



8 February 2026

**Second Sunday
before Lent**



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 Sung Eucharist St Barnabas'
Celebrant & Preacher Revd Sarah Upchurch

10:00 Sung Eucharist St Nicholas'
Celebrant Fr Michael Boag
Preacher Seb Pelissier

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



Payments to the Parish

If you possibly can, please transfer the money
by electronic payment to: Parish of Worth
Poundhill & Maidenbower, sort code 40-18-22,
account 61223372.

If you need help, call the Office.

Today's Gospel might seem irresponsible - don't worry about nutrition and clothing - both vital elements of life, although also influenced by fashion and knowledge that is often partial. It has to be set in a wider context. Christ, whilst stating that his Father knows about our basic needs, asserts that we should remember what lies beyond these material things. He defines them as 'the kingdom of God and his righteousness'.

The issue that always faces the Church is that of maintaining its message about the importance of our spiritual lives in the midst of material concerns which in Britain today focus on prices as they affect food and drink, energy, housing and transport. It can, however, be argued with some force that we are all the better motivated to address these issues, especially amongst those who are really struggling, when we have in focus the ideals of the kingdom of Heaven. These were set out in the ethical teaching of Christ - the spiritual and practical values that we derive from our awareness of the God who loves us and who created us. Look at the enormous efforts being made by communities all over Britain and other countries to support the victims of the continuing destruction in Ukraine and the cynicism shown towards politicians who seem unable to understand personal predicament.

Trust in a loving God can so easily be shaken by personal tragedy and loss. There will be survivors of numerous catastrophes who will question themselves guiltily over why they survived when many of their loved ones didn't. The paradoxes of life and death are incredibly hard issues and God, only God, has the capacity to help us face them.

Gordon

Collect

Almighty God, give us reverence for all creation and respect for every person, that we may mirror your likeness in Jesus Christ our Lord. **Amen**

Reading *Genesis 1.1-2.3*



In the beginning when God created the heavens and the earth, the earth was a formless void and darkness

covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

And God said, 'Let there be a dome in the midst of the waters, and let it separate the waters from the waters.' So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so. God called the dome Sky. And there was evening and there was morning, the second day.

And God said, 'Let the waters under the sky be gathered together into one place, and let the dry land appear.' And it was so. God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. Then God said, 'Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it.' And it was so. The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good. And there was evening and there was morning, the third day.

And God said, 'Let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons and for days and years, and let them be lights in the dome of the sky to give light upon the earth.' And it was so. God made the two great lights - the greater light to rule the

day and the lesser light to rule the night - and the stars. God set them in the dome of the sky to give light upon the earth, to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. And there was evening and there was morning, the fourth day.

And God said, 'Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.' So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every kind. And God saw that it was good. God blessed them, saying, 'Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.' And there was evening and there was morning, the fifth day.

And God said, 'Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind.' And it was so. God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good.

Then God said, 'Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth.' So God created humankind in his image, in the image of God he created them; male and female he created them. God blessed them, and God said to them, 'Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.' God said, 'See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of

life, I have given every green plant for food.' And it was so. God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

Reading *Romans 8.8-15*



Those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh - for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, 'Abba! Father!'

Gospel *Matthew 6.25-5*

'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than

they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and



tomorrow is thrown into the oven, will he not much more clothe you - you of little faith? Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

Post Communion

God our creator, by your gift the tree of life was set at the heart of the earthly paradise, and the bread of life at the heart of your Church: may we who have been nourished at your table on earth be transformed by the glory of the Saviour's cross and enjoy the delights of eternity; through Jesus Christ our Lord. **Amen**

Festivals this week	
Tues 10 Feb	Scholastica, sister of Benedict, Abbess of Plombariola c.543 (C)
Sat 14 Feb	Cyril and Methodius, Missionaries to the Slavs 869 and 885 (LF) Valentine, Martyr at Rome c.269 (C)
(F) Festival; (LF) Lesser Festival; (C) Commemoration	

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

SERVICES THIS WEEK

Tues 10 Feb	10:30 Said Eucharist	St Barnabas'
Wed 11 Feb	15:00 Messy Church	St Barnabas'
Thur 12 Feb	10:30 Said Eucharist	St Nicholas'
Sun 15 Feb	8:15 Eucharist (BCP) 10:00 Sung Eucharist 10:00 Sung Eucharist 12:00 Baptism	St Nicholas' St Barnabas' St Nicholas' St Nicholas'

Sunday 15 February 2026

Sunday next before Lent

Exodus 24.12-18 2 Peter 1.16-21
Matthew 17.1-9

St Barnabas' Julian Group

meets on **Mon 9 Feb** at **14:00** in St Barnabas'.
Old and new friends very welcome

St Nicholas' Julian Group

meets on **Wed 11 Feb** at **12:00** for half an hour
of silent prayer. Please feel free to join us -
everyone welcome

Come and see, a song and a
prayer, followed by pizza
and lollies.

In February the second
Messy Church will be on

Wed 11 Feb; 15:00-16:30, at St Barnabas'.

Topic: David and Goliath.

Everyone welcome - mums, dads, grandparents,
carers - come and have fun!

Friday Lunches

The next lunch will be on **20 Feb**. Please book
your place for the 20 Feb with the Office or the
Café by **Wed 18 Feb**.

We are still in need of some more cooks, so do
let us know if you can help out. Thank you

The Hangout

Youth Club at St Barnabas' meets
Every **Friday** at 19:00 during Term

MU DISTRICT SHRIVING SERVICE

On **Tues 17 Feb 10:30** (usual Tuesday service
with a difference) followed by Pancakes.

ALL ARE WELCOME

Jumble Sale

at St Barnabas', 10:00-11:30 on **Sat 21 Feb** in
aid of St Barnabas' Refurbishment Fund. We have
nowhere to store items so please do not bring
items for sale until the Fri evening 20 Feb
between 19:00 and 20:00 or on the Sat morning
from 9:00. Anyone willing to help with the sale
please sign the list at St Barnabas' or contact Phyl
on 07895 052729. Thank you.

CONTACTS

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