



The Sunday Sheet *for* The 2nd Sunday before Lent Sunday 8th 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

All creatures of our God and King,
lift up your voice and with us sing
alleluia, alleluia!

Thou burning sun with golden beam,
thou silver moon with softer gleam:
O praise him, O praise him,
Alleluia, alleluia, alleluia!

Thou flowing water, pure and clear,
make music for thy Lord to hear,
alleluia, alleluia!

Thou fire so masterful and bright,
that givest us both warmth and light:
O praise him, O praise him,
Alleluia, alleluia, alleluia!

Dear mother earth, who day by day
unfoldest blessings on our way,
O praise him, alleluia!
The flow'rs and fruits that in thee grow,
let them his glory also show:
O praise him, O praise him,
Alleluia, alleluia, alleluia!

Let all things their Creator bless,
and worship him in humbleness,
O praise him, alleluia!
Praise, praise the Father, praise the Son,
and praise the Spirit, Three in One:
O praise him, O praise him,
Alleluia, alleluia, alleluia!

*William Henry Draper 1855-1933
Based on Francis of Assisi 1182-1226
Tune: Lass tuns Erfreuen*

✠ 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 know us better than we know ourselves:
Lord, have mercy: **Lord, have mercy.**

Lord, you have made us to love and worship you:
Christ, have mercy: **Christ, have mercy.**

Lord, you show us the path of life and peace:
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

Glory to God, we give you thanks and praise;
of heavenly joy and earthly peace we sing.
We worship you, to you our hearts we raise,
Lord God, almighty Father, heavenly King.

Lord Jesus Christ, the Father's only Son,
you bore for us the load of this world's sin.
O Lamb of God, your glorious victory won,
receive our prayer, grant us your peace within.

Alone, O Christ, you only are the Lord,
at God's right hand in majesty most high:
who with the Spirit worshipped and adored:
with all the heav'nly host we glorify.

Tune: Woodlands

The Collect

Let us pray:

Almighty God,
you have created the heavens and the earth
and made us in your own image:
teach us to discern your hand in all your works
and your likeness in all your children;
through Jesus Christ your Son our Lord,
who with you and the Holy Spirit reigns supreme over all things,
now and for ever. **Amen.**

Please Sit

Romans 8. 18-25

A reading from the letter of Paul to the Romans.

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. ¹⁹For the creation waits with eager longing for the revealing of the children of God; ²⁰for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope ²¹that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. ²²We know that the whole creation has been groaning in labour pains until now; ²³and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. ²⁴For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen?²⁵But if we hope for what we do not see, we wait for it with patience.

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 6. 25-34

Listen to the Gospel of Christ according to Matthew.

Glory to you, O Lord.

Jesus taught his disciples, saying: 'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? ²⁶Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷And can any of you by worrying add a single hour to your span of life? ²⁸And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, ²⁹yet I tell you, even Solomon in all his glory was not clothed like one of these. ³⁰But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? ³¹Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" ³²For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. ³³But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

³⁴ 'So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

This is the Gospel of the Lord:

Praise to you, O Christ.

The Homily

Please Sit

The Affirmation of Faith

Please Stand

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. 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 God who calmed the raging winds and waves with a single word of peace, bring peace to our lives and to our world.

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

Let all creation dance
in energies sublime,
as order turns with chance,
unfolding space and time;
for nature's art
in glory grows,
and newly shows
God's mind and heart.

God's breath each force unfurls
igniting from a spark
expanding starry swirls,
with whirlpools dense and dark.
Though moon and sun
seem mindless things,
each orbit sings:
'your will be done'.

Our own amazing earth,
with sunlight, cloud and storms,
and life's abundant growth
in lovely shapes and forms
is made for praise,
a fragile whole,
and from its soul
heaven's music plays.

Lift heart and soul and voice:
in Christ all praises meet,
and nature shall rejoice
as all is made complete.
In hope be strong,
all life befriend,
and kindly tend
creation's song.

Brian Wren b.1936

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

Source of all life,
the heaven and the earth are yours,
yet you have given us dominion over all things:
receive these gifts of your creation
which we offer you this day,
in the name of Jesus 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.

True and living God, the source of life for all creation,
you have made us in your own image.

Always and everywhere we give you thanks
through Jesus Christ our Lord.

