

A very warm Welcome to St Michael's Church

Sunday 22nd February 2026

First Sunday of Lent

WORSHIP
THE LORD
YOUR GOD
AND SERVE
ONLY HIM

Lent recalls the forty days Jesus spent in the desert, during which time he was tempted by the devil. Yet, through prayer, fasting and faithfulness to the word of God he overcame the tempter. We too have to face temptations but by following the way of the Lord, God will help us to resist the evil one and assure us of a place in His Kingdom.

Opening Sentence

When he calls to me, I will answer; I will rescue him and give him honour. Long life and contentment will be his.

Hymn: Praise to the Holiest in the height,

Greeting and Entrance

In the name of the Father,
and of the Son and of the Holy Spirit. **Amen.**

The Lord be with you **And with your spirit**

Call to Confession

My brothers and sisters,
to prepare ourselves to celebrate the sacred mysteries,
let us first call to mind our sin.

May almighty God have mercy on us, forgive us our sins and bring us to everlasting life. **Amen.**

The Liturgy of the Word

Opening Prayer

Grant, almighty God,
through the yearly observances of holy Lent,
that we may grow in understanding
of the riches hidden in Christ
and by worthy conduct pursue their effects.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. **Amen.**

First Reading (Sit)

A reading from book of Genesis (2:7-9,3:1-7)

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being. The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden. Now the serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, 'Did God really say you were not to eat from any of the trees in the garden?' The woman answered the serpent, 'We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, "You must not eat it, nor touch it, under pain of death."' 'Then the serpent said to the woman, 'No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil.' The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the eyes of both of them were opened and they realised that they were naked. So they sewed fig-leaves together to make themselves loin-cloths.

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

Gradual Hymn: Father hear the prayer we offer

2nd Reading

A reading from Romans (5:12,17-19)

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.

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

Gospel Acclamation

Praise to you, O Christ, king of eternal glory!

Man does not live on bread alone,
but on every word that comes from the mouth of God.

Praise to you, O Christ, king of eternal glory!

Gospel

The Lord be with you, **And with your spirit.**

A reading from the Holy Gospel according to Matthew (4:1-11)

Glory to you, O Lord.

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says:

*Man does not live on bread alone
but on every word that comes from the mouth of God.'*

The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God' he said 'throw yourself down; for scripture says:

*He will put you in his angels' charge,
and they will support you on their hands*

in case you hurt your foot against a stone.'

Jesus said to him, 'Scripture also says:

You must not put the Lord your God to the test.'

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these' he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says:

*You must worship the Lord your God,
and serve him alone.'*

Then the devil left him, and angels appeared and looked after him.

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

Sermon (Sit)

Creed

We believe in one God,
**the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**
**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one being with the Father.**
Through him all things were made.
**For us and for our salvation
he came down from heaven;
by the power of the Holy Spirit
he became incarnate of the Virgin Mary,
and was made man.**
**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again
in accordance with the Scriptures;**

**he ascended into heaven
and is seated at the right hand of the Father.**

**He will come again in glory
to judge the living and the dead,
and his kingdom will have no end.
We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son
he is worshipped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the
forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

Intercessions (Sit)

Lord in your mercy **Hear our prayer**

The Peace

Jesus tells us:

'If you bring your gift to the altar and then remember that your neighbour has something against you, first be reconciled with your neighbour and then offer your gift.' (Mt. 5:24)

Christ has reconciled us to God in one body by the cross; we meet in his name and share his peace.

The peace of the Lord be with you always.

All: And also with your spirit.

Let us offer one another a sign of that peace

Offertory Hymn: O Jesus I have promised

Offertory Prayers

Let us pray my brothers and sisters, that our sacrifice may be acceptable to God, the almighty Father.

**May the Lord accept this sacrifice at your hands,
for the praise and glory of his name,
for our good and the good of all his holy Church.**

The Eucharistic Prayer

Prayer over the Gifts

Give us the right dispositions, O Lord, we pray,
to make these offerings,
for with them we celebrate the beginning
of this venerable and sacred time.
Through Christ our Lord. **Amen.**

The Lord be with you, **and with your spirit.**
Lift up your hearts, **we lift them up to the Lord.**
Let us give thanks to the Lord our God. **It is right and just.....**

Preface

Father, all-powerful and ever living God,
we do well always and everywhere to give you thanks.

His fast of forty days
makes this a holy season of self-denial.
By rejecting the devil's temptations
he has taught us
to rid ourselves of the hidden corruption of evil,
and so to share his paschal meal in purity of heart,
until we come to its fulfilment
in the promised land of heaven.

And so, with all the choirs of angels in heaven
we proclaim your glory
and join in their unending hymn of praise:

**Holy, holy, holy Lord,
God of power and God of might,
heaven and earth, heaven and earth are full of your glory
your power and might
Hosanna, hosanna, hosanna in the highest heaven.
Hosanna, hosanna, hosanna in the highest heaven.**

**Blessed, blessed is he who comes
Blessed is he, blessed is he,
who comes in the name of the Lord.
Hosanna, hosanna, hosanna in the highest heaven.
Hosanna, hosanna, hosanna in the highest heaven.**

Lord, you are holy indeed, the source of all holiness;
grant that, by the power of your Holy Spirit,
and according to your holy will,
these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ;
Who in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying.
Take, eat; this is my body which is given for you;
do this in remembrance of me.

