



The Sunday Sheet *for* The 2nd Sunday of Lent Sunday 1st March 2026

*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
welcomers who will pass the information on to the clergy. Many thanks

Entrance Hymn

O for a heart to praise my God,
a heart from sin set free;
a heart that's sprinkled with the blood
so freely shed for me.

A heart resigned, submissive, meek,
my great Redeemer's throne;
where only Christ is heard to speak,
where Jesus reigns alone.

A humble, lowly, contrite heart,
believing, true, and clean,
which neither life nor death can part
from him that dwells within.

A heart in every thought renewed,
and full of love divine;
perfect and right and pure and good –
a copy, Lord, of thine.

Thy nature, gracious Lord, impart,
come quickly from above;
write thy new name upon my heart,
thy new best name of love.

*Charles Wesley 1707-1788
Tune: Stockton*

✠ In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Grace and peace be with you
and keep you in the love of Christ.

The priest gives an introduction to the Eucharist and calls the people to penitence.

Lord Jesus, you were sent to heal the contrite.
Lord, have mercy: **Lord, have mercy.**

Lord Jesus, you came to call sinners.
Christ, have mercy: **Christ, have mercy.**

Lord Jesus, you plead for us at the right hand of the Father.
Lord, have mercy: **Lord, have mercy.**

Almighty God have mercy on you,
forgive you and set you free from sin,
and keep you in eternal life. **Amen.**

The Collect

Let us pray:

Almighty God,
you show to those who are in error the light of your truth,
that they may return to the way of righteousness:
grant to all those who are admitted
into the fellowship of Christ's religion,
that they may reject those things
that are contrary to their profession,
and follow all such things as are agreeable to the same;
through our Lord Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

Please Sit

Genesis 12. 1-4a

A reading from the book of Genesis.

Now the Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. ²I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. ³I will bless

those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.'

⁴So Abram went, as the Lord had told him; and Lot went with him.

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 us into light;
you are the Word who brings 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

John 3. 1-17

Listen to the Gospel of Christ according to John.

Glory to you, O Lord.

Now there was a Pharisee named Nicodemus, a leader of the Jews.²He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' ³Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' ⁴Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' ⁵Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. ⁶What is born of the flesh is flesh, and what is born of the Spirit is spirit. ⁷Do not be astonished that I said to you, "You must be born from above." ⁸The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' ⁹Nicodemus said to him, 'How can these things be?' ¹⁰Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things?

¹¹ 'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. ¹²If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? ¹³No one has ascended into heaven except the one who descended from heaven, the Son of Man. ¹⁴And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, ¹⁵that whoever believes in him may have eternal life.

¹⁶ 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

¹⁷ 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

This is the Gospel of the Lord:

Praise to you, O Christ.

The Homily

Please Sit

The Affirmation of Faith

Please Stand

**We believe in one God,
the Father, the almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven;
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is worshipped and glorified,
who has spoken through the prophets.**

**We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

The Intercessions

Please Sit

Appropriate responses may be used, for example

Lord, in your mercy:
hear our prayer.

Lord, hear us:
Lord, graciously hear us.

The Intercession ends with a suitable collect said by the priest, or the following

Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.**

The Peace

Please Stand

Now that we have been justified through faith, we are at peace with God through our Lord Jesus Christ.

The peace of the Lord be with you always.
And also with you.

Let us offer one another a sign of the Lord's peace.

Offertory Hymn

Forgive us when our deeds ignore
your righteous rule of all the earth,
when our decisions harm the poor,
denying their eternal worth.

Forgive us when we turn aside
from what is honest, true and fair,
when dreams of pleasure, wealth and pride
supplant your clear commands to care.

Forgive us, Lord, our endless greed
for what was never truly ours,
when, driven more by want than need,
we harness this world's brutal powers.

Forgive us that we change the rules
by which the game of life is played,
and never learn to wield the tools
which could see joy and hope remade.

Forgive us, God! Our lives betray
our shallow, vague response to grace;
so help us walk your holy way,
to make your world a better place.

*Martin Leckebusch b.1962
Tune: Breslau*

The Thanksgiving

We celebrate together the gifts and grace of God.

