



## The Sunday Sheet *for* The 1<sup>st</sup> Sunday of Lent Sunday 22<sup>nd</sup> February 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**

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 1832-1909  
Tune: Heinlein*

✠ 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,  
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.**

*Please Sit*

## Romans 5. 12-19

A reading from the letter of Paul to the Romans.

<sup>12</sup> Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— <sup>13</sup>sin was indeed in the world before the law, but sin is not reckoned when there is no law. <sup>14</sup>Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

<sup>15</sup> But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. <sup>16</sup>And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. <sup>17</sup>If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

<sup>18</sup> Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. <sup>19</sup>For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

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*

## **Matthew 4. 1-11**

Listen to the Gospel of Christ according to Matthew.

**Glory to you, O Lord.**

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup>He fasted for forty days and forty nights, and afterwards he was famished. <sup>3</sup>The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' <sup>4</sup>But he answered, 'It is written, "One does not live by bread alone,

but by every word that comes from the mouth of God." '

<sup>5</sup> Then the devil took him to the holy city and placed him on the pinnacle of the temple, <sup>6</sup>saying to him, 'If you are the Son of God, throw yourself down; for it is written,

"He will command his angels concerning you",

and "On their hands they will bear you up,

so that you will not dash your foot against a stone." '

<sup>7</sup>Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test." '

<sup>8</sup> Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; <sup>9</sup>and he said to him, 'All these I will give you, if you will fall down and worship me.' <sup>10</sup>Jesus said to him, 'Away with you, Satan! for it is written,

"Worship the Lord your God,

and serve only him." '

<sup>11</sup>Then the devil left him, and suddenly angels came and waited on 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

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.

Thou, O Christ, art all I want,  
more than all in thee I find:  
raise the fallen, cheer the faint,  
heal the sick, and lead the blind.  
Jesus and holy is thy name,  
I am all unrighteousness;  
false and full of sin I am,  
thou art full of truth and grace.

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 1707-88*  
*Tune: Aberystwyth*

## **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**

God of the desert,  
as we follow Jesus into the unknown,  
may we recognise 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.**

## **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*

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

Bless the Lord, my soul,  
and bless God's holy name.

Bless the Lord, my soul,  
who leads me into life.      *Sing through 3 times*

*Silence is kept*

### Post Communion Prayer

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

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.**

### 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

Be thou my guardian and my guide,  
and hear me when I call;  
let not my slippery footsteps slide,  
and hold me lest I fall.

The world, the flesh, and Satan dwell  
around the path I tread;  
O save me from the snares of hell,  
thou quickener of the dead.

And if I tempted am to sin,  
and outward things are strong,  
do thou, O Lord, keep watch within,  
and save my soul from wrong.

Still let me ever watch and pray,  
and feel that I am frail;  
that if the tempter cross my way,  
yet he may not prevail.

*Isaac Williams 1802-1865*  
*Tune: Abridge*

## 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

**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

### 23<sup>rd</sup> Monday – Polycarp, Bishop

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

### 24<sup>th</sup> Tuesday – Lent Weekday

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

### 25<sup>th</sup> Wednesday – Ember Day

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

## 26<sup>th</sup> Thursday – Lent Weekday

9am Morning Prayer

10am Holy Eucharist *at the Parish*

*Church*

10.45am Lent Study Group *at the Parish*

*Church*

5pm Evening Prayer

## 27<sup>th</sup> Friday – Ember Day

9am Morning Prayer

9.30am Offeren (Welsh Eucharist)

5pm Evening Prayer

7pm Cathedral Chorister Concert

## 28<sup>th</sup> Saturday – Ember Day

9am Morning Prayer

5pm Evening Prayer

7pm Trelawnyd MVC Concert

## 1<sup>st</sup> Sunday – Lent 2

9.30am The Parish Eucharist

11am The Cathedral Eucharist

3.30pm Choral Evensong

## Today's Readings

### Genesis 2. 15-17; 3. 1-7

In the Garden of Eden there is only one thing that human beings are told not to do, and yet they do it, almost lightly, and decide their own fate.

### Psalm 32

### Romans 5. 12-19

Human choice is genuinely free, but so is God's. God chooses to send Jesus and to break into the closed world of sin and death with the free gift of life and righteousness.

### Mathew 4. 1-11

In the wilderness, Jesus resists the devil's temptations by simple obedience to God.



### Contact:

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