

Tea / Coffee after Mass. Please stay.
 11.15 approx A.G.M of Friends of St. Mary's
This week - Divine office - Psalter Week 1

PARISH CHURCH OF ST.MARY THE VIRGIN MENDLESHAM
LENT 1 of Year C

- Mon 9.30am** Mass (Lev 19v.1-2; 11-18. Matt.25v.31-46))
 Int: The Stowmarket food bank
- Tues 9.30am** Mass (Isaiah 55v.10-11, Matthew 6v 7-15)
 Int: Renewal of our prayer life
 10.30 -12.30: Coffee & cake etc in church.
 7.30pm Bible Study by zoom Rev 3v.1-6. The Church at Sardis. Harmless and ineffective
- Wed 1.30 – 2.25pm** Exposition of Blessed Sacrament
2.30pm Mass, laying on of hands and anointing for healing.
 (Jonah 3v 1-10, Luke 11v 29-32)
- Thurs 9.30am** Mass (Esther 4 v1-7; Matt 7 v7-12)
 Int: More vocations for priesthood
- Fri 9.30am** Mass (Ezekiel 18v 21-28,Matthew 5 v 20-26)
 Int: Lawyers
- Sat 10.00am** 1st Mass of Sunday - readings as tomorrow
 (Genesis 15v 5-12,17-18, Philippians 3v 17. 4v 1, Luke 9v 28-36)
- 4.00pm** Sacrament of Reconciliation (Confessions)
 Intention: All to be elected to the PCC

Next Sunday - LENT II

9.30 Parish Mass and Address
 (Genesis 15v 5-12,17-18, Philippians 3v 17. 4v 1, Luke 9v 28-36)
 A.P.C.M after Mass
 Tea / coffee after A.P.C.M.
 PCC meeting at 12.00 noon over shared lunch

NOTICES

1. Please give generously to the Emergency Appeal for Ukraine, either in the churn or directly online to: <https://donation.dec.org.uk/ukraine-humanitarian-appeal>
2. Please support the coffee & cake etc on Tuesday morning and Bible study by Zoom on Tuesday evening
3. Please support the healing service on Wednesday.
4. Spring Cleaning session in church on Saturday 12th March 11.00 – 1.00 pm. As many willing helpers as possible needed and please bring dusters, brushes etc.

THEME: This Sunday we start our Lenten journey to Easter. It is a time of prayer reflecting on all God has done for us, especially through the death and resurrection of Jesus. It is also a time of penance when we try to turn away from the roots of our sinfulness and grow in the life of love.

Entrance Hymn: 577 v 1 & 2

PENITENTIAL RITE

Celebrant: Forgive us, Lord, when we do not show great love; when we are miserly with our giving; when we take too much care of our own belongings; when we are blind to the stranger; when we turn a deaf ear to the person in need; when we count the cost of our love; when we give and expect much in return. Lord have mercy.

People: Lord have mercy

Celebrant: Forgive us, Lord, when we are jealous of our time; when we honour people for success and riches and fail to accept all people as children of God.

Christ have mercy. **People: Christ have mercy**

Celebrant: Forgive us, Lord, when we compromise with evil, when our trust in you fails and when we use dubious means to achieve our good intentions. Lord have mercy. **People: Lord have mercy** (No Gloria during Lent)

OPENING PRAYER: *Let us pray that this Lent will help us reproduce in our lives the self-sacrificing love of Christ.* Father, through our observance of Lent, help us to understand the meaning of your Son's death and resurrection, and teach us to reflect it in our lives.

LITURGY OF THE WORD

First Reading - Deuteronomy 26 v 4-10 In this reading, Moses reminds the people that every good thing that they have, is the work of God.

Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

"My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, the Lord, have given me."

'You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

Responsorial Psalm - Psalm 90 @ **Be with me O Lord, in my distress**

He who dwells in the shelter of the Most High and abides in the shade of the Almighty

says to the Lord: "My refuge, my stronghold, my God in whom I trust!" @

Upon you no evil shall fall, no plague approach where you dwell.
For you has he commanded his angels, to keep you in all your ways.

