

First Sunday in Lent: Reflection (Mark 1: 9-15)

A story in response to today's Gospel: an elderly person was once asked what he would do differently if he had his life to live again. His reply is worth meditating:

"If I had my life over again, I'd try to make more mistakes next time. I would limber up. I would be sillier than I have been on this trip. I would take more trips, I would climb more mountains, swim more rivers, and watch more sunsets. I would do more walking and looking. I would eat more ice cream and less beans. I would have more actual troubles and fewer imaginary ones. You see, I am one of those people who live prophylactically and sensibly and sanely hour after hour, day after day.

Oh, I've had my moment and if I had to do it again. I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day. I have been one of those people who never go anywhere without a thermometer, a hot water bottle, a gargle, a raincoat, an aspirin and a parachute.

If I had my life to live over, I would start barefooted earlier in the spring and stay that way later in the autumn. I would play truant more. I would ride more merry-go-rounds. I'd pick more daisies."

Fr David

WARM SPACE ST THOMAS PARISH HALL



THURSDAY 3-5PM

Free refreshments in a warm space

NEXT SUNDAY 25.02.2024 Second Sunday of Lent
10.30am in the Hall

READINGS: OT Genesis 17: 1-7, 15, 16
NT Romans 4: 13-25
GOSPEL Mark 8: 31-38



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St Thomas, Exeter

18th February 2024

First Sunday of Lent

10.30am in Hall

Today

10.30am in the Hall

Hymn Numbers

145 Forty days and forty nights

428 Purify my heart

293 Lead us, heavenly Father, lead us

Tuesday 20th February

7.30pm House Group

Wednesday 21st February

10am Holy Communion (BCP)

Thursday 22nd February

9.30—11am St Thomas Tots

10.30-12.30pm Knit & Natter, 19 Maple Rd.

Details from Jenny 01392 498725

3-5pm Warm Space in the Hall

Friday 23rd February

9.30am Morning Prayer

10am Staff Meeting

11.30am Stations of the Cross

Saturday 24th February

12.30pm Ladies Lunch at the Royal Oak



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 9: 8-17

Then 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.'

1 Peter 3: 18-22

For 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 people, 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.

Mark 1: 9-15

In 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 for 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.'

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

Lent Reflection Activity we will be returning to the St Thomas History Time-line after the Eucharist on Sunday mornings. Please bring your memories, ideas and inspirations.

Community Larder There will be a collection box in the hall on Sundays for food donations. The need remains great so please be mindful of our wider community.

Pioneering Parishes: A series of four fortnightly webinars to help parishes start to move their energy outwards and become more pioneering.

Tuesday 20th February. 14.00-15.30.

Please refer to weekly email and/or speak to Fr David or Revd Sarah.

House Group will meet weekly from 13th February until Easter in either Helen or John's house. Details from Mic, John or Ian.

Clock Fund As reported last Sunday it's good that we now have c £500 in the Clock Fund. The entire proceeds of the refreshment money on the last Sunday of the month contributes. You will be able to see this clearly in the Annual Accounts.

World Women's Day of Prayer Advance warning 1st March, prepared by Palestinian women.

Margaret Spicer's funeral will be held in St Peter's Chapel, Exeter & Devon Crematorium on Thursday 22nd February at 4.30pm. All welcome.

There will be a **Sunday Evensong** from 18th February until 17th March at 5pm. Zoom codes:

Meeting ID: 863 2592 5604
Passcode: 645534

0203 481 5240 United Kingdom
0131 460 1196 United Kingdom
0203 481 5237 United Kingdom

Into the Welcome of God Saturday 24th February 10.30am—1pm in the Church Hall, celebrating prayers for *Living in Love and Faith*, and discerning next steps. Discussion led by David Runcorn, and Eucharist. LGBT people and their friends warmly welcome.