



## The Sunday Sheet *for* The 2<sup>nd</sup> Sunday before Lent Sunday 23<sup>rd</sup> February 2025

*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 flowers 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*  
*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.*

*Silence is kept*

Lord and Father, we thank you for our creation, our preservation and all your blessings. We ask your forgiveness for the times we have failed in our stewardship.  
Lord, have mercy: **Lord, have mercy.**

Jesus our Saviour, we ask you to forgive us for the times when we have failed to recognise you. We hear your teaching but prefer to go our own way. Help us try again.  
Christ, have mercy: **Christ, have mercy.**

Holy Spirit of God, you inspire and guide us day by day to lead holy lives. Give us courage to heed your guidance and forgive us when we have failed.  
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 in Excelsis**

Glory to God, we give you thanks and praise;  
of heav'nly joy and earthly peace we sing.  
We worship you, to you our hearts we raise,  
Lord God, almighty Father, heav'nly 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 vict'ry won,  
receive our pray'r, 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*

## **Genesis 2. 4b-9, 15-25**

A reading from the book of Genesis.

In the day that the Lord God made the earth and the heavens, when no plant of the field was yet in the earth and no herb of the field had yet sprung up—for the Lord God had not caused it to rain upon the earth, and there was no one to till the ground; but a stream would rise from the earth, and water the whole face of the ground— then the Lord God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being. And the Lord God planted a garden in Eden, in the east; and there he put the man whom he had formed. Out of the ground the Lord God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil.

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

Then the Lord God said, 'It is not good that the man should be alone; I will make him a helper as his partner.' So out of the ground the Lord God formed every animal of the

field and every bird of the air, and brought them to the man to see what he would call them; and whatever the man called each living creature, that was its name. The man gave names to all cattle, and to the birds of the air, and to every animal of the field; but for the man there was not found a helper as his partner. So the Lord God caused a deep sleep to fall upon the man, and he slept; then he took one of his ribs and closed up its place with flesh. And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. Then the man said,

‘This at last is bone of my bones  
and flesh of my flesh;  
this one shall be called Woman,  
for out of Man this one was taken.’

Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh. And the man and his wife were both naked, and were not ashamed.

For the word of the Lord:

**Thanks be to God.**

## **The Gospel**

*Please Stand*

Breathe on me, Breath of God,  
fill me with life anew,  
that I may love what thou dost love,  
and do what thou wouldst do.

Breathe on me, Breath of God,  
until my heart is pure;  
until with thee I will one will,  
to do and to endure.

Breathe on me, Breath of God,  
till I am wholly thine;  
until this earthly part of me  
glows with thy fire divine.

Breathe on me, breath of God:  
So shall I never die,  
but live with thee the perfect life  
of thine eternity.

*Edwin Hatch 1835-1889*

*Tune: Carlisle*

## **Luke 8. 22-25**

Listen to the Gospel of Christ according to Saint Luke.

**Glory to you, O Lord.**

One day Jesus got into a boat with his disciples, and he said to them, 'Let us go across to the other side of the lake.' So they put out, and while they were sailing he fell asleep. A gale swept down on the lake, and the boat was filling with water, and they were in danger. They went to him and woke him up, shouting, 'Master, Master, we are perishing!' And he woke up and rebuked the wind and the raging waves; they ceased, and there was a calm. He said to them, 'Where is your faith?' They were afraid and amazed, and said to one another, 'Who then is this, that he commands even the winds and the water, and they obey him?'

This is the Gospel of the Lord.

**Praise to you, O Christ.**

### **The Homily**

*Please Sit*

### **An Affirmation of the 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 Intercession

*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*

As we share the work of Jesus in the world today so we are one with him and share his life. Let us share his peace with one another.

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

Love divine, all loves excelling,  
joy of heaven, to earth come down,  
fix in us thy humble dwelling,  
all thy faithful mercies crown.  
Jesu, thou art all compassion,  
pure unbounded love thou art;  
visit us with thy salvation,  
enter every trembling heart.

Come, almighty to deliver,  
let us all thy grace receive;  
suddenly return, and never,  
never more thy temples leave.

Thee we would be always blessing,  
serve thee as thy hosts above;  
pray, and praise thee, without ceasing,  
glory in thy perfect love.