**We take this bread,
we take this wine
to follow Christ's example
and obey his command.**

Prayer over the Gifts

Grant, O Lord,
that as we lift up these earthly gifts
in the name of your Son Jesus Christ,
so we may share in the heavenly banquet of his eternal life,
who is alive and reigns,
now and for ever. **Amen.**

The Eucharistic Prayer

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is indeed right, it is our duty and our joy
at all times and in all places to give you thanks, holy Father,
all-powerful and everliving God,
through Jesus Christ our Lord.

Who was tempted in every way, yet did not sin.
By his grace we are able to triumph over every evil
and to live no longer for ourselves alone
but for him who died for us and rose again.

And so with the hosts of angels and all the company of heaven
we proclaim the glory of your name
and join in their unending hymn of praise:

**Holy, holy, holy, holy,
Holy, holy, Lord God Almighty.
And we lift our hearts before you
as a token of our love.
Holy, holy, holy, holy.**

**Gracious Father, gracious Father,
Blessed is the one who comes to us
in your name.
And we lift our hearts before you
as we give you thanks and praise.
Hosanna in the highest.**

All praise and thanks to you, true and living God,
Creator of all things, Giver of life.
You formed us in your own image;
but we have marred that image and fall short of your glory.
We give you thanks
that you sent your Son to share our life;
you gave him up to death that the world might be saved,
and you raised him from the dead
that we might live in him and he in us.

Sanctify with your Spirit this bread and wine, your gifts to us,
that they may be for us the body and blood of our Saviour Jesus Christ.

On the night he was betrayed, he took bread,
and when he had given thanks
he broke it and gave it to his disciples, saying,

Take, eat; this is my body which is given for you:
do this in remembrance of me.

In the same way after supper he took the cup,
and when he had given thanks
he gave it to them, saying,

Drink from this, all of you,
for this is my blood of the new covenant
which is shed for you and for many
for the forgiveness of sins:
do this as often as you drink it
in remembrance of me.

Let us proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come in glory.

As he has commanded us, Father,
we remember Jesus Christ, your Son.
Proclaiming his victorious death,
rejoicing in his resurrection
and waiting for him to come in glory
we bring to you this bread, this cup.

Accept our sacrifice of thanks and praise.
Restore and revive your people,
renew us and all for whom we pray
with your grace and heavenly blessing,
and at the last receive us with all your saints
into that unending joy promised by your Son, Jesus Christ our Lord.

Through him, with him, in him,
in the unity of the Holy Spirit
all honour and glory are yours, almighty Father,
for ever and ever. **Amen.**

Silence is kept

Please Sit

Let us pray with confidence to the Father:

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread,
forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power
and the glory are yours,
now and for ever. Amen.**

The Communion

The priest breaks the bread

Every time we eat this bread and drink of this cup
we proclaim the Lord's death until he come.

We sing

Jesus, Lamb of God: have mercy on us.

Jesus, bearer of our sins: have mercy on us.

Jesus, redeemer of the world: give us your peace.

The Invitation to Holy Communion

Jesus is the Lamb of God

who takes away the sins of the world.

Happy are those who are called to his supper.

**Lord, I am not worthy to receive you,
but only say the word and I shall be healed.**

The sacrament is administered with these words:

The body of Christ. **Amen.** The blood of Christ. **Amen.**

All those who are baptised (Christened) are welcome to receive Holy Communion today. Baptised (Christened) children are welcome to receive holy communion at the discretion of their parents.

If you are not receiving you are welcome to come forward for a blessing but please bring this leaflet with you as a signal to the priest.

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.

*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.*

Brian Doerksen b.1965

Silence is kept

The Sending Out

Please Stand

Post Communion Prayer

Give thanks to the Lord for he is gracious:
his love is everlasting.

Creator of heaven and earth,
we thank you for these holy mysteries
given us by our Lord Jesus Christ,
by which we receive your grace and are assured of your love,
now and for ever. **Amen.**

The Blessing

The Lord be with you
And also with you.

Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow him; And the blessing of God almighty, ✠ the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

Go in peace to love and serve the Lord.
In the name of Christ. Amen.

Final Hymn

To God be the glory! great things he hath done;
so loved he the world that he gave us his Son;
who yielded his life an atonement for sin,
and opened the life-gate that all may go in.

*Praise the Lord, praise the Lord!
let the earth hear his voice;
praise the Lord, praise the lord!
let the people rejoice:
O come to the Father, through Jesus the Son,
and give him the glory; great things he hath done.*

O perfect redemption, the purchase of blood!
to ev'ry believer the promise of God;
the vilest offender who truly believes,
that moment from Jesus a pardon receives.

Great things he hath taught us, great things he hath done,
and great our rejoicing through Jesus the Son;
but purer, and higher, and greater will be
our wonder, our rapture, when Jesus we see.

*Fanny Crosby 1820-1915
Tune: To God be the glory*

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 4-5pm at the Parish Church.

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.

Lent. On the table at the back of the Church you will find a leaflet give details of everything that is happening during Lent, Holy Week and Easter and also the Diocesan Lent Prayer Card. Bishop Gregory invites us to join him in praying the day each day of Lent. Please do take them and give them to anyone who may be interested.

Coffee and Cake Morning on Saturday 21st March at 10.30am until 1.30pm.
1a Parc Bach, Trefnant. LL16
4YE. Tickets £6.00 from June or

Roy. Raffle on the day. Proceeds to support the Cathedral Choir trip to Lombardy, Italy

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.

Service of Prayer for Healing There is to be a service of prayer for healing which will include the Church's ministry of healing: the Laying on of Hands and Anointing with Oil. This is a lovely service and a good preparation for our commemoration of Holy Week and Celebration of Easter. The service is on Sunday 22nd March at 6.30pm at the Parish Church.

Kentigern Guild. The next meeting of the Kentigern Guild takes place at the Parish Church on Wednesday 4th March at 2.30pm. Canon Josh Asquith is giving our Lenten talk. All are welcome!

St Mary's Cefn. The next services at St Mary's are as follows:

15th March: 9.30am Holy Eucharist

29th March: 1.30pm Palm Sunday
Procession from St. Mary's to the Cathedral.

Ways of Giving to the work of the Parish Church. We are very grateful to all those who contribute financially to the life and witness of our Parish. There are various ways to do this:

1. The Collection plate near the entrance to the Church
2. Setting up a Standing Order.
Contact Dave Bradley or Marion

Hughes for the bank details
3. Gift Direct. Set up regular giving
or make a one off donation.
For Gift Direct you can use the QR
code below. Thank you very much.



The Week Ahead

2nd Monday – David, Bishop, Patron of Wales

9am Morning Prayer
9.30am Holy Eucharist
5pm Evening Prayer

3rd Tuesday – Lent Weekday

9am Morning Prayer
5pm Evening Prayer
6pm Holy Eucharist

4th Wednesday – Lent Weekday

9am Morning Prayer
10.30am Holy Eucharist
5pm Evening Prayer

5th Thursday – Non, Mother of David of Wales

9am Morning Prayer
10am Holy Eucharist *at the Parish
Church*
10.45am Lent Study Group *at the Parish
Church*
2pm Welsh Afternoon Tea to celebrate
St David's Day *at the Parish Church*
5pm Evening Prayer

6th Friday – Lent Weekday

9am Morning Prayer
9.30am Offeren (Welsh Eucharist)
6pm Choral Evensong

7th Saturday – Perpetua, Felicity & their companions

9am Morning Prayer
5pm Evening Prayer

8th Sunday – Lent 3

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

Today's Readings

Genesis 12. 1-4a

God tells Abram to set out on a journey where he will receive blessings and bless others

Psalm 121

Romans 4. 1-5, 13-17

Paul argues that Abraham was justified before God not on the basis of his deeds but rather his faith and God's promise.

John 3. 1-17

Nicodemus visits Jesus, who responds with words about Nicodemus' need to be born from above, of water and the Spirit. Jesus also declares that God's ultimate aim is not to condemn but to bring life.

Lent

