

# The Parish Church of Aldwick St Richard



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*Registered Charity Number 1206799*

## **SUNDAY 22<sup>ND</sup> FEBRUARY 2026**

### **THE FIRST SUNDAY OF LENT**

<b>Sunday 22<sup>nd</sup></b>	<b>08:00 Holy Communion</b>
<b>1<sup>st</sup> Sunday of Lent</b>	<b>10:30 Coffee in the Mosse Hall</b>
	<b>11:15 Parish Eucharist with Sunday School</b>
<b>Monday 23<sup>rd</sup></b>	<b>09:15 Morning Prayer (Pagham)</b>
<b>St. Polycarp of Smyrna</b>	
<b>Tuesday 24<sup>th</sup></b>	<b>17:30 Evening Prayer on Zoom</b>
	<b>19:00 Tuesday@7 (Pagham)</b>
<b>Wednesday 25<sup>th</sup></b>	<b>09:30 Morning Prayer (St. Richard's)</b>
	<b>17:30 Evening Prayer on Zoom</b>
	<b>19:00 Lent Course Week 1 (see page 3)</b>
<b>Thursday 26<sup>th</sup></b>	<b>10:00 Holy Communion (Pagham)</b>
	<b>12:00 Noon – 13:15 Lent Lunch (see Page 4)</b>
<b>Friday 27<sup>th</sup></b>	<b>No public worship today</b>
<b>Rev'd George Herbert</b>	
<b>Saturday 28<sup>th</sup></b>	<b>10:30 – 12:00 Coffee, Cake &amp; Conversation (Mosse Hall)</b>
<b>Sunday 1<sup>st</sup> March</b>	<b>08:00 Holy Communion</b>
<b>The 2<sup>nd</sup> Sunday of Lent</b>	<b>10:30 Coffee in the Mosse Hall</b>
<b>St. David's Day</b>	<b>11:15 Parish Eucharist with Sunday School</b>
	<b>12:45 Lunch on Sunday (Mosse Hall)</b>

The Church is open for private prayer, Monday – Saturday 10.00-4.00 and until 4.00 on Sunday

*The Collection plate - If you would like to make an offering, please use the contactless Payaz machine or the collection plate, both of which can be found by the door. Thank you for your generosity.*

If you wish to take part in the Zoom evening prayer services on Tuesday or Wednesday, please contact [trudikearsley@hotmail.co.uk](mailto:trudikearsley@hotmail.co.uk) for the link.

### **Hymns**

**Introit: 67 Forty days and forty nights**  
**Gradual: 84 It is a thing most wonderful**  
**Offertory: 307 Sweet Sacrament divine**  
**Final: 273 And now, O Father, mindful of the love**

## **The Collect (Opening Prayer) 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.

## **Old Testament 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**

## **New Testament Reading: The Letter to the 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 Reading: 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.

## **Prayers of Intercession**

***The sick and those who care for them:*** Janet Lock, Peter Dickinson, Sue and family, Edna Nolson, Don Durrant, Betty Kernan, Molly Hendry, Bob Coyne, Sheila Chittenden, Jo Greenwood, Joan Burt.

***Recently departed:***

***Anniversary of death:*** Owen Miles (22<sup>nd</sup>), Marie Irene Hawkes (23<sup>rd</sup>).

***We pray*** for and with the people of Ukraine; for the people of Israel, Gaza and the West Bank; for peace of the Holy Land; and for those who will weep, and fear, and die this day.

***We pray*** for our vacancy – PCC Secretary.

## **Post Communion Prayer:**

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. **Amen.**

**Next week's readings – the second Sunday of Lent**  
**Genesis 12.1–4a; Psalm 121; Romans 4.1–5, 13–17; John 3.1–17**

**Sunday School: Sunday 22<sup>nd</sup> February** will see the return of our Sunday School. Initially it will be held in the children's corner in church, with a view to moving into the hall longer term. It will run term-time only during the 11.15am service, led by a rota of volunteers. All children are welcome. If there is anyone who would like to find out more, or about possibly joining the rota, please contact Julie Broad (juliebroad28@gmail.com).

