

**PLEASE take note of these!**

**Open to God - February 22nd at 5.30 pm** continuing with our new series on the 10 Commandments, Please bring your own meal plated and your own cutlery and cup, to save waste and clearing up!



### Next Sunday's Services

#### LYMPSTONE

8.00 am Morning Prayer  
9.30 am Journey

#### HOLY TRINITY

10.00 am Holy Communion  
*followed by fellowship in the Hall*

#### LITTLEHAM

10.00 am Awake  
5.30 pm Open to God

# The Link



between the people of the  
Littleham \* Holy Trinity, Exmouth \* Lympstone

## Mission Community

**22nd February 2026**  
**1st Sunday of Lent**

**OUR VISION AS A MISSION COMMUNITY IS TO:**

- grow in prayer
- help others become disciples of Jesus Christ
- serve the people of Exmouth and Lympstone with joy



### Carbon Fast For Lent—Week 2

**Fast from excessive shopping and donate unwanted clothes to charity shops (see poster in church)**

### Lympstone Parish Church



Jesus'  
**Seven**  
Last  
**Words**  
from the cross

### **A Quiet Morning for Lent**

**Wednesday 4th March 10 am - 1 pm**

Led by Demelza Henderson, a morning of quiet prayer and reflection, to include worship, meditative readings and music, with plenty of time for your own silent prayers and/or creative prayer activities.

*Everyone Welcome*

*(see poster for contact details)*

**7 week LENT COURSE - 40 Days in the Wilds of Faith.** On Wednesdays and Thursdays, **2nd session Wednesday 25th February 7 - 8.30 pm** at Lympstone Church. (see flyer for weekly dates).

**Monday 2nd March**  
**10 am - 2.30 pm**  
12 schools from in and around Exmouth will come together at Holy Trinity Church, joined by the Exeter Diocese Big Sing team, and Bishop Mike, for a day of fun, learning and song!  
*(Coffee Bar not opening)*

### **DON'T FORGET**

**The Coffee Bar at Holy Trinity is open Mon - Sat from 10 - noon.**

**NOTE: - CLOSED Monday 2nd March**

Come along for a Chat with Friends or meet new ones. We also have books and jigsaws for sale in our warm space and the Coffee's cheaper too!!



### **THE MISSION COMMUNITY OFFICE**

is open Mon, Tue, Wed, Fri 9.00 am - 2.30 pm  
Thursdays 10 am—12.00 noon  
*(in-person visits between 10.00 am and 12.00 noon)*

**Telephone:- 01395 263681**

email:- [office@excc.church](mailto:office@excc.church)

**Website: (work in progress).**

**Reg Charity No: 1128761**

### **TODAY'S SERVICES**

#### LYMPSTONE

8.00 am Morning Prayer  
9.30 am Holy Communion

#### HOLY TRINITY

10.00 am Holy Communion  
*followed by fellowship in the Hall*

#### LITTLEHAM

10.00 am Holy Communion  
5.30 pm Open to God

### **WE WANT TO HELP YOU...**

*...hear the service* - we have a **LOOP SYSTEM**. Please set your hearing aid to the T position.

*...follow the service* - **LARGE PRINT Service books are available.**  
**Please ask a sides person.**

*.....receive Holy Communion* - **GLUTEN FREE WAFERS** are available at our communion services. Please make your needs known to a sides person.

## This Sunday's Collect and Readings Year A

### Introduction and Call to Worship

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

### Our Mission Community Prayer

Heavenly Father,

As we meet in your presence,

hold us together in our Mission Community.

May your church grow as we deepen our love for you and our service to others.

Help us always to remember,

though we are many, we are one body, as we all share in you, our one God.

### 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

Adam and Eve are tempted by the serpent to eat from the tree of the knowledge of good and evil. They succumb to temptation and their eyes are opened so they know that they are naked. They hide their nakedness with fig leaves.

### Second Reading Romans 5:12-19

Sin and death came into the world because of Adam's disobedience, and held sway until the time of Moses, when God gave the Law to humankind. However, through the grace and obedience of Jesus Christ, humanity is offered the free gift of forgiveness and life.

### Gospel Matthew 4:1-11

Three times Jesus resists the devil's temptations to ignore God's will, choosing not to act in self-interest, nor to behave recklessly to prove his divinity, nor to seize power for himself.

## Online services this Sunday around the United Kingdom

If you would like to see what the C of E has to offer in the way of Sunday Worship, paste this link into your browser and see what is available.

<https://www.churchofengland.org/prayer-and-worship/church-online/weekly-online-services>

**'Daily Hope' - It is back on 03456 462 206**

### Our Churches are open as follows:-

**Lympstone:** Mon-Sat: 9 am-6 pm.  
Sun 7:30 am-6 pm.

**Littleham:** Monday - Friday 9 am - 4.30 pm

**Holy Trinity:** Mon - Sat 10 am - 12 noon

**The next mid week service will be a Book of Common Prayer service at Holy Trinity Church on Wednesday 25th February at 11.30 am**

**A Prayer Group meets on Mondays at Holy Trinity Church , at 9.00 am. Wednesday 9 am prayers at Littleham**

**Quiet Prayer** is held at Lympstone Church 11.30 am every Wednesday (unless there is a Eucharist Service)  
**Community Prayer at Lympstone Church** 4 - 5 pm every Thursday

### 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.

### NEXT SUNDAY'S READINGS

Do take a look at the readings below and let the Holy Spirit guide you through the word of God as you prepare for next Sunday's worship.

Genesis 12:1-4a, Romans 4:1-5. 13-17  
John 3:1-17

## FORTHCOMING EVENTS

For Sunday & Midweek Services please see February Net, p. 2

M 23	Prayer Meeting Rainbows Football4All	HT Coffee Bar HT Hall Littleham	9:00 am 5:30 pm 6 - 7 pm
T 24	0-5's Good Afternoon Choir Kingdom Club Brownies Bell ringing Practice	HT Hall Holy Trinity Lympstone HT Hal Littleham	10 - 11:30 am 12:30 - 2:30 pm 3.30 - 4.30 pm 5.30 - 7.15 pm 7 - 8.15 pm
W 25	Wednesday Prayers Flower Guild AGM Quiet Prayer Funeral Service Lent Course (pt.2)	Littleham HT Cmtee Rm Lympstone Holy Trinity Lympstone	9 am 10 am 11.30 am 4:00 pm 7 - 8.30 pm
Th 26	Lent Lunch Prayer Meeting	Lympstone Lympstone	12 noon 4 - 5 pm
F 27	Beacon School Tick Tock 0 - 5s School assembly Choir Practice	Holy Trinity Lympstone HT Hall Lympstone Holy Trinity	9.00 am 9 - 11 am 10 - 11.30 am 1.15 pm 6.15 pm
Sa 28	Village Concert	Lympstone	(check)
Su 29	Open to God with Bishop Moira	Littleham	5.30 for 6 pm start

### ADVANCE NOTICE MARCH

M 2	Schools Big Sing Event ( Note coffee bar closed today)	Holy Trinity	10:30 am - 2:30 pm
W 11	Bridge Books Pop-up Shop for Easter	Holy Trinity Hall	10 -12.30 pm
Su 22	Joint Mission Community Service	Littleham	10:00 am

### PLEASE PRAY FOR

This week, we're praying for Children and Families workers across Devon, we give thanks for their service as they bless our communities. We pray that you would sustain them and renew their joy in this ministry as they support, counsel, and share Christ's love with children and families.