

⁴ So Abram went, as the Lord had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran.

This is the word of the Lord. **Thanks be to God.**

Psalm 121

1 I will lift up mine eyes unto the hills : from whence cometh my help.

2 My help cometh even from the Lord : who hath made heaven and earth.

3 He will not suffer thy foot to be moved : and he that keepeth thee will not sleep.

4 Behold, he that keepeth Israel : shall neither slumber nor sleep.

5 The Lord himself is thy keeper : the Lord is thy defence upon thy right hand;

6 So that the sun shall not burn thee by day : neither the moon by night.

7 The Lord shall preserve thee from all evil : yea, it is even he that shall keep thy soul.

8 The Lord shall preserve thy going out, and thy coming in : from this time forth for evermore.

Epistle Romans 4.1-5, 13-17

4 What then are we to say was gained by Abraham, our ancestor according to the flesh? ² For if Abraham was justified by works, he has something to boast about, but not before God. ³ For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.' ⁴ Now to one who works, wages are not reckoned as a gift but as something due. ⁵ But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

¹³ 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. ¹⁴ If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. ¹⁵ For the law brings wrath; but where there is no law, neither is there violation.

¹⁶ 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, ¹⁷ 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.

This is the word of the Lord. **Thanks be to God.**

Gospel John 3.1-17

3 Now there was a Pharisee named Nicodemus, a leader of the Jews. ² 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.' ³ Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' ⁴ 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?' ⁵ Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. ⁶ What is born of the flesh is flesh, and what is born of the Spirit is spirit. ⁷ Do not be astonished that I said to you, "You must be born from above." ⁸ 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.' ⁹ Nicodemus said to him, 'How can these things be?' ¹⁰ Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things?

¹¹ '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. ¹² If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? ¹³ No one has ascended into heaven except the one who descended from heaven, the Son of Man. ¹⁴ And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, ¹⁵ that whoever believes in him may have eternal life.

¹⁶ '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.

¹⁷ '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.

This is the Gospel of the Lord. **Praise to you, O Christ.**

Post-Communion prayer. Almighty God, you see that we have no power of ourselves to help ourselves: keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord.

Amen

NOTICES

Next Sunday, 8 March 2026: Third Sunday of Lent - Sung Eucharist at 10.30 am.

New Locum Chaplain: Our new locum arrives on Friday 6 March. We look forward to welcoming back the Revd Matt Johnson from Germany, who will be with us up to Easter. Matt has previously served at St John's.

Lent Course: This Wednesday Fr Mark will be leading from England the second session of our 5-week Lent course on zoom, on **Wednesday 3 March at 8.00-9.30pm**. The theme will be *Knowing Jesus*, with reflections from Philip North, Bishop of Blackburn. Further details are on the Fruitful App. To join the group, here is the link:

<https://us06web.zoom.us/j/86181237547?pwd=6JTGIAXG9ur9iuMfN6WXYqr32NFkie.1>

Meeting ID: 861 8123 7547

Passcode: 706253

World Day of Prayer: Friday 6 March at 12h15, at Scots Kirk, Avenue de Rumine 26, Lausanne. Theme: 'I will give you rest – Come', written by the women of Nigeria. Refreshments will be served.

A Church Near You: Warm thanks to Nick Jellicoe who has been updating our online presence on *A Church Near You* (www.achurchnearyou.com) to help visitors find us. He has also created a new St John's Montreux Facebook page. If you use Facebook, do visit and like it!

Easter Lilies: We will celebrate the resurrection of Jesus by decorating our church with lilies on Easter Day. If you would like to give a gift towards these in memory of a loved one, please see David Murfin or one of the wardens.

Food Bank. Thank you for your contributions to the food bank, which go to the needy. Your offering of non-perishable items assists local organisations to help them and is a practical expression of love and care.

Regular Giving: Our Chaplaincy is completely self-funded locally. Please consider supporting the work of the church through a one-off donation or through regular financial giving, via Swiss BVR: 18-4182-2

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St John's Church, Montreux, Avenue de Chillon 92, 1820 Montreux-Territet.



**St John's Church, Montreux
Anglican Diocese in Europe**

**Second Sunday of Lent
1 March 2026**

Locum Chaplain (departs Tuesday 3 March): The Ven. Mark Ireland
markcireland@protonmail.com / +41 21 963 43 54

HYMNS

Introit	499	Lift high the cross (OMIT starred verses)
Gradual	123	There is a green hill far away
Offertory	612	We have a gospel to proclaim
Recessional	609	To God be the glory

THE COLLECT

Almighty God, you show to those who are in error the light of your truth, that they may return to the way of righteousness: grant to all those who are admitted into the fellowship of Christ's religion, that they may reject those things that are contrary to their profession, and follow all such things as are agreeable to the same; through our Lord Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

FIRST READING Genesis 12.1-4a

12 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. ²I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. ³I 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.