



## The Sunday Sheet *for* The Sunday before Lent Sunday 15<sup>th</sup> February 2026

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

Lord, the light of your love is shining,  
in the midst of the darkness, shining;  
Jesus, Light of the World, shine upon us,  
set us free by the truth you now bring us.  
Shine on me, shine on me.

*Shine, Jesus, shine, fill this land with the Father's glory;  
blaze, Spirit, blaze, set our hearts on fire.  
Flow, river, flow, flood the nations with grace and  
mercy;  
send forth your word, Lord, and let there be light.*

Lord, I come to your awesome presence,  
from the shadows into your radiance;  
by the blood I may enter your brightness,  
search me, try me, consume all my darkness.  
Shine on me, shine on me.

As we gaze on your kingly brightness,  
so our faces display your likeness,  
ever changing from glory to glory;  
mirrored here may our lives tell your story.  
Shine on me, shine on me.

*Graham Kendrick b.1950*

✠ 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, you speak to the hearts and minds of your disciples everywhere:  
Lord, have mercy: **Lord, have mercy.**

Lord, your radiance shines as a light throughout the world:  
Christ, have mercy: **Christ, have mercy.**

Lord, you inspire awe and worship in all who come close to you:  
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.**

## **Gloria**

*Gloria, gloria, in excelsis Deo.*  
*Gloria, gloria, in excelsis Deo.*

Lord, God, heavenly King,  
peace you bring to us,  
we worship you, we give you thanks,  
we sing our song of praise.

Jesus, Saviour of all,  
Lord God, Lamb of God,  
you take away our sins, Oh Lord,  
have mercy on us all.

At the Father's right hand,  
Lord receive our prayer,  
for you alone are the Holy One,  
and you alone are Lord.

Glory, Father and Son,  
Glory Holy Spirit,  
to you we raise our hands up high,  
we glorify your name.

## The Collect

Let us pray:

Almighty Father,  
whose Son was revealed in majesty  
before he suffered death upon the cross:  
give us grace to perceive his glory,  
that we may be strengthened to suffer with him  
and be changed into his likeness, from glory to glory;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. **Amen.**

*Please Sit*

## Exodus 24. 12-18

A reading from the book of Exodus.

The Lord said to Moses, 'Come up to me on the mountain, and wait there; and I will give you the tablets of stone, with the law and the commandment, which I have written for their instruction.'<sup>13</sup> So Moses set out with his assistant Joshua, and Moses went up into the mountain of God.<sup>14</sup> To the elders he had said, 'Wait here for us, until we come to you again; for Aaron and Hur are with you; whoever has a dispute may go to them.'

<sup>15</sup> Then Moses went up on the mountain, and the cloud covered the mountain.<sup>16</sup> The glory of the Lord settled on Mount Sinai, and the cloud covered it for six days; on the seventh day he called to Moses out of the cloud.<sup>17</sup> Now the appearance of the glory of the Lord was like a devouring fire on the top of the mountain in the sight of the people of Israel.<sup>18</sup> Moses entered the cloud, and went up on the mountain. Moses was on the mountain for forty days and forty nights.

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.

Come let us praise the living God:  
joyfully sing to our Saviour:

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

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

## **Matthew 17. 1-9**

Listen to the Gospel of Christ according to Matthew.

**Glory to you, O Lord.**

Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. <sup>2</sup>And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. <sup>3</sup>Suddenly there appeared to them Moses and Elijah, talking with him. <sup>4</sup>Then Peter said to Jesus, 'Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.' <sup>5</sup>While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, 'This is my Son, the Beloved; with him I am well pleased; listen to him!' <sup>6</sup>When the disciples heard this, they fell to the ground and were overcome by fear. <sup>7</sup>But Jesus came and touched them, saying, 'Get up and do not be afraid.' <sup>8</sup>And when they looked up, they saw no one except Jesus himself alone.

<sup>9</sup> As they were coming down the mountain, Jesus ordered them, 'Tell no one about the vision until after the Son of Man has been raised from the dead.'

This is the Gospel of the Lord:

**Praise to you, O Christ.**

**The Homily**

*Please Sit*

## **The Affirmation of Faith**

*Please Stand*

Let us declare our faith in God.

**We believe in God the Father,  
from whom every family  
in heaven and on earth is named.**

**We believe in God the Son,  
who lives in our hearts through faith,  
and fills us with his love.**

**We believe in God the Holy Spirit,  
who strengthens us  
with power from on high.**

**We believe in one God;  
Father, Son and Holy Spirit. 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*

May the light of Jesus shine in our hearts and minds that we may experience the peace that comes from him.

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

Lord, enthroned in heavenly splendour,  
first-begotten from the dead'  
thou alone, our strong defender,  
liftest up thy people's head.  
Alleluia! Alleluia!  
Jesu, true and living bread.

Here our humblest homage pay we,  
here in loving reverence bow;  
here for faith's discernment pray we,  
lest we fail to know thee now.  
Alleluia! Alleluia!  
Thou are here, we ask not how.

Though the lowliest form doth veil thee  
as of old in Bethlehem,  
here as there thine angels hail thee,  
Branch and Flower of Jesse's Stem.  
Alleluia! Alleluia!  
We in worship join with them

Paschal Lamb, thine offering, finished  
once for all when thou wast slain,  
in its fullness undiminished  
shall for evermore remain,  
Alleluia! Alleluia!  
cleansing souls from every stain.

Life-imparting heavenly Manna,  
stricken Rock with streaming side,  
heaven and earth with loud hosanna  
worship thee, the Lamb who died,  
Alleluia! Alleluia!  
Risen, ascended, glorified.