**Lent Course: Wednesday, 25<sup>th</sup> February, at 7pm** marks the beginning of our **five-week Lent course**. The Diocesan course for this year is called, 'The Year of Matthew'. Key themes that we will be looking at include, the birth of Jesus, the calling of the disciples, Jesus as teacher, his miracles, and his impending passion. This year's parish Lent course will be held in the St Andrew's Chapel, Thomas à Becket Church, Pagham. A sign-up sheet and flyer will be available at the back of the church.

## **PCC vacancy**

We are still looking to fill the post of PCC Secretary. If you may be interested, please contact Revd Julian or one of the churchwardens. Training will be offered.

## **Leading intercessions**

Would you like to get more involved in our services? Could you do this by joining a rota to lead the intercessions? If this is something you might be interested in doing, please speak to Rev'd Julian to find out more.

## Community Groups and Events

### Lent soup 2026

Lent Soup Lunches are on offer again this year on **Thursdays 26<sup>th</sup> February** and **March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>** from **12noon-1.15pm**. A warm welcome, delicious home-made soup with a bread roll, tea and coffee at Pagham Parish Church Centre, Nyetimber Lane. All proceeds will be split between Chestnut Tree House, Mary's Meals, Grass Roots and Bognor Regis Food Bank.

### Coffee, Cake & Conversation

Our monthly Coffee, Cake & Conversation will take place on **Saturday 28<sup>th</sup> February 10:30am – 12 noon** in the Mosse Hall. Please bring along your friends, neighbours and family. **If anyone would like to host one of our Coffee, Cake & Conversation events then please do get in touch with Christine Eaton-Hennah (christineeh13@sky.com)**. We need volunteers for future dates. Full training on the coffee machine can be given and it only needs a couple of people at a time to make tea/coffee and provide milk and some yummy cakes.

### Lunch on Sunday

The next Lunch on Sunday will be next Sunday, **1<sup>st</sup> March at 12.45pm**, following the Parish Eucharist. A wonderful opportunity to enjoy a 2-course meal and fellowship together in relaxed surroundings, at just £10 for adults, children free. Sign-up sheets are available at the back of church. If you, along with some friends, would like to organise a lunch in the future, please contact Angela Purser.

### World Day of Prayer

This will be hosted in St Richard's on **Friday 6<sup>th</sup> March at 10.30am** on behalf of Bognor Churches Together. Everyone is welcome to attend the service, which this year has been prepared by an ecumenical group of Christian women from Nigeria. The service will be followed by refreshments.

### Knitted poppies

Following the success of our display of knitted poppies for Remembrance Sunday last year, Barbara would like to make an even bigger display this year – and there's no time like the present to get started! If you would like to help with this Mothers' Union project by knitting more poppies, please contact Carole ([cmatthews@jrmail.co.uk](mailto:cmatthews@jrmail.co.uk)) for the pattern, or pick a copy up at the back of church, and drop your poppies into church as you complete them.

### Online shopping

When you are doing your online shopping, remember to use **easyfundraising** in support of St Richard's to help us raise additional funds, **at no cost to you**. If you're not sure how, please talk to David or Angela. Further details are at:

[https://www.easyfundraising.org.uk/causes/strichardsaldwick/?utm\\_medium=email&utm\\_campaign=pmc&utm\\_content=gs-email1](https://www.easyfundraising.org.uk/causes/strichardsaldwick/?utm_medium=email&utm_campaign=pmc&utm_content=gs-email1)

### Hygiene Poverty

A Hygiene Bank, co-ordinated by Sheila Farmer, has been set up within the Church. The Hygiene Bank will collect **new, unused, in-date personal care and household cleaning essentials**. For health and safety reasons, opened, half-used or products past their best-before date cannot be accepted. Leaflets about the scheme are available at the back of the church and further details are at

<https://thehygienebank.com/give-products/what-products-do-we-collect/>

## **SUPPORT FOR THE FOODBANK IS MORE IMPORTANT THAN EVER.**



**Urgently needed this week:** Antibacterial spray, small jars of coffee, tinned meat, tinned tomatoes, tinned vegetables. **We have plenty of:** pulses.