Ⓜ **Be with me O Lord, in my distress**

They shall bear you upon their hands lest you strike your foot against a stone.
On the lion and the viper you will tread and trample the young lion and the dragon.Ⓜ

His love he set on me, so I will rescue him; protect him for he knows my name.
When he calls I shall answer: "I am with you."
I will save him in distress and give him glory. Ⓜ

Second Reading - Romans 10 v 8-13 The content of our faith is the fact that Jesus is Lord in virtue of His resurrection from the dead.

Scripture says: The word (that is the faith we proclaim) is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask his help, for everyone who calls on the name of the Lord will be saved.

Gospel Hymn: 577 v 3

Praise to you, O Christ, King of eternal glory!

Man does not live on bread alone but on every word that comes from the mouth of God. Praise to you, O Christ, King of eternal glory.

Gospel - Luke 4 v 1-13 Jesus faces very testing trials before his ministry of healing the broken-hearted. He has experienced our weakness and so is able to sympathise with our poor state of life.

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.'

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him, 'Scripture says: You must worship the Lord your God, and serve him alone.'

Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said to him 'throw yourself down from here, for scripture says: He will put his angels in charge of you to guard you, and again: They will hold you up on their hands in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said: You must not put the Lord your God to the test.' Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

Address Creed: Nicene (P.7 of Hymn book)

PRAYER OF THE FAITHFUL

Celebrant: As we enter the season of Lent and make a special effort to grow in our friendship with God through prayer, fasting and self-denial, we ask for the necessary help in our Christian struggle,

Reader: Let us pray that we may turn away from the desire for more material things which swallow up all thought of spiritual things and of God.

Let us pray that we may not crave after popularity. May this time of Lent be a time of renewal and may our prayer and self-denial bear fruit in a greater freedom to serve God and our neighbour.

Let us pray for those who lack what is necessary in life - the poor, the sick, the lonely and refugees: may this time of Lent spur us on to take effective steps to help them.

Let us pray for all who are undergoing grievous temptations - may we all know that we are never alone, and that when we call on Jesus, He will lift us up in our hour of need.

Let us pray for those throughout the world who have no knowledge of Christ, that they may hear the good news of the Gospel. We pray for the Additional Curates Society we are supporting this Lent.

We pray for peace in the world and especially for the people of Ukraine. May we be inspired to reach out to them in the most helpful way.

Let us pray for the healing of the sick, especially Joan Hill, Jim Baker, Lucy Musckett, Jan Ross, Julie Gray, and all injured in the conflict in Ukraine.

Let the dead rise in your glory, let them rejoice for ever in your love: especially Phyllis Fraser, Violet Abbott, Frederick Mills, Margaret Fletcher, Delphine Thorpe, Bob Keeble, William Carter, Audrey Handscombe, Michael Denny, Robert Mutimer, Pip Godfree, Fr Donald Rae, Beatrice Goodwin and Peter Warren, whose anniversaries fall this week.

Let us ask Mary, the woman of faith, to pray for us. **Hail Mary full of grace the Lord is with Thee, blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the time of our death. Amen.**

SILENCE

All Father strengthen us when we are in any sort of temptation, and let us grow more like Jesus your son. Amen

Offertory Hymn: 262 v 1 & 2

Offertory Prayer: v 3-end

Mystery of faith: Lord, by your Cross and Resurrection you have set us free; you are the Saviour of the World.

Sanctus - Penitential Setting

**Blessed and Praised be Jesus Christ, in the most Holy sacrament.
Hosanna! Hosanna! Hosanna in excelsis**

Agnes Dei - Penitential setting

Hymn at Holy Communion **444**- Please join in

Hymn at Ablutions - **80**

Post communion Prayer

Angelus

Notices

Blessing

Recessional Hymn: **165**