



### NO SERVICE AT 8AM

### 10am Parish Communion, in Church

*Come and enjoy fellowship and refreshments in the WCC after the 10am service.*

#### Collect for The First Sunday of Lent

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.

#### A Psalm for today, Psalm 32. 1-8

#### Refrain: Be glad, you righteous, and rejoice in the Lord.

- 1 Happy the one whose transgression is forgiven, and whose sin is covered.
  - 2 Happy the one to whom the Lord imputes no guilt, and in whose spirit there is no guile.
  - 3 For I held my tongue; my bones wasted away through my groaning all the day long.
  - 4 Your hand was heavy upon me day and night; my moisture was dried up like the drought in summer.
- All: Be glad, you righteous, and rejoice in the Lord.**
- 5 Then I acknowledged my sin to you and my iniquity I did not hide.
  - 6 I said, 'I will confess my transgressions to the Lord,' and you forgave the guilt of my sin.
  - 7 Therefore let all the faithful make their prayers to you in time of trouble; in the great water flood, it shall not reach them.
  - 8 You are a place for me to hide in; you preserve me from trouble; you surround me with songs of deliverance.

#### All: Be glad, you righteous, and rejoice in the Lord.

*Give us honest hearts, O God,  
and send your kindly Spirit  
to help us confess our sins  
and bring us the peace of your forgiveness;  
in Jesus Christ our Lord. Amen.*

**The church is open each day, from early morning to mid afternoon.**

*An opportunity to spend some comforting time in prayer, peace and reflection.*

#### A Gospel reading for today, Matthew 4. 1-11

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God."' Then the devil took him to the holy city and placed him on the pinnacle of the temple, 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."' Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test."' Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him."' Then the devil left him, and suddenly angels came and waited on him.

#### CHILDREN & YOUNG PEOPLE

#### Come and share our short session for children and young people during our Sunday 10am service EVERY WEEK!

We invite children of all ages, with their adults, to come into the Lady Chapel during part of the service, and share in A Godly Play (a short visual storytelling of scriptures, with wondering questions, stories, crafts, puzzles, and even some acting for those that want ... for all ages to share together; then various age related activities). **We also have an older group breakout session most weeks.** We continue our series on God's messenger, Jeremiah, speaking out faithfully for God in difficult times; this week hearing about Jeremiah's scroll (*Jeremiah 36*).

Our [Children & Young People](#) website page has loads of activities to help young people get to know the person of Jesus this Lent.

**Our young person's choir** - If your child is 7 or over and interested in joining, please contact Nathan Collins ( [stmichaelsbdsdom@gmail.com](mailto:stmichaelsbdsdom@gmail.com) ) We will also be starting choral and organ scholarships for our young people.

#### PRAYER, COUNSEL AND SUPPORT

If parishioners would value the prayers, counsel and support of the church, in time of need for themselves or others on their hearts, please do reach out to the ministry team. Do speak to us in person at church services and events, or use the contact details on the next page. Thank you.



Last week we heard the story, 'Jeremiah buys a field' (Jeremiah 31. 1-6; 32. 1-15) we learn to trust God. We made a prayer field with ears of corn, knowing that God listens to our prayers.



**Healing Prayers** – are offered in the Lady Chapel after worship on fourth Sundays each month, next on this **Sunday 22<sup>nd</sup> February**.

**Lent Reflections, Tuesdays from 24<sup>th</sup> February, 12-12:30pm in the Lady Chapel** – All are warmly invited to join these sessions during Lent. This year our theme is Journey to the Cross, with an audio reading from Bear Grylls book, 'The Greatest Story Ever Told': a retelling of the Gospel through the eyes of those who knew Jesus best, a short reflection, music and prayer. We begin **this Tuesday** with 'Myriam' (his mother Mary). Each session will be followed by a frugal lunch at 12:30pm in the WCC, in aid of the two charities supported by our Charities Support Group Lent Appeal this year. [See our Lent flyer on our website](#) for more information; there are a few copies in the Publicity Area too.

**Holy Communion, Wednesday 25<sup>th</sup> February, 10am** – Refreshments afterwards.

**Tiny Tots, Thursdays from 12:30-2/2:30pm, WCC** – For parents/carers and babies/preschoolers in term time; plus older children in the holidays. Playtime, tea/coffee, songs, stories, activities and a prayer. Buggy access and baby change available, and you're welcome to bring a packed lunch if you like. It's also ok to be late, we understand!

