

Reflection for Lent 1

"What are you giving up for Lent?"

At this time of year many people seize the opportunity to give up chocolate, alcohol or use of social media. A family friend declared each year that her Lenten discipline was to give up grumbling about church meetings!

Clearly not all the people who engage in this Lenten practice are doing so for religious reasons. A kind of self-improvement is often involved; even a rerun of a New Year's resolution (remember those?!) which might explain the enthusiasm for healthier eating or exercise.

As Christians what might motivate us? It might help to remember where we are heading as we look forwards Jesus' final journey to Jerusalem and the events of Holy Week. How can we prepare ourselves? If you haven't already decided, how about spending a few minutes each day praying for the people on your street, especially those who are cold, hungry or anxious. Perhaps take one of the lectionary readings each week and use it as a focus for study and prayer. Rather than a focus which is ultimately about ourselves, let's keep in mind the words of Jesus to love God and our neighbour. May this Lent inspire us in both.

Revd Sarah

Sunday Evening Worship Information

[https://us02web.zoom.us/j/83814909573?](https://us02web.zoom.us/j/83814909573?pwd=MDdzQWkwZWt4cUZPdUR0WjdTNkRFUT09)
pwd=MDdzQWkwZWt4cUZPdUR0WjdTNkRFUT09

Meeting ID: 838 1490 9573, Passcode: 357687

Tel: 0131 460 1196, 0203 481 5237, 0203 481 5240

NEXT SUNDAY 05.03.2023 Second Sunday of Lent

SERVICES: 10.30am Sung Eucharist in the Hall
5.00pm Evening Worship by Zoom

READINGS: OT Genesis 12.1–4a
NT Romans 4.1–5,13–17
GOSPEL John 3.1–17



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St Thomas, Exeter

26th February 2023

First Sunday of Lent

10.30am in the Hall

Today

10.30am Sung Eucharist with Licensing
Hymn Numbers

145 Forty days and forty nights
428 Purify my heart
293 Lead us, heavenly Father

5pm Evening Worship by Zoom

Wednesday 1st March

10am Holy Communion (BCP)

Thursday 2nd March

9.30-11am St Thomas Tots.

9.30-10.30am Community Larder

10.30am-12noon Knit & Natter

3-5pm Warm Space (Hall)

Friday 3rd March

9.30am Morning Prayer

10am Staff Meeting

11.30am Stations of the Cross (Church)



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

Genesis 2.15–17; 3.1–7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, ‘You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.’ Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, ‘Did God say, “You shall not eat from any tree in the garden?”’ The woman said to the serpent, ‘We may eat of the fruit of the trees in the garden; but God said, “You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.”’ But the serpent said to the woman, ‘You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.’ So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loin-cloths for themselves.

Romans 5.12–19

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.

Matthew 4.1–11

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.

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

On this **First Sunday in Lent**, we are welcoming Bishop Jackie Searle who will **license Revd Mike Clark** as a new Associate Priest to the parish. We will also hear about what else he does in the Diocese.

There will be **a retiring collection** this Sunday and following Sundays for those affected by the recent earthquakes in Turkey/Syria.

Knit and Natter. On Thursdays from 10.30am-12noon at 19 Maple Road. Details from Jenny on 01392 498725.

Community Larder is receiving donations on Thursdays between 9.30 and 10.30am. Please note new day and time. On Sundays there will also be an opportunity to bring donations to the 10.30 service.

House Group Fortnightly on Zoom. New people are always welcome; see Ian for Zoom details.

Food Fight (Food for Sundays) are looking for donations of warm clothing, such as hats, gloves, jackets and socks. They are also happy to receive individual-serving bottles/tetra packs of water or juices. **Volunteers are outside Nat West bank on Sunday mornings from 11am-1pm** so any donations can be dropped off there.