

# THE LITURGY OF THE WORD

## The First Sunday of Lent *B*

### The Collect

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **AMEN**

### A reading from the book of Genesis [9. 8 - 17]

God said to Noah and to his sons with him,  
'As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.' God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.' God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

*Reader* / This is the Word of the Lord    *Response* / **Thanks be to God**

### Psalm 25.    1-10

**R/ Your paths, O Lord, are love and faithfulness**

To you, O Lord, I lift up my soul; my God, I put my trust in you;  
let me not be humiliated, nor let my enemies triumph over me.  
Let none who look to you be put to shame;  
let the treacherous be disappointed in their schemes.

**R/ Your paths, O Lord, are love and faithfulness**

Show me your ways, O Lord, and teach me your paths.  
Lead me in your truth and teach me, for you are the God of my salvation;  
in you have I trusted all the day long.

**R/ Your paths, O Lord, are love and faithfulness**

Remember, O Lord, your compassion and love,  
for they are from everlasting.  
Remember not the sins of my youth and my transgressions;  
remember me according to your love  
and for the sake of your goodness, O Lord.

**R/ Your paths, O Lord, are love and faithfulness**

Gracious and upright is the Lord; therefore he teaches sinners in his way.  
He guides the humble in doing right and teaches his way to the lowly.  
All the paths of the Lord are love and faithfulness  
to those who keep his covenant and his testimonies.  
For your name's sake, O Lord, forgive my sin, for it is great.

**R/ Your paths, O Lord, are love and faithfulness**

**A reading from the first letter of St Peter**

[3; 518 - 22]

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you – not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

*Reader/* This is the Word of the Lord    *Response /* **Thanks be to God**

**Gradual Hymn**

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!**

The Lord be with you: **And also with you**

Listen to the Gospel of Christ according to St Mark *Glory to you, O Lord.*

**I**n those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.' And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

*[St Mark 1. 9 - 15]*

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

### **AT THE EUCHARIST TODAY**

**HYMNS:** *(St Arvans)* 67, 376, 333, 64

*During Lent the Gloria in Excelsis is omitted,  
& 'alleluia' is not said or sung in the liturgy or in hymns.*

### **ENTRANCE ANTIPHON:**

He will call upon me and I will answer him: I am with him in trouble;  
I will deliver him and bring him to honour. With long I life will I satisfy him

### **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**

## **INVITATION TO COMMUNION:**

*Celebrant* : Behold the Lamb of God who takes away the sins of the world. Blessed are those who are called to his supper.

**[Response : Lord I am not worthy to receive you, but only say the word and I shall be healed.]**

## **COMMUNION ANTIPHON:**

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

## **PRAYER AFTER COMMUNION**

Lord God, you have renewed us with the living bread from heaven; by it you nourish our faith, increase our hope, and strengthen our love: teach us always to hunger for him who is the true and living bread, and enable us to live by every word that proceeds from out of your mouth; through Jesus Christ our Lord. **AMEN**

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## **What's On**

### **St Arvans Drop in Tea & Chat**

Our thanks to all who helped at the last very successful event!

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### **St. Arvans Churchyard tidy up**

**Our grateful thanks** to all those who helped tidy the Churchyard on Friday. The walls all had ivy removed, shrub growth was removed from graves and gutters cleared.

It was excellent to see so many hard-working helpers.

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**The Severn Wye Ministry Area Prayer Group meets each Thursday at 7.30 p.m.**

**All are welcome!**

For details see [www.severnwyema.co.uk](http://www.severnwyema.co.uk)

# **\*THIS YEAR'S LENT COURSE \***

## **INTRODUCTION TO**

## **Christian Meditation**

*"Be still and know that I am God" Ps.46:10*

### **A SIX-WEEK LENT COURSE**

There is a choice between an Evening Session or a Daytime Session

Monday Evenings 19 February to 25 March at 7.30 – 8.45 pm

at The Cedars, Chapel Lane, Pwllmeyric, NP16 6LE

or

Tuesday afternoons 20 February to 26 March at 2.45 - 4.00 pm

at St.Thomas Becket Church Room, Shirenewton

This course provides an opportunity for those interested in finding out about Christian Meditation to experience the practice in a small group, to learn about its origins, and to discover its relevance as a form of prayer for the contemporary world.

For more information contact

Canon Chris Blanchard

- email: [frchris2@icloud.com](mailto:frchris2@icloud.com)

Tel 07711961237

World Community for Christian Meditation

## ***Ministry Area Prayer***

**D**ear Lord,

we thank you for the opportunity

to work together as a Ministry Area.

May we engage with each other

with faith and encouragement.

May we manage each situation

with wisdom and mutual respect.

May we serve with integrity,

creativity and purpose.

May we speak with openness

and gentleness.

May we offer our gifts, time

and finances with generosity.

May we face each challenge

with courage and the desire

to grow through it.

May we all be drawn deeper

into our relationship with you

and be known as your disciples.

Help us to show your love, proclaim

your Good News and grow your Kingdom in this place.

We ask this in the name of Jesus Christ, our Lord and Saviour. **AMEN**

## ***A Prayer for Ukraine***

*written by Ukrainian Christians*

**O** Lord our God, look down with mercy on the Ukrainian people. Protect and save them from the unjust aggressors who seek to subdue them. Grant them steadfast trust in your mercy and protection.

O Mother of God, who gave us your miraculous icon at Zarvanytsia, intercede for the Ukrainian people, who run to the shelter of your mercy

in their times of need.

O Lord Jesus Christ, have mercy on us. Grant peace and protection to the people of Ukraine. Give them strength and courage to defend what is good, right, and holy. Keep them safe from harm and provide for all their needs, both temporal and spiritual.

Hear our prayers, O Lord, and deliver us from distress, for You are merciful and compassionate and love mankind. To you we give glory: the Father,

the Son, and the Holy Spirit,

now and for ever. **Amen.**