer to you in the desert:
help us to use these days to grow in wisdom and prayer
that we may witness to your saving love
in Jesus Christ our Lord. **Amen.**

Genesis 9. 8-17

A reading from the book of Genesis.

God said to Noah and to his sons with him, 'As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.' God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.' God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

For the word of the Lord:

Thanks be to God.

The Gospel

Please Stand

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

Mark 1. 9-15

Listen to the Gospel of Christ according to Saint Mark.

Glory to you, O Lord.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

This is the Gospel of the Lord.

Praise to you, O Christ.

After the Sermon please turn to the Eucharist booklet for the Affirmation of Faith

Offertory Hymn

*Do not be afraid, for I have redeemed you.
I have you called you by your name, you are mine.*

When you walk through the waters, I'll be with you.
You will never sink beneath the waves.

When the fire is burning all around you,
you will never be consumed by the flames.

When the fear of loneliness is looming,
then remember I am at your side.

When you dwell in the exile of the stranger,
remember you are precious in my eyes.

You are mine, O my child, I am your Father,
and I love you with a perfect love.

Gerard Markland b.1953

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.**

Please turn to the Eucharist Booklet for the Eucharistic Prayer

Hymn at the end of Communion

Purify my heart,
Let me be as gold and precious silver;
Purify my heart,
Let me be as gold, pure gold.

*Refiner's fire, my heart's one desire
Is to be holy,
Set apart for you, Lord;
I choose to be holy,
Set apart for you, my master,
Ready to do your will.*

Purify my heart,
Cleanse me from within and make me holy,
Purify my heart,
Cleanse me from my sin, deep within.

Brian Doerksen

Please turn to the Eucharist Booklet

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

As the deer pants for the water,
so my soul longs after you.
You alone are my heart's desire
and I long to worship you.

*You alone are my strength, my shield,
to you alone may my spirit yield.
You alone are my heart's desire
and I long to worship you.*

I want you more than gold or silver,
only you can satisfy.
You alone are the real joy-giver
and the apple of my eye.

You're my friend and you are my brother,
even though you are a king.
I love you more than any other,
so much more than anything.

Martin J. Nystrom b.1956

CCL No: 961722

Notices

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

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:

*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.*

The Community Fridge takes place every Sunday from 4-6pm at the Parish Church. Please note the new time!

Sunday Sheet. Please take this sheet home with you for the notices for the week and to pray for what is happening in the life of our Church.

Food4Thought is a lunch with a Christian message, which is part of our outreach and takes place on Thursdays at 12noon. All welcome!

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.

Transforming Lives for Good (TLG) is an initiative to support children in need and their families in our local Church Schools. Further information or expressions of interest in this please speak to Fr. Rex.

World Day of Prayer falls on Friday 1st March. There will be a special service at the Parish Church that day at 10.30am. All are welcome!

The Week Ahead

19th Monday – Thomas Burgess

9am Morning Prayer

9.30am Holy Eucharist *at the Cathedral*

5pm Evening Prayer

20th Tuesday – The Saints, Martyrs & Missionaries of Africa

9am Morning Prayer

5pm Evening Prayer

6pm Holy Eucharist & Lent Meditation
at the Cathedral

21st Wednesday – Ember Day

9am Morning Prayer

10.30am Holy Eucharist *at the*

Cathedral

6.15pm Sung Evening Prayer

22nd Thursday – Feria

9am Morning Prayer

10am Holy Eucharist *at the Parish*

Church

10.45am Prayer Group *at the Parish*

Church

12noon Food4Thought *at the Parish*

Church

5pm Evening Prayer

23rd Friday – Feria

9am Morning Prayer

9.30am Offeren (*Welsh Eucharist*) at the
Cathedral

6pm Choral Evensong

24th Saturday – Ember Day

9am Morning Prayer

5pm Evening Prayer

25th Sunday – Lent 2

9.30am The Parish Eucharist at the
Parish Church

11am The Cathedral Eucharist

3.30pm Choral Evensong

Today's Readings

Genesis 8. 8-17

God promises Noah and the whole of creation that never again will the earth be destroyed by floods. The rainbow is the sign of God's promise.

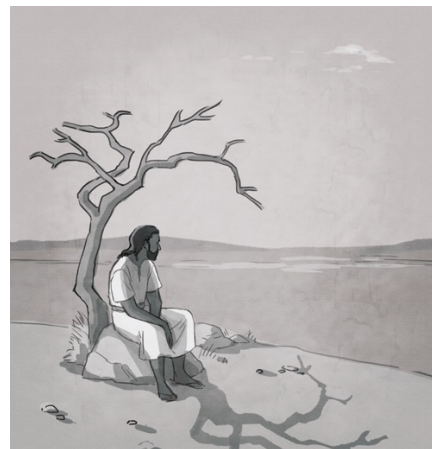
Psalm 25. 1-10

1 Peter 3 18-22

Just as Noah and his family were saved from the flood by God, so baptism is a sign of our salvation through the resurrection of Jesus.

Mark 1. 9-15

Following his baptism, Jesus is immediately driven into the wilderness by God's Spirit, but returns to begin his ministry after John the Baptist is arrested.



Contact:

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www.stasaphparishchurch.org.uk