

Reflection for Lent 1

Prayers for peace in Ukraine and a picture in response to this week's Gospel

God of peace and justice,
send your blessing on the people of Ukraine.
Sustain them in their courage,
hold them in their fear,
protect them from all danger
and be for them the hope they desire;
for Jesus Christ's sake.

Lord God of hosts,
we pray for those who choose war this day,
taking the blood of others.
You set before us the day
when swords will be turned into ploughshares,
so direct the leaders of the world
to seek the peace and courage
of the one who made peace,
not by blood taken, but by blood given,
our Saviour, Jesus Christ. **Amen.**



Codes for Zoom Compline on Sundays during Lent

Meeting ID : 767 2850 1397

Passcode: QxdMw1

Telephone numbers: 0203 481 5237,
0203 481 5240, 0131 460 1196

NEXT SUNDAY 13.03.2022 Lent 2

SERVICES: 10.30am in Church. 8pm Zoom

READINGS: OT Genesis 15: 1-12, 17-18
NT Philippians 3: 17-4:1
GOSPEL Luke 13: 31-35



CONTACT US

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St Thomas, Exeter

6th March 2022

Lent 1

10.30am in Church. 8pm Compline by Zoom

Today

10.30am Sung Eucharist

8pm Compline by Zoom

Tuesday 8th March

7.30pm House Group by Zoom (see Ian)

Wednesday 9th March

10am Holy Communion (BCP)
followed by coffee and Lent Group

Thursday 10th March

9.30-11am St Thomas Tots with Breast
Feeding Support
10.30am Knit & Natter at 19 Maple Road

Friday 11th March

11.30am Stations of the Cross

Saturday 9th March

9am Men's Breakfast in the Sawyers



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

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.' then 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 oppression. 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.

NOTICES

For our services in Church, **mask wearing** is not now compulsory but we would still advise it while infection numbers remain high. If you are coming to coffee, we also recommend wearing a mask until you are seated in the Hall.

Knit and Natter March 2022 We shall be meeting every Thursday from 10.30 to midday at 19 Maple Road. Details from Jenny on 01392 498725.

House Group. We are meeting every Tuesday throughout Lent. We will be following the C of E 'Living in Love and Faith' course. New people very welcome!

Community Larder is receiving donations on Tuesdays from 10am-12noon.

DBS renewals and checks a message from Carolyn Bryant, Parish Safeguarding Representative. As a result of recent changes DBS checks now need to be renewed every 3 years instead of 5, so everyone will need to complete a new online application. All PCC members will need a DBS check in their capacity as trustees of an organisation working with and supporting children and vulnerable adults. There are also others in connection with their work with children, taking communion to people in their homes etc. Please look out for an email from me with instructions and a link to the online application form over the next couple of weeks and speak to Jane Vowles or me if you have any questions. We appreciate that not everyone has access to email or may need additional support with the application process, providing acceptable ID etc and we would be happy to help if required.
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