



**26 February  
2023**

**Lent I**



Welcome to  
St Barnabas' in Pound Hill and  
St Nicholas' in Worth

This sheet details the readings in today's  
services as well as notices for everyone.

## SERVICES TODAY

Certain services will still be  
available online (live or recorded)

08:15 Said Eucharist (BCP)      St Nicholas'  
Celebrant & Preacher      Revd Gordon Parry

10:00 Child Friendly      St Barnabas'  
Eucharist  
Celebrant & Preacher Revd Sarah Upchurch

10:00 Sung Eucharist      St Nicholas'  
Celebrant & Preacher      Revd Greta

Please try our new QR code to donate to Worth  
Parish. Scan this code with a smartphone to take  
you straight to a giving  
page.



Thanks to the generosity of the congregations of  
our churches, we have made a donation of £500  
to the Turkey-Syria Earthquake appeal.  
Donations for this and other relief efforts can  
always be made through our Parish World Bank.

**'Reasons but not excuses'**

God is good.

Lent is a good time to address the areas in  
our lives which tempt us away from God  
and his goodness.

When we stay close to God and trust him,  
we are given guidance, wisdom and peace.

Perhaps you think well yes, I know what I  
'should' do but how do I do that? How do  
I trust in him?

Maybe something has happened in your life  
and you blame God.

It cannot be God's fault because he is  
good, he cannot be otherwise. You cannot  
argue that God does not know human pain  
and suffering when you think of the life  
and death of Our Lord Jesus Christ, who  
was and is the visible image of God.

It is only through God that we can find  
hope and begin to make sense of what is  
happening in this world.

So how will we make the most of this  
Lent? The beauty of a relationship with  
God is that you can talk to him any second  
of the day, many people have a discipline  
of quiet time which they find helpful, but  
you don't have to! He is always available  
literally 24hrs a day.

There may be a variety of reasons why we  
don't prioritise God in our lives but there  
are no excuses.

This is my prayer for each one of us:

May we talk to God, may God the Holy  
Spirit lead us in our deliberations, may we  
draw closer to the God who loves us, so  
very much. In the name of Jesus.

Amen.

*Revd Sarah*

## Collect

Heavenly Father, your Son battled with the powers of darkness, and grew closer to you in the desert: help us to use these days to grow in wisdom and prayer that we may witness to your saving love in Jesus Christ our Lord. **Amen**

## Reading *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.'

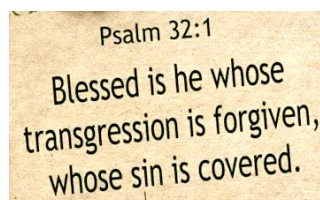
Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; but God said, "You shall not eat of the fruit 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 loincloths for themselves.

## Psalm *Psalm 32*

Happy are those whose transgression is forgiven, whose sin is covered. Happy are those to whom the



Lord imputes no iniquity, and in whose spirit there is no deceit.

While I kept silence, my body wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.

Then I acknowledged my sin to you, and I did not hide my iniquity; I said, 'I will confess my transgressions to the Lord', and you forgave the guilt of my sin.

Therefore let all who are faithful offer prayer to you; at a time of distress, the rush of mighty waters shall not reach them. You are a hiding-place for me; you preserve me from trouble; you surround me with glad cries of deliverance.

I will instruct you and teach you the way you should go; I will counsel you with my eye upon you. Do not be like a horse or a mule, without understanding, whose temper must be curbed with bit and bridle, else it will not stay near you.

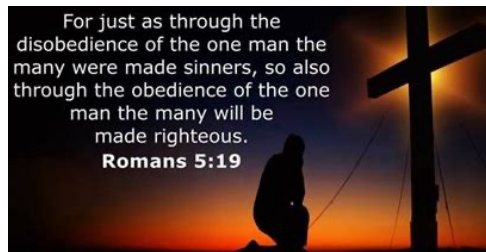
Many are the torments of the wicked, but steadfast love surrounds those who trust in the Lord. Be glad in the Lord and rejoice, O righteous, and shout for joy, all you upright in heart.

## Reading *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

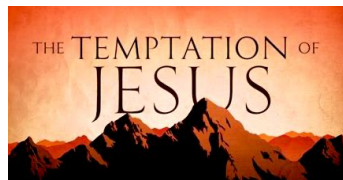


the many were made sinners, so by the one man's obedience the many

will be made righteous.

### Gospel 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**

### SERVICES THIS WEEK

Tues 28 Feb	10:30 Said Eucharist	St Barnabas'
Thur 2 Mar	10:30 Said Eucharist 11:30 Burial of Ashes John & Shirley Hillsley	St Nicholas' St Nicholas'
Sun 5 Mar	8:15 Eucharist (BCP) 10:00 Sung Eucharist 10:00 Sung Eucharist	St Nicholas' St Barnabas' St Nicholas'

### Sunday 5 March 2023 Lent 2

Genesis 12.1-4a      Psalm 121  
Romans 4.1-5,13-17      John 3.1-17

### Festivals this week

Mon 27 Feb	George Herbert, Priest, Poet 1633 (LF)
Wed 1 Mar	David, Bishop of Menevia, Patron of Wales c.601 (LF)
Thur 2 Mar	Chad, Bishop of Lichfield, Missionary 672 (LF)

(F) Festival; (LF) Lesser Festival; (C) Commemoration

### DIARY NOTES & NOTICES

**Toddlers Group** meets on **Tues 13:00-15:00** and **Thurs 9:00-11:00** during term time in St Barnabas' Hall.

### Mothers' Union

**Mon 27 Feb MU Wave of Prayer 11:00-12:00** at St Barnabas' Church, when we will pray for our Linked Dioceses around the world and for our own in Chichester. Everyone welcome to join us.

## Friday Lunches

Friday lunch on **3 Mar** in the Pastoral Centre at 12:30. Two courses and a drink £7.00. To help with catering please book your place at the Pastoral Centre (café open Wed and Sat) or via the Parish Office, by Wed **1 Mar**. All welcome.

## World Day of Prayer 2023

**Fri 3 Mar 10:30** The Friary Church, Haslett Avenue West RH10 1HR followed by refreshments; and  
**19:00** Crawley Baptist Church, Crabtree Road, West Green RH11 7HJ  
Everybody warmly welcome.

## The Hangout

Youth Club at St Barnabas' on  
**Fri 3 Mar 19:00-20:30**  
Ages 12-16. Entry free. Weekly during term time.

## Lent Course

based on the Diocese course "Who then is this?"  
Run by the Revd Sarah and others. All will be very welcome. More information can be found on the Diocese of Chichester website.  
Dates as below; time 19:00 in the Café (except 9 Mar: same time just upstairs).  
Weds **1 Mar**, **Thur 9 Mar**, 15, 22 and 29 Mar.

The **Jumble Sale** on 18 Feb raised £390.80 for St Barnabas' Refurbishment Fund. Thanks to all our supporters

The next **Saturday Market**, in aid of St Barnabas' Refurbishment, takes place in St Barnabas' Café on **Sat 4 Mar** 10:00-11:30. Donations of new/as new items for sale welcomed.

## St Nicholas' Julian Group

meets next on **Wed 8 Mar** at 12:30.

## Scrabble and Cake

Scrabble and Cake on 22 Feb raised £48.50 for St Barnabas' Refurbishment Fund. The next Scrabble session takes place on **22 Mar** 14:30-16:30 in St Barnabas Café.



Fr Francis' recollections of his life, *On God's Train* is now available from Amazon: £10.99, also available on Kindle.

## CONTACTS

### The Rector

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Revd Greta, the Curate (Thurs & Sun)  
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