NOTICES

Lent Discussion Groups: We will focus on the spiritual writings of Henri Nouwen. An anthology of his writings, engaging with life's big questions, including commentaries and meditations by Anglican writers, falls neatly into the five weeks of our Lent preparation, and we have booked a mini-Parish Retreat at St Mary's on Ist April to conclude and prepare for Holy Week. **On Retreat with Henri Nouwen** and costs around **£12.99**: it is widely available but please order now as delivery times vary.

If you wish to be included on the Tuesday Zoom list beginning on 28th February, please send an email to Mark at wincheslodge@gmail.com. If you would like to attend on Wednesdays at 11.00 (in the Parish Centre after the Communion Service), please tell Patsy Cann or Sue Vaughan, so that we know how many to cater for.

To find out more about Nouwen, visit https://henrinouwen.org, the website of the Henri Nouwen Society, which also offers a daily meditation by email.

St Albans Cathedral is hosting an exhibition about asylum seekers in St Albans which runs from **Saturday**, **4**th **February to Sunday**, **26**th **February** in the north transept. This is a reflective and ambitious interactive exhibition, made in collaboration with St Albans' asylum seekers. Admission is free but donations are welcome. To find out more please visit www.stalbanscathedral.org/Event/seeking-asylum-in-st-albans

The next *Thinking Lunch* at Marlborough Road Methodist Church on 2nd March from 12.30 – 1.30 p.m. The speaker will be Peter Berners-Lee, who will speak on 'Physics and Faith – Uncertainty and Meaning: Quantum physics is weird but it isn't mad. Understanding it and what it means for all of us'. Please take your own lunch and drinks. Donations will be gratefully received to cover expenses and any profits will go to the Salvation Army

Saturday 4th March: St Michael's Churchyard Working Party and Church Cleaning – 9.30 a.m. to 12.30 p.m. This will be the first session of the new season please see the list on the noticeboard outside the Parish Centre for future dates, or pick up a leaflet in St Michael's. There will be plenty of clearing to do in the churchyard after the winter break, and cleaning in the church as part of our welcome for worshippers and visitors. If you can spare some time to help, it would be greatly appreciated. For more information, please get in touch with Jim on 07770 324375 (churchyard) or Jane on janelarman@sky.com (cleaning).

The next **Deanery Synod** will take place on 8th **March at St Stephen's Church**, **Watling Street ALI 2PT** – doors open at 7.00 p.m. for light refreshments and is open to the public. The speaker is Catherine Ross, Net Zero Carbon Programme Officer for the Church of England and this is a good opportunity to hear the latest information on the practical steps that churches can take to reduce their carbon footprint. If you wish to join online, the link is: https://youtube.com/live/Pt3nziswaSY?feature=share



Services this week

Sunday, 26th February 2023:

First Sunday of Lent

8.00 a.m. Holy Communion (St Michael's)9.30 a.m. Parish Communion (St Michael's)

President: Rev'd John Bannister

6.00 p.m. Evensong (St Mary's)

Wednesday

9.00 a.m. School Service

10.30 a.m. Holy Communion (St Michael's)

Sunday, 5th March 2023: Second Sunday of Lent

8.00 a.m. Holy Communion (St Michael's)9.30 a.m. Parish Communion (St Michael's)

President: Rev'd John Bannister

6.00 p.m. Holy Communion (St Mary's)

PLEASE NOTE: The Parish Office is CLOSED on Wednesdays

Contacts

Key information is available on www.stmichaels-parishchurch.org.uk or via the Parish Office: 01727 835037 (9.00 a.m.–12.00 p.m. Monday, Tuesday, Thursday and Friday)

Children's Church for those in school years Reception to Year 6 meets alongside the 9.30am service during term time. Please ask a Steward for more information and directions.

The **children's corner** in the North Aisle contains themed-worksheets, books and toys. Parents: please remain responsible for your children in this space. If your child needs time-out or privacy (e.g. nappy change) the Tower Room is available and has sound relay of the service.

Toilets are available in the Parish Centre at the east end of the churchyard; please see a steward for access.

Please stay for **refreshments** after the service in the Parish Centre.

Old Testament Reading: Genesis 2: 15-17; 3: 1-7 (OT p.2 in the Pew Bibles) Between the first and second readings we sing Responsorial Psalm 32 Response to be sung by all:



Choir:

Happy the one whose transgression is forgiven,

and whose sin is covered.

Happy the one to whom the Lord imputes no guilt,

and in whose spirit there is no guile. Response (all)

For I held my tongue;

my bones wasted away through my groaning all the day long.

Your hand was heavy upon me day and night;

my moisture was dried up like the drought in summer. Response

Then I acknowledged my sin to you

and my iniquity I did not hide.

I said, 'I will confess my transgressions to the Lord,'

and you forgave the guilt of my sin. Response

Therefore, let all the faithful make their prayers to you in time of trouble;

in the great water flood, it shall not reach them.

You are a place for me to hide in; you preserve me from trouble;

you surround me with songs of deliverance. Response

I will instruct you and teach you in the way that you should go;

I will guide you with my eye.

Be not like horse and mule which have no understanding;

whose mouths must be held with bit and bridle.

or else they will not stay near you. Response

Great tribulations remain for the wicked.

but mercy embraces those who trust in the Lord.

Be glad, you righteous, and rejoice in the Lord;

shout for joy, all who are true of heart. Response

New Testament Reading: Romans 5: 12-19 (NT p.143 in the Pew Bibles)

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Gospel Reading: Matthew 4: I-II (NT p.3 in the Pew Bibles)

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "One does not live by bread alone but by every word that comes from the mouth of God." '

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written "He will command his angels concerning you", and "On their hands they will bear you up, so that you will not dash your foot against a stone. Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test." '

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written "Worship the Lord your God, and serve only him ' Then the devil left him, and suddenly angels came and waited on him.

During Communion the choir sings:

O Holy Jesus, most merciful redeemer, friend and brother, May I know thee more clearly, love thee more dearly, And follow thee more nearly, day by day.

Prayer of St. Richard of Chichester Music – L.J. White

Please remember in your prayers

 those who are ill, including: Nicola Cann, Sandra Dove, Jacqui Follett, Jo Frost, Rev'd Ruth Goatly, Debbie Greenwood, Edna Hames, Helen Huson, Rachael Hymas, Ingrid Kluckova, JoAnne Laws; Alice Reardon, Pat Stroud, Cora Marie Varshney, Paul Wiggett