



St Alban's Parish Church



Sunday 22nd February The First Sunday in Lent

We hear the story of Jesus' temptation. In our worship we'll think about how we put God to the test and how we can resist temptation in our own life.

9.00 am	Said Mass	Fr Graham
10.00 am	Parish Mass	
President and Preacher		Fr Graham
Readings		Geraldine Rainey
Intercessions		Patrick Newman
Eucharistic Minister		Jim Weller
6.00pm	Evening Prayer	Jim Weller

Today at the Parish Mass:
Hymns: NEH 507 (in booklet), 67, 63

During the Week

Tues 24th	<i>St Matthias</i>	19.00	Said Mass	Fr Graham
Thur 26th		10.00	Said Mass	Mtr Linda
Fri 27th		19.00	Stations of the Cross	Mtr Linda

WELCOME We are really pleased to see you. If you have any queries or are unsure about anything please ask.

Intercessions

We pray for the Church; that all those who make up the body of Christ may learn to walk together in God's grace, mercy and compassion.

We pray for anyone whose material needs are not being met; for those who are thirsty, hungry or homeless. We ask God to provide for them and bring them fulfilment in mind, body and spirit.

We pray for those enslaved to addictions and obsessions, asking God to show them a healthier way of being.

We pray for ourselves; that we may resist temptation in our life and rise to the challenges that God sets before us today and in the coming days.

We pray for all who are sick in mind, body or spirit.

We give thanks for those who have departed this world in peace and pray for all who fear death and for those who mourn. We especially remember those whose years mind falls this week:

Robert Ablitt, Emily Ablitt, Audrey Sherwood, Anne Dugdall, Charles Grant, Vanessa Robson, Geoffrey Carlin.

Next Sunday 1st March The Second Sunday in Lent

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life." We come before God with our prayers and praises, that together we may renew our faith.

Readings

First Reading Genesis 12:1-4a

God promises Abram that he will be the ancestor of a people who will bring blessing to everyone on earth.

Second Reading Romans 4:1-5. 13-17

We do not earn our salvation, but rather it is God's gift, which we receive through faith.

Gospel John 3:1-17

Jesus tells Nicodemus that eternal life is available to those who have faith in what seems logically impossible.

Services

9.00 am	Said Mass	Fr Graham
10.00 am	Parish Mass	
President and Preacher		Fr Graham
Readings		John Appleby
Intercessions		Liz Pacey
Eucharistic Minister		Wendy Bishop
6.00pm	Evening Prayer	Fr Graham

Notices

Lent Course this Thursday 11.00-12.30

Digital and Online Giving

St Alban's relies solely on donations to maintain services and our work in the community. We know people want to be generous but don't always have the means at hand to make a donation when they are in church.

You can now use this QR code to make a donation online at any time via our secure website.



Serving the parish with you:

Vicar:	Fr Graham Thornalley
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Associate Priest:	Mtr Linda Gillard
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Also on Facebook and ACNY
Information and Notices for Pew Sheet to
Elizabeth Franklin elmfranklin@gmail.com

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

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 32, 1-6



Forgive me, O Lord, the guilt of my sin.

Happy the one whose transgression is forgiven, **R** and whose sin is covered.

Happy the one to whom the Lord imputes no guilt, and in whose spirit is no guile.

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. **R**

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

Second Reading Romans 5:12-19

Therefore, 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 one man's act of righteousness leads to justification and life for all. For just 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.

Gospel Acclamation

Man does not live on bread alone,
but on every word that comes forth from the mouth of God

Gospel Matthew 4:1-11

Then 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.