*George Hugh Bourne 1840-1925*  
*Tune: St Helen*

## **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**

Lord, as your Son was transfigured before his disciples,  
may these gifts be made holy  
by the splendour of his glory  
and our lives transformed by his presence;  
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.**

Father, you are real and alive, and you give life to everything.

You made us to be like you.

We always want to thank you, everywhere and at all times,  
because of Jesus Christ our Lord.

He showed his amazing, bright glory  
to his friends on a special mountain.

He did this to help them be brave when hard times came,  
like when he died on the cross.

Your glory shone out, and you spoke from heaven  
to say that Jesus is your dearly loved Son.

So, with the angels and all the people in heaven,  
we praise your wonderful name.

**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.**

God, our loving Father,  
listen to us and send your Holy Spirit  
to bless this bread and cup of wine.  
Let them become special reminders of Jesus, your Son,  
who loves us so much.

On the night Jesus was betrayed,  
he took some bread, thanked you for it,  
broke it, and gave it to his friends.

He said, "Take and eat; this is my body, given for you.  
Remember me whenever you do this."

After supper, Jesus took the cup, thanked you,  
and gave it to everyone saying,  
"Drink this, all of you.  
This cup shows the new promise in my blood,  
poured out for you and for many people,  
so your sins can be forgiven.  
Remember me whenever you drink this."

Let us proclaim the mystery of faith:

**Christ has died.**

**Christ is risen.**

**Christ will come in glory.**

And so, Father,  
because we love you, we remember how Jesus, your Son,  
gave his life for us on the cross  
and how he came back to life.  
We say thank you and praise you.

Please send your Holy Spirit to be with us  
so we can be full of your love and goodness.  
Help us to be ready to help others and work for your Kingdom.  
Bring us together as friends in Jesus and give us your peace,  
so we can do your work and show your love to everyone.

Everything we do is because of Jesus, with Jesus, and in Jesus,  
with the Holy Spirit. All praise and glory belong to you,  
loving 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*  
We break this bread to share in the body of Christ.  
**Though we are many, we are one body  
for we all share in one bread.**

*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**

Majesty, worship his majesty;  
unto Jesus be glory, honour and praise.

Majesty, kingdom authority  
flow from his throne unto his own:  
his anthem raise.

So exalt, lift up on high the name of Jesus;  
magnify, come glorify Christ Jesus the King.

Majesty, worship his majesty,  
Jesus who died, now glorified,  
King of all kings.

*Sing through twice*

*Silence is kept*

## **The Sending Out**

*Please Stand*

## **Post Communion Prayer**

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

Holy God,  
we see your glory in the face of Jesus Christ:  
may we who are partakers at his table  
reflect his life in word and deed,  
that all the world may know his power to change and save.  
This we ask through Jesus Christ our Lord. **Amen.**

## **The Blessing**

The Lord be with you  
**And also with you.**

May the Lord be with you on your journey.  
May he brighten your path every step of the way.  
May he fill you with his grace and keep you faithful and strong.  
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**

Jesus is the name we honour,  
Jesus is the name we praise.  
Majestic name above all other names;  
the highest heaven and earth proclaim  
that Jesus is our God.

*We will glorify, we will lift him high,  
we will give him honour and praise.  
We will glorify, we will lift him high,  
we will give him honour and praise.*

Jesus is the name we worship;  
Jesus is the name we trust.  
He is the King above all other kings;  
let all creation stand and sing  
that Jesus is our God.

Jesus is the Father's splendour,  
Jesus is the Father's joy.  
He will return to reign in majesty,  
and every eye at last will see  
that Jesus is our God.

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 4-5pm 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.

**Mothers Union.** The next meeting of the Mothers Union takes place in the Parish Church on Wednesday 18<sup>th</sup> February at 2pm. A warm welcome to all!

**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

**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

### 16<sup>th</sup> Monday – Feria

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

### 17<sup>th</sup> Tuesday – Feria

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

## **18<sup>th</sup> Wednesday – ASH WEDNESDAY**

9am Morning Prayer

10.30am Holy Eucharist & Imposition of  
*Ashes at the Parish Church*

4.30pm Evening Prayer

6pm Choral Eucharist & Imposition of  
Ashes

## **19<sup>th</sup> Thursday – Thomas Burgess**

9am Morning Prayer

10am Holy Eucharist *at the Parish  
Church*

10.45am Lent Study Group *at the Parish  
Church*

5pm Evening Prayer

## **20<sup>th</sup> Friday – The Saints, Martyrs & Missionaries of Africa**

9am Morning Prayer

9.30am Offeren (Welsh Eucharist)

5pm Evening Prayer

## **21<sup>st</sup> Saturday – Lent Weekday**

9am Morning Prayer

5pm Evening Prayer

## **22<sup>nd</sup> Sunday – Lent 1**

9.30am The Parish Eucharist

11am Litany & The Cathedral Eucharist

3.30pm Evening Prayer

### Contact:

Parish Church: 01745 535957

Fr Rex: 07393 639813

Parish Church Website:

[www.stasaphparishchurch.org.uk](http://www.stasaphparishchurch.org.uk)

## **Today's Readings**

### **Exodus 24. 12-18**

This is a ratification of God's Old Covenant with the people of Israel. Moses, on Mount Sinai, receives the law. God's presence is made manifest by the cloud.

### **Psalm 2**

### **2 Peter 1. 16-21**

In this portion of his letter Peter refers to the Transfiguration which he himself had witnessed. It was an experience which gave him more confidence in accepting the message of the New Covenant.

### **Matthew 17. 1-9**

This description of the Transfiguration symbolises the Old Covenant being replaced by the New, with the faith of the Apostles replacing the acceptance of the Law. The presence of God is evidenced by the appearance of the cloud.

