

**ENTRANCE ANTIPHON**

*When he calls on me, I will answer him;  
I will deliver him and give him glory,  
I will grant him length of days.*

**COLLECT**

Grant, almighty God,  
through the yearly observances of holy Lent,  
that we may grow in understanding  
of the riches hidden in Christ  
and by worthy conduct pursue their effects... **Amen.**

**FIRST READING** Genesis 2:7-9; 3:1-7

A reading from the Book of Genesis.

The LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. And the LORD God planted a garden in Eden, in the east, and there he put the man whom he had formed. And out of the ground the LORD God made to spring up every tree that is pleasant to the sight and good for food. The tree of life was in the midst of the garden, and the tree of the knowledge of good and evil.

Now the serpent was more crafty than any other beast of the field that the LORD God had made. He said to the woman, 'Did God actually say, "You shall not eat of any tree in the garden"?' And 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 midst of the garden, neither shall you touch it, lest you die."' But the serpent said to the woman, 'You will not surely 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 themselves loincloths.

The word of the Lord.

**Thanks be to God.**

**RESPONSORIAL PSALM** Psalm 51(50):3-4. 5-6b. 12-13. 14. 17.

R. cf. 3a

**R: Have mercy on us, O Lord, for we have sinned.**

1. Have mercy on me, O God,  
according to your merciful love;  
according to your great compassion,  
blot out my transgressions.  
Wash me completely from my iniquity,  
and cleanse me from my sin. **R.**
2. My transgressions, truly I know them;  
my sin is always before me.  
Against you, you alone, have I sinned;  
what is evil in your sight I have done. **R.**
3. Create a pure heart for me, O God;  
renew a steadfast spirit within me.  
Do not cast me away from your presence;  
take not your holy spirit from me. **R.**
4. Restore in me the joy of your salvation;  
sustain in me a willing spirit.  
O Lord, open my lips  
and my mouth shall proclaim your praise. **R.**

**SECOND READING** Romans 5:12-19

A reading from the Letter of Saint Paul to the Romans.

*(for shorter form read between > <)*

> Brothers and sisters: Just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned – <  
for sin indeed was in the world before the law was given, but sin is not counted where there is no law. Yet death reigned from Adam to Moses, even over those whose sinning was not like the transgression of Adam, who was a type of the one who was to come.

But the free gift is not like the trespass. For if many died through one man's trespass, much more have the grace of God and the free gift by the grace of that one man, Jesus Christ, abounded for many. And the free gift is not like the result of that one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brought justification.

> For if, because of one man's trespass, death reigned through that one man; much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men. For as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

The word of the Lord.

**Thanks be to God. <**

**ACCLAMATION BEFORE THE GOSPEL** Matthew 4:4b

**R: Glory and praise to you, O Christ.**

One does not live by bread alone,  
but by every word that comes forth from the mouth of God.

**R: Glory and praise to you, O Christ.**

**GOSPEL** Matthew 4:1-11

A reading from the holy Gospel according to Matthew.

At that time: Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. And 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, "Man shall 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 set him on the pinnacle of the temple and said 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, lest you strike your foot against a stone."' Jesus said to him, 'Again it is written, "You shall 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 glory. And he said to him, 'All these I will give you, if you will fall down and worship me.' Then Jesus said to him, 'Be gone, Satan! For it is written, "You shall worship the Lord your God and him only shall you serve."' Then the devil left him, and behold, angels came and were ministering to him.

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

**PRAYER OVER THE OFFERINGS**

Give us the right dispositions, O Lord, we pray,  
to make these offerings,  
for with them we celebrate the beginning  
of this venerable and sacred time... **Amen.**

**COMMUNION ANTIPHON**

*One does not live by bread alone,  
but by every word that comes forth from the mouth of God.*

Or

*The Lord will conceal you with his pinions,  
and under his wings you will trust.*

**PRAYER AFTER COMMUNION**

Renewed now with heavenly bread,  
by which faith is nourished, hope increased,  
and charity strengthened,  
we pray, O Lord,  
that we may learn to hunger for Christ,  
the true and living Bread,  
and strive to live by every word  
which proceeds from your mouth... **Amen.**

