



22 February 2026

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 Fr Michael Boag

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

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

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.

A slave to temptation?

I love the fact that this scripture is sacred because Jesus is the only one who knew what had happened in the wilderness. As there were no witnesses, this is something he chose to share. He opened up about his deepest struggles so we would know that he too, was tempted.

We hear about the immense arrogance of the devil who speaks as if he owns the world, offering its kingdoms to Jesus. Yet we know that all things were created through Jesus, the world belongs to God.

In the wilderness, Jesus is growing into the leader that we will come to know. The devil wants him to take shortcuts, avoid his destiny, seize power and deny his identity. Jesus chooses to be true to himself. He puts God first.

So, what does this mean for us? How will we resist temptation?

Temptation often comes tailor-made for us as it was for Jesus. But if we remember that we belong to Christ, the enemy can be resisted, the enemy has no claim on us. Each time we resist, we deny him ground. We reclaim a small corner of our hearts and in so doing, a section of the world for God. It takes courage and self-control and, in many cases, a supreme effort even when people expect you to fail.

It may be something big, or something small: speaking up for justice, refusing gossip, choosing kindness, listening and not judging, not giving in to an addiction.

This Lent, as we draw closer to God and practise resisting temptation, let us pray for one another, especially those who belong to the support groups who meet in St Barnabas'. Some of the most courageous and inspirational people in our midst! You are amazing!

Peace be with you,

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.



Reading *Romans 5.12-19*

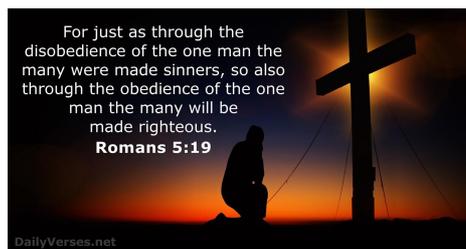
Therefore, just as sin came into the

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 24 Feb	10:30 Said Eucharist	St Barnabas'
Thur 26 Feb	10:30 Said Eucharist	St Nicholas'
Sun 1 Mar	8:15 Eucharist (BCP) 10:00 Sung Eucharist 10:00 Sung Eucharist	St Nicholas' St Barnabas' St Nicholas'
Sunday 1 March 2026 Lent 2 Genesis 12.1-4a Romans 4.1-5,13-17 John 3.1-17		

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

Festivals this week	
Mon 23 Feb	Polycarp, Bishop of Smyrna, Martyr c.155 (LF)
Fri 27 Feb	George Herbert, Priest, Poet 1633 (LF)
(F) Festival; (LF) Lesser Festival; (C) Commemoration	

Scrabble and Cake

Wed 25 Feb, 14:00-16:00 in St Barnabas' Café. Come and enjoy games, refreshments and chat. £4 in aid of St Barnabas Refurbishment Fund. All welcome.

Parish Prayer Group

Meets on **Wed 25 Feb** at 19:00 at St Barnabas'. Join us to pray for our Parish, our clergy, our outreach and the congregations.

Mothers' Union

meets on **Thur 26 Feb** at 16:00 at St Barnabas' with a service and admitting two new members followed by our AGM. If you would like to find out a bit more about the MU please join us.

Friday Lunches

The next lunch will be on **13 Mar**. Please book your place for the 13 Mar with the Office or the Café by **Wed 11 Mar**. 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

Saturday Market

28 Feb, 10:00-11:30, in St Barnabas' Café. Come and find a bargain and enjoy refreshments. In aid of St Barnabas' Refurbishment.

Lent Course

Led by Deborah Cowie, begins **28 Feb** for four weeks in the Café, starting at 13:00 with soup and bread and ending at 14:30.

The Circle

next meets on **4 Mar**, 19:00 for 19:30 when Fr Francis Pole will talk about the Amish.



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

In March Messy Church will be on **Sat 7 Mar** and **Wed 11 Mar**; both 15:00-16:30, at St Barnabas'. Topic: Forgiveness - Jesus heals the man lowered through the roof.



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

A Date for your Diary

I have arranged our annual Spring Clean at St Nicholas' on **Sat 21 Mar** 10:00 – 12:30. If you can help, even for a shorter time, I should, of course, be very grateful. Bring your own cleaning tools if you wish. If you could let me know if you are able to help that would be very useful.

jillfreeborn1965@gmail.com

I look forward to seeing you - refreshments will be provided when we have finished - Thank you in advance. Jill Freeborn

WORLD DAY OF PRAYER
A service for everyone!
Friday 6 March
I will give you rest, come

Nigeria 2026

EVERYONE VERY WELCOME
TO ONE OF OUR SERVICES IN CRAWLEY

10.30 am St John the Baptist
Church Walk RH10 1HH
Followed by refreshments at the Friary Hall RH10 1HR

18.30 Gatwick Seventh Day Adventist
Lowfield Heath RH11 0PQ
(the church by the runway)

For more info contact:
Maja Jasko maja@stbn.org.uk

INFORMED PRAYER PRAYERFUL ACTION
24-7 365 Days a year Prayer movement Ecumenical International Women-led
wwdp.org.uk Registered Charity Number 233242



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