Finish then thy new creation:  
pure and spotless let us be;  
let us see thy great salvation,  
perfectly restored in thee;  
changed from glory into glory,  
till in heaven we take our place,  
till we cast our crowns before thee,  
lost in wonder, love and praise.

*Charles Wesley 1707-1788*  
*Tune: Blaenwern*

## **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.**

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.

For he is our great high priest  
who has freed us from our sins  
and has made us a royal priesthood  
serving you, our God and Father.

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

Calm me, Lord, as you calmed the storm;

Still me, Lord, keep me from harm.

Let all the tumult within me cease;

Enfold me Lord, in your peace.      *Sing through 3 times*

*David Adam b.1936*

*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.**

Go in the peace of the Lord Jesus, ready to hear and understand his word. May the light of Jesus shine in your hearts that you may bring his light to those you meet on the way. 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

Thou, whose almighty word  
chaos and darkness heard,  
and took their flight;  
hear us, we humbly pray,  
and where the gospel-day  
sheds not its glorious ray,  
let there be light.

Thou, who didst come to bring  
on thy redeeming wing  
healing and sight,  
health to the sick in mind,  
sight to the inly blind,  
O now to all mankind  
let there be light.

Spirit of truth and love,  
life-giving, holy Dove,  
speed forth thy flight;  
move on the water's face,  
bearing the lamp of grace,  
and in earth's darkest place  
let there be light.

Holy and blessèd Three,  
glorious Trinity,  
Wisdom, Love, Might;  
boundless as ocean's tide  
rolling in fullest pride,  
through the earth far and wide  
let there be light.

*John Marriot 1780-1825*  
*Tune: Moscow*

*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.

**Welcome.** Please pray for Josh as he prepares to live and work among us as Canon Pastor of the Cathedral. Pray too for his wife Ashleigh as she prepare for ministry in the Diocese and for their daughter Abbie. We look forward to welcoming them into our midst.

**Lent 2025.** To aid us in our Lent devotions there is a book available in church, Living Hope, with daily readings and reflections. Please take a copy.

There are leaflets available today giving details of all the services etc for Lent 2025 and the Bishop's Lent Prayer Card. Bishop Gregory invites everyone to pray the prayer at 6pm every day with him.

**Ash Wednesday** falls on 5<sup>th</sup> March.

Services as follows:

10.30 Holy Eucharist with Imposition of Ashes at the Parish Church

6pm Choral Eucharist with Imposition of Ashes at the Cathedral. This is one of the major days in the Church Calendar. Please make every effort to be present at one of the Eucharists.

**The Cathedral Heritage Garden Group** are looking to recruit volunteers to help maintain and nurture the garden. We meet on a Wednesday at 10am. No experience necessary- just enthusiasm and decent gardening gloves. We hope to see you soon.

## The Week Ahead

### 24<sup>th</sup> Monday – Feria

9am Morning Prayer

9.30am Holy Eucharist

5pm Evening Prayer

### 25<sup>th</sup> Tuesday – Feria

9am Morning Prayer

5pm Evening Prayer

6pm Holy Eucharist

### 26<sup>th</sup> Wednesday – Feria

9am Morning Prayer

10.30am Holy Eucharist

5pm Evening Prayer

## **27<sup>th</sup> Thursday – George Herbert**

9am Morning Prayer

10am Holy Eucharist *at the Parish Church*

10.45am Prayer Group *at the Parish Church*

12noon Food4Thought Lunch *at the Parish Church*

5pm Evening Prayer

## **28<sup>th</sup> Friday – Feria**

9am Morning Prayer

9.30am Offeren (Welsh Eucharist)

6pm Choral Evensong

## **1<sup>st</sup> Saturday – David, Bishop**

9am Morning Prayer

5pm Evening Prayer

## **2<sup>nd</sup> Sunday – David, Bishop, Patron of Wales**

9.30am The Parish Eucharist

11am The Cathedral Eucharist

3.30pm Evening Prayer

## **Today's Readings**

### **Genesis 2. 4b-9, 15-25**

Our first reading is part of the story of creation as recorded in the book of Genesis. Man is given his tasks in the Garden of Eden and woman is created.

### **Psalm 65**

### **Revelation 4**

This reading from the last book of the New Testament, is one of seven visions of a great new era which will follow the present age of suffering.

### **Luke 8. 22-25**

Luke tells how Jesus shows his command of the elements in stilling the storm on the Lake of Galilee.

### Contact:

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### Parish Church Website:

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