In the same way after supper
he took the cup and gave you thanks;
he gave it to them, saying.
Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for many
for the forgiveness of sins.
Do this as often as you drink it in remembrance of me.

Let us proclaim the mystery of faith:

Christ has died
Christ is risen
Christ will come again

And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of all,
rejoicing at his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate the memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy
to stand in your presence and serve you.

Send the holy spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,
so that we, in the company of Holy Mary mother of God, St Michael and
all the saints,
may praise and glorify you for ever,
through Jesus Christ our Lord.

By whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours, almighty Father,
for ever and ever. **Amen.**

The Communion

Our Father

Let us pray with confidence to the Father
in the words our Saviour gave us:

**Our Father,
who art in heaven,
hallowed be thy name,
thy kingdom come, thy will be done;
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us.
and lead us not into temptation,
but deliver us from evil.
for thine is the Kingdom, the power,
and the glory for ever and ever. Amen.**

Breaking of the Bread:

Priest: We break this bread to share in the body of Christ.

People: **Though we are many we are one body, because we all
share in the one bread.**

Preparation for Communion:

All: **With this bread...**

Priest: Behold the Lamb of God, behold him who takes away the
sins of the world. Blessed are those called to the supper of
the Lamb.

People: **Lord, I am not worthy that you should enter under my
roof, but only say the word and my soul shall be healed.**

All: **With this wine...**

Communion Antiphon

One does not live by bread alone,
but by every word that comes forth from the mouth of God.

*We now come forward to receive Communion or a blessing as directed
by the sidespeople*

Communion Hymns:

Just as I am, without one plea

Prayer after Communion

Father, you increase our faith and hope,
you deepen our love in this communion.
Help us to live by your words and to seek Christ, our bread of life, who is
Lord for ever and ever. **Amen.**

**Almighty God, we thank you for feeding us with the body and blood
of your Son Jesus Christ. Through him we offer you our souls and
bodies to be a living sacrifice. Send us out in the power of your
Spirit to live and work to your praise and glory. Amen.**

Blessing of articles of devotion

Blessing (Stand)

The Lord be with you,
and also with your spirit.

Bow your heads and pray for God's blessing.....

May the Father give you truth in your hearts.
May the Son free you from all that causes you to stumble.
May the Spirit enliven every step you take.

And may the blessing of God Almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always. **Amen.**

Go in the peace of Christ. **Thanks be to God.**

Final Hymn: When I survey the wondrous cross

The Angelus

We pray for all who are ill, that God may grant them health and peace:

Sr Pat, Androulla, Ceva Clements, Perry Wells, Olive, Fanny Metu Charlotte B, Denise Clarke, Frances, Sarah, Katie Kirkland, Bet, Tracey and the Tuite family ,George Brown, Zarina, Abbey-Sue and Marcia, Barry James, Audley Watson, Lurleen, Georgia Cordell, Kathleen, Shirley & Leslie Angus, Christopher John, Jazzmine Grimes, Michelle, Fannos jjordani, Ray Bennett , Emmanuel Kuye, Amy Harris, Jerry Moran, Daniel Sintin, Sally Sintin, Amie Samura, Marcus Cullen, Jennifer Douglas, Joshua Rattray, Victorine Clarke, Thomas Hewitt, Geri Thompson, Mary Thompson, Sarah Reggerie, Ian Lennon, Kathleen Wale, Serena Forni, Derek Ogden, Lawrence Barrett, Dominic Swift, Peter Clements, Jereline Simoms, Ayo Dumbuya, Dorren Norine, Shola Adebowale ,Una and Pat Murphy , Andrea Negri, Shane Claridge, James Ighodaro, Theresa Naish, Anastasia, Allen, Jean Bromley, Josephine Baker, Saman Joseph, Myrtle, Joe Donkor, Dorothy, Brandon, Ronald, Edna Noel, Evelyn Baker, Gabriel, Anna and Louis, Jean, Dot, Rosemary Stone, Susan Joy, Mai Lee, Freddie Jones, Ester Thompson, Heather and Sarah, Luke and John Burke, Nabawanda Matlida, Donald, Lorraine, Pat Stephenson, Janet Syson, Anthony, Austin, Owen, Rose Gallagher, Ryan Ayoki

for those who have died recently

Alice Mitchell, Nicola Humberstone, Clarice Blake

And for all whose anniversary of death falls at this time:

23rd Feb	Tassel Vernon Dhyll
24th Feb	Douglas Hunte, Cecily Blalock
25th Feb	Myrtle Latter
26th Feb	Maureen Blake
28th Feb	Derek Clarke

St Michael's candle: is burning in loving memory of
Liline Ng Yu Tin

The Blessed Sacrament candle: is burning in loving memory of
Pam Miller

The Blessed Virgin Mary: is burning in loving memory of
Cecily Blalock

The flowers at St Michael's statue – not during Lent