

COLLECT

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.

FIRST READING

Genesis 2:15-17; 3:1-7

A reading from the book of Genesis.

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." Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden?'" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

PSALM Psalm 32

R *I will confess my transgressions to the Lord.*

Happy are they whose transgressions are forgiven,
and whose sin is put away!
Happy are they to whom the Lord imputes no guilt,
and in whose spirit there is no guile! **R**

While I held my tongue, my bones
withered away,
because of my groaning all day long.
For your hand was heavy upon me day
and night;
my moisture was dried up as in the heat
of summer. **R**

Then I acknowledged my sin to you,
and did not conceal my guilt.
I said, "I will confess my transgressions
to the Lord";
then you forgave me the guilt of my
sin. **R**

Therefore all the faithful will make their
prayers to you
in time of trouble;
when the great waters overflow, they
shall not reach them.
You are my hiding-place;
you preserve me from trouble;
you surround me with shouts of
deliverance. **R**

"I will instruct you and teach you
in the way that you should go;
I will guide you with my eye.
Do not be like horse or mule,
which have no understanding;
who must be fitted with bit and bridle,
or else they will not stay near you." **R**

Great are the tribulations of the wicked;
but mercy embraces those who trust
in the Lord.
Be glad, you righteous, and rejoice in
the Lord;
shout for joy, all who are true of heart. **R**

SECOND READING Romans 5:12-19

A reading from the letter of Paul to the Romans.

Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned – sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation but the free gift following many trespasses brings justification. If, because of the

one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so the act of righteousness of one leads to justification and life for all. For just as by the one person's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

GOSPEL Matthew 4:1-11

Hear the gospel of our Lord Jesus Christ according to Matthew.

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted 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.

POST COMMUNION

Lord God,
you have renewed us with the living
bread from heaven;
by it you nourish our faith,
increase our hope,
and strengthen our love:
teach us always to hunger for him
who is the true and living bread,
and enable us to live by every word
that proceeds from out of your mouth;
through Jesus Christ our Lord.

February 22nd 2026 - Lent 1 - Parish of the Harwich Peninsula

Easter Eggs: there is only one Real Easter Egg! It is made without Palm Oil; the product is Fair Trade and it contains a 24 page colour booklet with the Easter story in it. We have available: single milk chocolate egg £6; dark chocolate egg £6.50; a sharing box of 30 little eggs £30; fun pack of 6 small eggs £6.50. Please get your order to the Rector. These cannot be bought in supermarkets.

Parochial Church Council and Lent Giving: the PCC met last week and agreed that during Lent we would ask people to support Harwich Sea Scouts. More information to follow but please start collecting money.

Pop Up Church: on Sunday March 8th at 3pm we will be joined by Chris from IsingPop to lead our new family service at St Michael's. It promises to be a great session! We meet every 2nd Sunday at 3pm.

Future dates – 2026: The Rector has a free book for all who want it exploring the Beatitudes, it is in each church building now; they are in Matthew's gospel and it is Matthew we mainly read in the Sunday morning services in 2026. Each Wednesday in Lent one of the Churches Together in Harwich congregations will host a service exploring some of the 'I am' sayings of Jesus. 7.30pm from the 25th of February, starting at St Michael's.

Finance Group: A finance support group is being formed to assist Chris Wallace as Parish Treasurer. If you believe you have appropriate skills we would like to hear from you. Knowledge of reading spreadsheets, creating budgets and monitoring, seeking best value would certainly be useful. If you are interested or want to suggest someone please let Chris or Ian know as soon as possible as we hope to host our first meeting as a group on Tuesday 3rd March at 7.30pm in the Fryatt Room.

Peninsula Post 6: is now out so do make sure you take a copy to read at home. Issue 7 will contain a very important update on the diocese of Chelmsford, but please start praying now about finance, the number of priests who can be deployed across the diocese and the decline in attendance.

Deanery Service: there is a deanery service in Little Bentley Hall and Gardens on Sunday 31st May at 3pm with Bishop Guli. This will take the place of the parish united afternoon service; there will still be morning services of course. All are welcome and there is plenty of parking. More details to follow.

Independent Examiner of Accounts: two parishes in the deanery are looking for Independent Examiners for their accounts; Mistley and Beaumont cum Doze; if you have the skill to do this or know someone who can please let Ian know and we will put them in contact.

Bible sales: You might have seen the headlines: Bible sales in the UK are up 134% since 2019, with people of all ages, and especially younger readers, turning back to Scripture.

Notices from Enid: On Saturday 11th April, 10am-12pm there will be a Coffee Morning in aid of the Leprosy Mission, a chance for fellowship and to raise funds to help eradicate this dreadful disease. If you have a Leprosy collection box, please drop it in either before or during this.

Also, for many years we have read the Bible Reading Fellowships 'New Daylight' scripture notes. These are issued 3 times a year and cost £6/issue. If you would like to receive these please contact Enid on 01255 551132 by the end of March. Thank you

Prayer as we move into 2026: *Leading Your Church Into Growth (a card with this on is available)*

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.

Baptised in February: None

Married in February: None

Departed in January: Arthur William Giles; William (Bill) Mixer; James Gordon Lord; Diana Edith Mason, Pamela Barker; Ronald Boggis; Frances Jean Herbert; Horst Udo Wilbertz (Peter); Velsheda Hannam.

St Michael's worship 9am each Sunday (Communion on the 2nd and 4th Sundays)

All Saints worship 10.30am each Sunday (Communion on the 1st and 3rd Sundays)

St Nicholas worship 10.30am each Sunday (Communion on the 2nd and 4th Sundays)

You should be able to access the hearing loop in each building – please let us know if you cannot

1st Sunday of every month: Prayer Book Evensong at St Nicholas at 5pm

2nd Sunday of the month: Pop Up church at St Michael's at 3pm

3rd Sunday of every month: Prayer and Praise at St Michael's at 5pm

4th Saturday of every month (except August and December): Messy Church in the Esplanade Hall from 2-4pm. Children must be accompanied by an adult.

For more information please visit our social media:

www.harwichparish.co.uk or www.achurchnearyou.com or our Facebook pages.

<https://www.facebook.com/> Harwich Peninsula Parish CoFE. All Saints, St Michaels & St Nicholas or Messy Church at the Esplanade Hall