



## The Sunday Sheet *for* The 1<sup>st</sup> Sunday of Lent Sunday 9<sup>th</sup> 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

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 or 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.*

*Silence is kept*

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.**

## **Romans 10. 8b-13**

A reading from the letter of Paul to the Romans.

‘The word is near you,  
on your lips and in your heart’  
(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, ‘No one who believes in him will be put to shame.’ For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, ‘Everyone who calls on the name of the Lord shall be saved.’

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*

Listen to the Gospel of Christ according to Saint Luke.  
**Glory to you, O Lord.**

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, ‘If you are the Son of God, command this stone to become a loaf of bread.’ Jesus answered him, ‘It is written, “One does not live by bread alone.” ’

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him." '

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written,

"He will command his angels concerning you, to protect you", and

"On their hands they will bear you up, so that you will not dash your foot against a stone." '

Jesus answered him, 'It is said, "Do not put the Lord your God to the test." ' When the devil had finished every test, he departed from him until an opportune time

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*

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.

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 1707-1788*  
*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 recognize 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*

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

Purify my heart,

Let me be as gold and precious silver;

Purify my heart,

Let me be as gold, pure gold.

*Refiner's fire, my heart's one desire*

*Is to be holy,*

*Set apart for you, Lord;*

*I choose to be holy,*

*Set apart for you, my master,*

*Ready to do your will.*

Purify my heart,  
Cleanse me from within and make me holy,  
Purify my heart,  
Cleanse me from my sin, deep within.

*Refiner's fire, my heart's one desire  
Is to be holy,  
Set apart for you, Lord;  
I choose to be holy,  
Set apart for you, my master,  
Ready to do your will.*

*Brian Doerksen b.1965*

*Silence is kept*

## **The Sending Out**

*Please Stand*

### **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

Lead us, heavenly Father, lead us  
o'er the world's tempestuous sea;  
guard us, guide us, keep us, feed us,  
for we have no help but thee;  
yet possessing every blessing,  
if our God our Father be.

Saviour, breathe forgiveness o'er us:  
all our weakness thou dost know;  
thou didst tread this earth before us,  
thou didst feel its keenest woe;  
lone and dreary, faint and weary,  
through the desert thou didst go.

Spirit of our God, descending,  
fill our hearts with heavenly joy,  
love with every passion blending,  
pleasure that can never cloy:  
thus provided, pardoned, guided,  
nothing can our peace destroy.

*James Edmeston 1791-1867*  
*Tune: Mannheim*

*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 prepares for ministry in the Diocese and for their daughter Abbie. We look forward to welcoming them into our midst. Josh will be installed at Choral Evensong **today** at 3.30pm.

**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

### 10<sup>th</sup> Monday – Lent Weekday

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

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

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

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

9am Morning Prayer  
9.30am Schools Service *at the Parish Church*  
10.30am Holy Eucharist  
6.15pm Sung Evening Prayer

### 13<sup>th</sup> 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

### 14<sup>th</sup> Friday – Ember Day

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

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

9am Morning Prayer  
5pm Evening Prayer

## **16<sup>th</sup> Sunday – Lent 2**

9.30am The Parish Eucharist

11am The Cathedral Eucharist

3.30pm Choral Evensong

### **Today's Readings**

#### **Deuteronomy 26. 1-11**

Moses commands his people that when they come into the Promised Land they should offer the first fruits of their harvest to God as a thanksgiving for their deliverance from Egypt.

#### **Psalm 91. 1-11**

#### **Romans 10. 8b-13**

Paul offers salvation to all who put their faith in the crucified and risen Christ, regardless of who they are.

#### **Luke 4. 1-13**

Jesus is led by the Spirit into the wilderness. After forty days of fasting, he is tested by the devil. His decision to hold fast to God's calling stays firm.



### Contact:

Parish Church: 01745 535957

Fr Rex: 07393 639813

### Parish Church Website:

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