**Lunchtime Recital this Thursday 26<sup>th</sup> February then on Thursday 5<sup>th</sup> March, 1:30pm.** We are delighted to welcome back students from Bishop's Stortford College to St Michael's for a series of free half hour/forty-minute recitals. Retiring collection.

**Prayers for our Community, Saturday 28<sup>th</sup> February, 9:30-10am** – All welcome.

**Forthcoming 8am services** – We'll celebrate Holy Communion at 8am on **Sunday 1<sup>st</sup> March**, then 15<sup>th</sup> and 29<sup>th</sup> March (Palm Sunday).

**Charities Support Group Presentation, Sunday 1<sup>st</sup> March** – After our 10am service and coffee, the CSG has invited one of the charities we are supporting this Lent, Riding Lights, to offer a brief presentation. The speaker will be John Emmett. Riding Lights is a professional theatre company, touring nationally, with a strongly Christian ethos. Its new Passion Play, *Night Falls* is touring during Lent and will be at Chelmsford Cathedral on 23<sup>rd</sup> March and Verso Vineyard Church, St Albans on 27<sup>th</sup> March. See [www.ridinglights.org/nightfalls](http://www.ridinglights.org/nightfalls) for more information.

**TLC Tuesdays, next meeting on Tuesday 3<sup>rd</sup> March in the WCC, 2:15pm for 2:30pm** Join tea and talk and a regular short presentation on wide-ranging interests. This month we are delighted to welcome our own Rev'd June Knight with her talk, *Called and Collared*.

**Spring Coffee Morning: Saturday, 7<sup>th</sup> March at 10am** – All welcome! Fresh coffee/tea and cakes ... plus a cake stall, toy stall, raffle and good as new/unwanted gift stall. Come and join us for a cuppa! Any helpers and cake bakers most appreciated (contact Gill).

**Our craft group meets on alternate Mondays in the WCC, 10am - 12noon. Next on Monday 9<sup>th</sup> March** – All welcome!

Details of all services and events are available on the [Calendar](#) page on our website. Do follow us on Social Media too, for regular updates.

**Recital, Sunday 22<sup>nd</sup> March at 3pm.** A piano recital with Dominic Downs. Free admission, retiring collection, tea and homemade cakes afterwards.

**Quiet Days in Albury** – Days of reflection and contemplation in June's home. We'll be taking a break for a few months, meeting next on **Thursday 26<sup>th</sup> March**. We still need drivers, please contact the Parish Office if you think you could help.

**The Charities Support Group would welcome new members** If you're interested in helping support charities through events, talks and distributing the funds at St Michael's Church then get do in touch with CSG or Derwyn. Specifically we would like someone to work alongside the current treasurer with a view to taking over at some point. Equally if someone could regularly do minutes at our meetings (4 per year) this would also be appreciated. Our next meeting is **9<sup>th</sup> April at 7.30pm in the WCC**. Val Ashwood (Chair).

**Communion Music** – To help with congregational singing at communion, the Sidespeople have melody versions of some settings available for worshippers. If you'd be helped by having some music for these, do ask for a score when you pick up your service books.

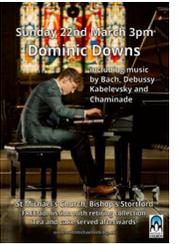
**Food Bank Plea** – Increased costs of living continue to hit foodbanks hard. Do consider whether you can donate: details on our [website](#) and church noticeboard.

**Mary's Meals Foreign Currency Collection** – There is a collection box in church during services for all your foreign currency, no matter how old, obscure or its value.

**Postage stamps for charity** – Remember to save your used stamps and put them in the bucket in the Publicity Area to go to charity. Please ensure that the stamps have a one inch paper envelope border, otherwise they cannot be used!

**Thank you for celebrating Christingle with us.** Your amazing support helped us raise £256.40 for The Children's Society. It will bring hope to the lives of many young people.

**Lent Red Bucket Appeal from the Charities Support Group** – We'll add this to the money raised through the Lent lunches and split the amount between Riding Lights and Embrace the Middle East: Al-Ahli Arab Hospital in Gaza. Donations can be made into the red bucket or on the card machine using the button 'Lent Appeal'. More information about the charities and donating through BACS is on our [website](#), on noticeboards and leaflets.



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