In your love for us
and in the fullness of time
you sent your Son to be the Saviour;
the Word was made flesh,
he lived among us and we have seen his glory.

For our sins and the sins of all the world
he suffered death on the cross.

You raised him to life in triumph
and exalted him in glory.

Through him you send your Holy Spirit upon your Church
and make us your people.

Therefore, with angels and archangels
and with all the company of heaven
we praise your glorious 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.

Hear us, most merciful Father,
and send your Holy Spirit on
this bread and wine,
that, overshadowed by his life-giving power,
they may be for us the body and blood of your Son,
our Lord Jesus Christ;
because on the night he was betrayed
he took bread,
and when he had given you thanks,
he broke it, gave it to his disciples and said,

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;
when he had given you thanks
he gave it to them and said,
Drink this, all of you;
this cup is the new covenant in my blood
poured out 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.

Therefore, loving God,
recalling now the sacrifice of Christ your Son
once for all upon the cross
and the triumph of his resurrection,
we ask you to accept this our sacrifice of praise.

Send your Holy Spirit on us
that we may be filled with your life and goodness
and renewed for the service of your Kingdom
Unite us in Christ and give us your peace
that we may do your work and be his body in the world.

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.**

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

Eat this bread, drink this cup,
come to him and never be hungry.

Eat this bread, drink this cup,
trust in him and you will not thirst.

Jesus Christ, bread of life,
those who come to you will not hunger.

Jesus Christ, bread of life,
those who trust in you will not thirst.

Taize Community

Silence is kept

The Sending Out

Please Stand

Post Communion Prayer

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

God our creator,
by your gift
the tree of life was set at the heart of the earthly paradise,
and the bread of life at the heart of your Church:
may we who have been nourished at your table on earth
be transformed by the glory of the Saviour's cross
and enjoy the delights of eternity;
through Jesus Christ our Lord. **Amen.**

The Blessing

The Lord be with you

And also with you.

May the love of God enfold you, the peace of God fill your hearts, 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

O Lord, my God, when I in awesome wonder
Consider all the works thy hand has made,
I see the stars, I hear the rolling thunder,
Thy pow'r throughout the universe displayed.

*Then sings my soul, my Saviour God, to thee:
How great thou art, how great thou art.
Then sings my soul, my Saviour God, to thee:
How great thou art, how great thou art.*

When through the woods and forest glades I wander
And hear the birds sing sweetly in the trees;
When I look down from lofty mountain grandeur,
And hear the brook, and feel the gentle breeze.

And when I think that God, his Son not sparing,
Sent him to die, I scarce can take it in
That on the cross, my burden gladly bearing,
He bled and died to take away my sin.

When Christ shall come with shout of acclamation
And take me home, what joy shall fill my heart;
When I shall bow in humble adoration,
And there proclaim: my God, how great thou art.

*Stuart K. Hine 1899-1989
Tune: How great thou art*

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.

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

9th Monday – Teilo, Bishop

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

10th Tuesday – Feria

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

11th Wednesday – Feria

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

12th Thursday – Feria

9am Morning Prayer
10am Holy Eucharist *at the Cathedral*
10.45am Prayer Group *at the Parish*

Church

5pm Evening Prayer

13th Friday – Feria

9am Morning Prayer

9.30am Offeren (Welsh Eucharist)

6pm Choral Evensong

14th Saturday – Cyril & Methodius

9am Morning Prayer

5pm Evening Prayer

15th Sunday – The Sunday before Lent

9.30am The Parish Eucharist

11am The Cathedral Eucharist

3.30pm Evening Prayer

Contact:

Parish Church: 01745 535957

Fr Rex: 07393 639813

Parish Church Website:

www.stasaphparishchurch.org.uk

Today's Readings

Genesis 1. 1 – 2. 3

This is the story of the very beginning of the world. It shows that there is no part of life that is strange to God: he knows and understands all of it, even to the most intricate of details.

Psalms 136. 1-9

Romans 8. 18-25

However difficult our present situation may be, we can be certain that our troubles will not last for ever. In the end we will share in a glorious freedom when the whole of creation will be made new.

Matthew 6. 25-34

Jesus encourages his disciples to keep their anxieties in the right perspective – God is not going to abandon them and excessive anxiety about their immediate needs is pointless. If they concentrate instead on seeking God in all things, they will find their other needs met.