# The Parish of St Anselm, Hayes

February 22<sup>nd</sup>, 2026  
First Sunday of Lent

## THE PCC WILL MEET AFTER MASS THIS MORNING.

Now that it's Lent, we won't say 'Alleluia' until Holy Saturday! Today's readings contrast the sin of Adam with the sinlessness of Jesus. As St Paul concludes in our second reading: "For as by the one man's [Adam's] disobedience the many were made sinners, so by the one man's [Jesus's] obedience the many will be made righteous." And the first reading is the famous story of the fall in the Garden of Eden. This is



a poetic way of explaining how sinfulness and disobedience became an ingrained and destructive part of

human nature. As far as we know, no other creatures have this sense of good and evil – and the first reading teaches us that such knowledge makes us "like God." Animals, other than us, may do cruel and violent things in their quest for survival, but they are not making moral choices when they do so. But every time we make a decision, we make a moral choice – and therefore take on the responsibility of those choices. Finally, in the gospel, Jesus is tempted in exactly the same ways as we are. But the difference, of course, is that Jesus resisted those temptations, but we, very often, do not.

### Entrance Hymn

88 Forty days and forty nights

### Offertory Hymn

82 Ah, holy Jesu, how has thou offended

### Recessional

84 Be thou my guardian and my guide

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THIS WEEK (Year A[2]; Psalm week 1)

ALL MORNING PRAYER SERVICES, EXCEPT ON THURSDAYS, ARE NOW ONLINE. To attend online Morning Prayer visit [www.stanselm.co.uk](http://www.stanselm.co.uk) and select 'Services and events' and then 'Online Morning Prayer' and click on 'MORE INFO'.

23<sup>rd</sup>: Monday of 1<sup>st</sup> week of Lent. Morning Prayer 0830 online.

24<sup>th</sup>: Tuesday of 1<sup>st</sup> week of Lent. Morning Prayer 0830 online. Boys' Brigade and Girls' Association 1700.

25<sup>th</sup>: Wednesday of 1<sup>st</sup> week of Lent. Morning Prayer 0830 online. Masses IN CHURCH at 1200 and 1800.

26<sup>th</sup>: Thursday of 1<sup>st</sup> week of Lent. Morning Prayer 0945 and Mass 1000 IN CHURCH.

27<sup>th</sup>: Friday of 1<sup>st</sup> week of Lent. Morning Prayer 0830 online.

21<sup>st</sup>: Saturday of 1<sup>st</sup> week of Lent. No services in church or online.

## NEXT SUNDAY

1<sup>st</sup> March. Second Sunday of Lent. Mass 1000.

## FUTURE DATES

Wednesdays in Lent, 25<sup>th</sup> February – 25<sup>th</sup> March: Online bible study 1700. Details on the church website [www.stanselm.co.uk](http://www.stanselm.co.uk).

## PARISH PRAYER REQUESTS

Kathyan Fenton; Desiree Loderick; Mr & Mrs DeGale, and Wioletta Dębska; Mahshid Farsha; Bernard Brayer. (If you have a name for the list, please give the details to Fr Josiah or Fr Stephen.)

RECENTLY DEPARTED: Sheila Brayer (27<sup>th</sup> January)

## ANNIVERSARIES OF DEATH

23<sup>rd</sup>: Herbert Bateman

24<sup>th</sup>: Ronald (Jim) Durnford

25<sup>th</sup>: Albert Lock

26<sup>th</sup>: Bill Young

27<sup>th</sup>: John George Harris

28<sup>th</sup>: William Bayley, Freda Irene Boddy

YOUNG CHILDREN IN CHURCH: Don't worry if they make a noise or move about! Young visitors to the sanctuary are always welcome, so no drama if they go for a walk! We'll have a look at the children's work at the end of mass...

FINANCIAL POSITION: During January 2026, our income was £1,700.42, and our outgoings were £1,806.71. We were nearly in balance, but it's still true that almost every month we spend more than we receive. It wouldn't take all that much to change this. Last month, if we had received just £150 more income between us, we would have been in the black. If everyone could increase their giving by just £10 each month our finances would be much healthier! Could you help us by making that small increase in your contribution to St Anselm? Please flash this QR code to get started!



## STAFF CONTACT DETAILS

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PLEASE JOIN US IN THE HALL AFTER MASS FOR TEA, COFFEE, AND FELLOWSHIP!