



St Alban's Parish Church



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.

9.00 am	Said Mass	Fr Graham
10.00 am	Parish Mass	
President	Mtr Linda	Preacher Fr Graham
Readings		Jim Hickey
Intercessions		Patrick Newman
Eucharistic Minister		Liz Pacey
6.00pm Evening Prayer		Liz Pacey

Today at the Parish Mass:
Hymns: NH&WS 210, 418, 25, 163

During the Week

Tues 3rd	19.00	Said Mass	Fr Graham
Thur 5th	10.00	Said Mass	Mtr Linda
Fri 6th	19.00	Stations of the Cross	Fr Graham

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



Next Sunday 8th March The Third Sunday in Lent

In Jesus, the living water, God gives us an opportunity for spiritual cleansing. Let us be mindful of this in our worship today, praying for refreshment and revival in faith.

Readings

First Reading **Exodus 17:1-7**
God meets the material needs of the people of Israel, wandering in the desert, by the miracle at the rock, and is revealed as the source of life – the one in whom thirst is quenched.

Second Reading **Romans 5:1-11**
Paul contrasts human weakness and ungodliness with the grace and love of God that are shown in the reconciling death of Christ.

Gospel **John 4:5-42**
Jesus' encounter with a woman at a well leads to his revelation of himself as the Messiah, as "living water" and the "Saviour of the world".

Services

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

Notices

Lent Course Thursdays 11.00-12.30
Bible Course starts *next* Tuesday 10th 12.00-2.00

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 12:1-4a

Now the LORD said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.

So Abram went, as the LORD had told him; and Lot went with him.

Psalm 121: 1-6



My help comes from the Lord, the maker of heav'n and earth.
I lift my eyes to the hills;
from where is my help to come?
My help comes from the Lord,
the maker of heaven and earth. **R.**

He will not suffer your foot to stumble;
he who watches over you will not sleep.
Behold, he who keeps watch over Israel
shall neither slumber nor sleep. **R.**

The Lord himself watches over you;
the Lord is your shade at your right hand,
So that the sun shall not strike you by day,
neither the moon by night. **R.**

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

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.' Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations')—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Gospel Acclamation

God so loved the world that he gave his only son;
everyone who believes in him has eternal life.

Gospel

John 3:1-17

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' Nicodemus said to him, 'How can these things be?' Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things?

'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

'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.

'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

Intercessions

We pray for the Church; that we may offer to our world a sense of perspective, showing our trust in the God who made us and who promises never to let us go.

We pray for our world, with all its uncertainties about the future. We pray for scientists, thinkers and policy-makers as they tackle the big issues of our times.

We pray for the communities in which we live and work, for community leaders and for those who give their time in the service of others; that there may be peace among us.

We pray for those who are ill or in any kind of distress. May they find companions along the way, and relief from their suffering.

We remember with thanksgiving those who have died, praying that we may, at our own appointed time, join them to share in eternal life in God's kingdom. We especially remember those whose years mind falls this week: Edith Fletcher, Mary Krouse, David Stewart, Alf Sims, Mary Martin, Joan Sims, Cath Clarke.