

# The Second Sunday of Lent

1<sup>st</sup> March 2026

PURPLE

## Collect

Holy God,  
whose wild Spirit's freedom defies our frozen  
idols:  
take the night time of our fear and make it a  
welcoming womb for us and all the world;  
through Jesus Christ, in whom we are born anew.  
**Amen.**

## Psalm 121

I lift up my eyes to the hills—  
from where will my help come?  
My help comes from the Lord,  
who made heaven and earth.  
He will not let your foot be moved;  
he who keeps you will not slumber.  
He who keeps Israel  
will neither slumber nor sleep.  
The Lord is your keeper;  
the Lord is your shade at your right hand.  
The sun shall not strike you by day,  
nor the moon by night.  
The Lord will keep you from all evil;  
he will keep your life.  
The Lord will keep  
your going out and your coming in  
from this time on and for evermore.

## 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.

## 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 Reading: 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.

### 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.**



### Lent Groups

*Everyone is welcome to take part in our Lent groups as we approach Easter, we would love to see you there.*

#### **Mondays:**

**10:30** – John and Liz's (19 Wades Way, Trunch, 720788)

#### **Wednesdays:**

**11:30** – Mundesley Community Hub (07840 399185)

**14:00** – Chris Whitby's (017584 023293)

**19:00** – Allison's house (01263 720826)

## THE TRUNCH GROUP OF PARISHES

Bradfield, Gimingham, Knapton, Mundesley,  
Paston, Swafield, and Trunch

### 1<sup>st</sup> March | The Second Sunday of Lent |

**PURPLE**

10:00 **Holy Communion and Baptism**, All Saints, Mundesley

11:00 **Café Church**, Mundesley Community Hub

### 8<sup>th</sup> March | The Third Sunday of Lent |

**PURPLE**

10:00 **Holy Communion**, St Botolphs, Trunch

11:00 **Café Church**, Mundesley Community Hub

### During the week @ Mundesley Community

**Hub:**

Tuesday 15:00 – 17:30 **Warm Hub**

Wednesday 10:00 – 11:00 **Holy Communion**

11:30 – 12:30 **Lent Group**

13:30 – 16:00 **Memory Lane Café**

Friday 09:00 **Community Café**

10:00 – 12:00 **Community Larder**

**Everyone is warmly welcome to all of our events/services**



**Rector:** Revd Dr Sally Myers (Sally) 07840 399185  
rectortrunchgroup@gmail.com (rest day: Monday)

**Reverend:** Revd Jenny Lodge 01263 649020  
(working days; Tue, Wed, Fri, Sun)

**Safeguarding:** Allison Jackson 01263 720826  
allisonjackson0756@hotmail.com

**Administrator:** Amy Shepherd  
[amy@trunchgroup.org](mailto:amy@trunchgroup.org)