

**St Mary the Virgin and All Saints
Potters Bar**

**22nd February 2026
The First Sunday of Lent**

A warm welcome to St Mary's

Do join us for refreshments in the hall after the Sung Eucharist

TODAY'S SERVICES

8.00am **SAID EUCHARIST**

10.00am **SUNG EUCHARIST**

Old Testament Reading: Genesis 2 vv 15-17, 3 vv 1-7 *We hear how man first sinned by disobeying God.*

New Testament Reading: Romans 5 vv 12-19 *As sin entered the world by man's disobedience to God, the gift of righteousness and grace came through the perfect obedience of Jesus to his Father's will.*

Gospel: Matthew 4 vv 1-11 *The conflict between Jesus and Satan is symbolic of our struggle to choose between life and death.*

Hymns: 67, 12, 70, 307, 83

Anthem: Almighty God, who hast me brought - Ford

5.00pm **EVENSONG** Hymns: 64, 425, 333

The Week Ahead

Monday 8.00pm Lent study group

Tuesday 9.30am Morning Prayer
5.00pm Evening Prayer

Please note: this week's meeting of the Knit & Natter Group has been cancelled. Next meeting: **Tuesday 31st March.**

Wednesday 9.30am Said Eucharist
Celebrant: Fr Tom Baron
10.30am – 12 noon Church open for visitors
5.00pm Evening Prayer

Thursday 9.30am Said Eucharist (BCP)
10.15am Lent study group
10.30am – 12 noon Church open for visitors
5.00pm Evening Prayer
7.30pm Said Eucharist
8.00pm PCC meeting

Friday ***George Herbert, priest & poet***
9.30am Morning Prayer
12.30pm Stations of the Cross
5.00pm Evening Prayer (BCP)

Next Sunday is the **Second Sunday of Lent**

8.00am Said Eucharist

10.00am **SUNG EUCHARIST**

Next Sunday's readings will be: Genesis 12 vv 1-4a; Romans 4 vv 1-5, 13-17 and John 3 vv 1-17.

Fr Stefan Chrysostomou, Vicar Tel: 01707 859028

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Easter Lilies Once again we shall be remembering our loved ones with lilies in church at Easter. Further details next week, but please see Richard about names and payment. Cost will be **£1.50** per lily as last year.

Parish Notices

LENT 2026 at ST MARY'S

Worship As part of your Lenten discipline, in addition to the Sunday Eucharist, why not try to attend one of our regular **weekday Eucharists**? Or possibly **Morning & Evening Prayer**? **Stations of the Cross** will take place **every Friday at 12.30pm.**

Group Study A study group will meet at church on Monday evenings at 8.00pm following a course focused on the Beatitudes. The Thursday group will meet at 10.15am to follow a course entitled "Whole Life Worship". All welcome.

Lent Giving We are supporting the Church Urban Fund. **£311** has already been collected for the charity as a result of last Sunday's lunch. Thank you

Many thanks to Graham and Aoy Jones for providing a marvellous Thai lunch for us last Sunday.

The next lunchtime recital will be on **Tuesday 3rd March** at 12.30pm when we welcome organist Ivan Linford. Light lunches will be available from 12 noon.

The World Day of Prayer led by women is on **Friday 6th March**. There will be a service at **11.00am** at Our Lady and St Vincent Church. Please support this service if you can.

We are hosting two concerts on Saturdays in March:

- **7th March** at 7.30pm – Hertfordshire Philharmonia
- **21st March** at 7.30pm – Potters Bar Choral Society

Details are available on the flyers in the narthex.

Watchers and Welcomers Please let Heather know if there are dates in April & May when you are unavailable.

You can support fundraising for St Mary's by signing up to the **Easyfundraising** online shopping website at: www.easyfundraising.org.uk/causes/stmaryspottersbar We have raised over £1,700 for St Mary's since joining this initiative. Thank you to all our supporters.

Looking ahead there will be a Confirmation Eucharist here on **Sunday 10th May** with Bishop Rob Wickham, an Assistant Bishop in the diocese. If you are interested in being confirmed, please have a word with Fr Stefan.

For your prayers

The sick Anna Downes, Carole Waller, Margaret Terry, Elizabeth Wiseman, Valerie Taylor, Elizabeth Liney, Joan Golden, Françoise Groves-de-Milleret, Lisa Collins, Linda, Daren Ellis, Maureen Alderman, Alison Stevens, Bob Keefe, Lindsey Lyons, Steven Seal, Robert Wikner

We also pray for Keith Downes, Jayne Hutton, Janet Daniels, Susan North, Julia, Tessa, Nicola Stiff, Ron Golden, Ricky Mella, Sasha Burt, Betty Lockton, David Evans, Richard Barnes, Dave Gough, Pauline Phillips, Keith Probert, Prussia Blake, Charlotte

We give thanks for the improvement in the health of Carlos Perez

The recently departed Eileen Irons, Mavis Munhamo, Clare Payne

Those whose anniversary of death falls this week

Honey Lockwood, Lily Vincent, Lawrence Jones, Winifred Palfrey, George Riddleston, Pam Wilson, Alec Page

Our parish We remember those who live and work in Southgate Road, The Spinney and Springfield Close

We pray for the **Revd Steven Young** who will be instituted as Team Rector of Elstree & Borehamwood next Saturday

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 *Be glad, you righteous, and rejoice in the Lord.*

Happy the one whose transgression is forgiven,
and whose sin is covered.
Happy the one to whom the Lord imputes
no guilt,
and in whose spirit there is no guile. **R**

[Organ]

Be glad you right-eous, and re-joice in the Lord.

For I held my tongue;
my bones wasted away
through my groaning all the day long.
Your hand was heavy upon me day and
night;
my moisture was dried up like the drought
in summer.

Then I acknowledged my sin to you
and my iniquity I did not hide. **R**

I said, "I will confess my transgressions to
the Lord,"
and you forgave the guilt of my sin.
Therefore let all the faithful make their
prayers to you in time of
trouble; in the great water flood, it shall
not reach them.

You are a place for me to hide in;
you preserve me from trouble;
you surround me with songs
of deliverance. **R**

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

Great tribulations remain for 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.

WORLD DAY OF PRAYER

A service for everyone!

Friday 6 March

I will give you rest, come

For the World Day of Prayer Service 2026 the women of Nigeria have created a service of prayer and sharing that speaks to our need for peace and solace, drawing on their faith and experiences in a world filled with struggles and anxieties.

Please do join us on Friday 6th March at Our Lady & St Vincent Church at I I am for this beautiful annual event.

Refreshments to follow in the Parish Hall.

All are welcome.



Nigeria 2026



INFORMED PRAYER PRAYERFUL ACTION

24-7 365 Days a year Prayer movement Ecumenical International Women-led

wwdp.org.uk

Registered Charity Number 233242