

Reflection 9 March: National COVID-19 Day

There's so much that could be said here, but do you remember the 4 Rs, thinking What next? It might be worth pondering these again five years later:

Return: What or who have you really missed during this time? It may not have been what you were expecting to miss! What are you looking forward to returning to?

Retain: What have you really appreciated about the last couple of months and would like to keep? Kindness - people looking out for each other, creativity - street art, new hobbies healthy habits - daily walks in the fresh air, online exercise videos, where you have never had time for classes, using the car less?

Re-think: How could we do things differently in light of this - as individuals or as a community? If you have enjoyed the local aspect - getting to know neighbours, going to local parks and shops, using local Facebook groups and WhatsApp groups - Would you like to get more involved locally?

Radical: What changes would you like to see going forward?

A Prayer from the Church of England (adapted)

God of love, be with us as we think about all that has changed, and help us to trust that you are always with us. Be close to us as we remember those who have died, and help us to trust they are at peace with you. We pray also for all those whose lives have been changed by Covid, those who are still unwell, and those who continue to grieve. Show us how to reach out to others with kindness and care, so that hope shines out in every heart and home, **Amen**

Fr David



NEXT SUNDAY 16.03.2025 Second Sunday of Lent
10.30am in the Hall

READINGS: OT Genesis 15: 1-12, 17-18



NT Philipians 3: 17-4:1

GOSPEL Luke 13: 31-35

CONTACT US

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St Thomas, Exeter

9th March 2025

First Sunday of Lent

9.30am Rosary Devotions in Church

10.30am in the Hall

5pm Evening Worship by Zoom

Today

Sung Eucharist

Hymn Numbers

145 Forty days and forty nights

428 Take up thy cross, the Saviour said

293 Lead us, heavenly Father, lead us

Tuesday 11th March

7.30pm House Group Lent course at Helen's
house. Bible study 'Great Love'

Wednesday 12th March

10am Holy Communion (BCP)

Thursday 13th March

9.30-11am St Thomas Tots

10.30-12noon Knit & Natter. 19 Maple Rd
Details from Jenny. 01392 498725

Friday 14th March

9.30am Morning Prayer

10am Staff Meeting

11.30am Stations of the Cross



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**

Deuteronomy 26: 1-11

Moses said to all Israel: When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.' When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppressions. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me.' You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

Romans 10: 8b-13

But what does it say? 'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.'

Luke 4: 1-13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone."' Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."' Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to protect you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' When the devil had finished every test, he departed from him until an opportune time.

Post 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**

NOTICES

Sunday Evening Worship during Lent will be via Zoom. The codes are given below.

<https://us02web.zoom.us/j/86427056965?pwd=zPritVDMCGwyXbvU98sZ1XhnAlgvi.1>

Meeting ID: 864 2705 6965 Passcode: 478637

Or dial by your location using the same codes as above. 0203 481 5240 0131 460 1196 0203 481 5237

We are going to start revising the **Year's Mind list** as it has become rather lengthy. We recognise that it is a sensitive matter and all those currently on this list from the year 2000 will be retained automatically. If you would like an older name kept on this list please contact Ian or Fr David.

Electoral roll revision Every 6 years we are required to complete a full revision of the church electoral roll and this is due to take place at least 2 months before our APCM on 25 May. This is also a great time for any new members to be added. New and existing members will need to complete and return an application form to Carolyn Bryant, Ian Totterdell or a member of the clergy by 10 May at the latest. The new roll will be displayed on the noticeboard for 14 days prior to the APCM. Carolyn and Ian have copies of the application form available and if you need help or have any questions please speak to Carolyn after the service or on 07780 707183.

We will shortly be submitting an 'Expression of Interest' to the Heritage Lottery Fund, the first stage of seeking funds for our church development and reordering project. For this, we need to give the project a title, and we've been advised it's helpful to make that title inventive and catchy (while still being relevant). So we are asking YOU for ideas as to what that could be! Please pass any ideas to Fr David or your churchwarden. Thanks!