



The Sunday Sheet *for* The 3rd Sunday of Lent Sunday 23rd March 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

Oft in danger, oft in woe,
onward, Christians, onward go;
bear the toil, maintain the strife,
strengthened with the bread of life.

Onward, Christians, onward go,
join the war, and face the foe;
will ye flee in danger's hour?
Know ye not your Captain's power?

Let not sorrow dim your eye;
soon shall every tear be dry:
let not fears your course impede;
great your strength, if great your need.

Let your drooping hearts be glad;
march in heavenly armour clad;
fight, nor think the battle long;
soon shall victory wake your song.

Onward then in battle move;
more than conquerors ye shall prove:
though opposed by many a foe,
Christian soldiers, onward go.

*Henry Kirke White 1785-1806
Tune: University College*

✠ 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

For our failure to prioritize God's kingdom values:
Lord, have mercy: **Lord, have mercy.**

For the times we forget the example of our Lord Jesus:
Christ, have mercy: **Christ, have mercy.**

For our slowness to repent:
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 most dear Son went not up to joy but first he suffered pain,
and entered not into glory before he was crucified:
mercifully grant that we, walking in the way of the cross,
may find it none other than the way of life and peace;
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

1 Corinthians 10. 1-13

A reading from the first letter of Paul to the Corinthians.

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, 'The people sat down to eat and drink, and they rose up to play.' We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

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 into light;
you are the Word who brings us 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

Luke 13. 1-9

Listen to the Gospel of Christ according to Saint Luke.

Glory to you, O Lord.

There were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, 'Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did.'

Then he told this parable: 'A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, "See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?" He replied, "Sir, let it alone for one more year, until I dig round it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down." '

This is the Gospel of the Lord.

Praise to you, O Christ.

The Homily

Please Sit

An Affirmation of the 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 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

God has reminded us of our need to repent, together and within our own lives. So, let God breathe peace into our lives, the peace with which we greet 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

Before the throne of God above
I have a strong, a perfect plea,
a great High Priest whose name is Love,
who ever lives and pleads for me.
My name is graven on his hands,
my name is written on his heart;
I know that while in heaven he stands
no tongue can bid me thence depart,
no tongue can bid me thence depart.

When Satan tempts me to despair,
and tells me of the guilt within,
upward I look and see him there
who made an end to all my sin.
Because the sinless Saviour died,
my sinful soul is counted free;
for God the just is satisfied
to look on him and pardon me,
to look on him and pardon me.

Behold him there! The risen lamb,
my perfect, spotless righteousness;
the great unchangeable I AM,
the King of glory and of grace!
One with himself I cannot die,
my soul is purchased with his blood;
my life is hid with Christ on high,
with Christ my Saviour and my God,
with Christ my Saviour and my God.

*Charitie Lees De Chenez 1841-1923
Tune: Before the throne of God*

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

Almighty God,
your beloved Son, for love of us,
willingly offered himself to endure the cross,
its agony and its shame:
give us grace to take up our cross
and to follow him in humility and love;
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 comes.

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

Be still for the presence of the Lord, the Holy One, is here.

Come, bow before him now, with reverence and fear.

In him no sin is found, we stand on holy ground.

Be still, for the presence of the Lord, the Holy One, is here.

Be still for the glory of the Lord is shining all around;
he burns with holy fire, with splendour he is crowned.

How awesome is the sight, our radiant King of light!

Be still, for the glory of the Lord is shining all around.

Be still for the power of the Lord is moving in this place;
he comes to cleanse and heal, to minister his grace.
No work too hard for him, in faith receive from him.
Be still, for the power of the Lord is moving in this place.

David Evans b.1957
Tune: Be still

Silence is kept

The Sending Out

Please Stand

Post Communion Prayer

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

We beseech you, almighty God,
look upon the heartfelt desires of your humble servants,
and stretch forth the right hand of your majesty,
to be our defence against all our enemies;
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.

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.

Mothers' Union Diocesan Festival will take place at the Cathedral at 2pm on Tuesday 25th March. All are welcome!

Organ Recitals. The 2025 series gets under way on Wednesday 2nd April at 7.30pm. The recital will be given by Graham Eccles. Retiring collection. Details of the rest of the series to follow.

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. There will also be other prayer stations for contemplation. This is a lovely service and a good preparation for our commemoration of Holy Week and Celebration of Easter. The service is Sunday 6th April at 6.30pm at the Parish Church.

Palm Sunday Procession Following the success of last year's procession this will be taking place with a donkey to lead again beginning at St Mary's Cefn at 1.45pm. A light lunch of soup, sandwiches & cakes will be available in the Neuadd Owen Village Hall, Cefn Meiriadog, from 12 noon If you would like to join us please tel. 01745 540345 to book or e-mail: clarevickers2@btinternet.com

Food4Thought Lunch. The last one of this series takes place on Thursday 27th March. The Lunches will return later in the year.

Timely reminder that the clocks go forward one hour on Saturday night 29th March!

The Week Ahead

24th Monday – Oscar Romero

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

25th Tuesday – The Annunciation of Our Lord to the BVM

9am Morning Prayer
9.30am Baby & Toddler Group *at the
Parish Church*
2pm Mothers Union Diocesan Festival
5pm Evening Prayer
6pm Holy Eucharist

26th Wednesday – Lent Weekday

9am Morning Prayer
10.30am Holy Eucharist
6.15pm Sung Evening Prayer

27th Thursday – Lent Weekday

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

28th Friday – Lent Weekday

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

29th Saturday – Woolos

9am Morning Prayer
5pm Evening Prayer

30th Sunday – Lent 4 Mothering Sunday

9.30am All-Age Eucharist
11am The Cathedral Eucharist
3.30pm Choral Evensong
6pm Choral Evensong *at St Mary's Cefn*

Contact:

Parish Church: 01745 535957
Fr Rex: 07393 639813

Parish Church Website:

www.stasaphparishchurch.org.uk

Today's Readings

Isaiah 55. 1-9

Isaiah calls us to hear and come to God's life-giving promise and purpose.

Psalm 63. 1-8

1 Corinthians 10. 1-13

The Bible is full of examples of sinners like us who have failed to keep faith with our faithful God.

Luke 13. 1-9

Just as the keeper had the fig tree's life spared just a little longer to see true fruitful change, so too has a breathing-space been left for our own radical change of direction to embrace Christ whole-heartedly

Lent

