

THE PARISH CHURCH OF ST MARY, PULBOROUGH



# THE FIRST SUNDAY OF LENT

Sunday 22<sup>nd</sup> February, 2026

**10.30am THE PARISH EUCHARIST**

*We are very grateful that the leaflets today have been generously sponsored*

**‘Christ is the bread of life, our Lord for ever and ever’**

# Welcome to our celebration on this First Sunday of Lent

Celebrant and Preacher: Fr Paul

Organist: Peter Allwood

The First Reading: Andy Heath

The Second Reading: Alyson Heath

Intercessions: Andy Leese

Setting: Murray

Ministers of Communion: Tony Holloway and Graham Allfrey

In Lent we think of our **prayerfulness and giving** even more.

To keep our church heated, **lit and insured and to pay our parish contribution for the ministry we receive**, is a

weekly financial challenge for us. By joining the **Parish Giving Scheme**, our Treasurer is assured of a regular income, even when you are **unable to attend church**. Please consider using the PGS, details can be found at the back of the church. Cash is always welcome, please **ONLY** use a white gift aid envelope if you are tax payer and able to fill in your details on the front of the envelope.



We also have a **sum-up machine** at the back of the church for paying by card or you can use our **QR code to the right**.

**Thank you so much for supporting our churches' ministry and mission**

***In the event of a fire or emergency in the Church, the exits available are: the West Door, the North Door, the South Door in the Chancel and the door through the Vestry. Please leave the building by an exit nearest to you***

*Refreshments are served after the service. Do join us.*

*Introductory organ music: JS Bach, Jesus Joy of Man's Desiring  
(transcribed for organ, PA)*

*Please stand when the bell is rung*

**Entrance Hymn: NEH 67  
George Hunt Smyttan (1822-1870)  
And Francis Pott 1832-1909**

- 1     Forty days and forty nights  
      thou wast fasting in the wild;  
      forty days and forty nights,  
      tempted and yet undefiled.**
  
- 2     Sunbeams scorching all the day,  
      chilly dew-drops nightly shed,  
      prowling beasts about thy way;  
      stones thy pillow, earth thy bed.**
  
- 3     Let us thine endurance share,  
      and awhile from joys abstain,  
      with thee watching unto prayer,  
      Strong with thee to suffer pain.**
  
- 4     And if Satan, vexing sore,  
      flesh or spirit should assail,  
      thou, his vanquisher before,  
      Grant we may not faint nor fail.**
  
- 5     So shall we have peace divine;  
      holier gladness, ours shall be:  
      round us too shall angels shine,  
      such as ministered to thee.**

**6 Keep, O keep us, Saviour dear,  
ever constant by thy side,  
that with thee we may appear  
at the eternal Eastertide.**

✠ In the name of the Father, and  
of the Son, and of the Holy Spirit. **Amen.**

## **The Greeting**

Grace mercy and peace from God our Father and the Lord Jesus  
Christ be with you  
**and also with you.**

*Fr. Paul introduces the day's celebration and invites people  
to make an act of penitence*

## **The Prayers of Penitence**

**Almighty God, our heavenly Father,  
we have sinned against you  
and against our neighbour  
in thought and word and deed,  
through negligence, through weakness,  
through our own deliberate fault.  
We are truly sorry and repent of all our sins.  
For the sake of your Son Jesus Christ,  
who died for us,  
forgive us all that is past  
and grant that we may serve you in  
newness of life  
to the glory of your name. Amen**

Almighty God,  
who forgives all who truly repent,  
have mercy upon us,  
pardon and deliver us from all our sins,  
confirm and strengthen us in all goodness,  
and keep us in life eternal;  
through Jesus Christ our Lord. **Amen**

## The Kyries

**Lord have mercy**  
**Lord have mercy**

**Christ have mercy**  
**Christ have mercy**

**Lord have mercy**  
**Lord have mercy**

## The Collect for the Day

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**

*Please sit*

## **The First Reading: Genesis 2. 15-17; 3.1-7**

### *A reading from the book of Genesis*

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.

This is the word of the Lord.

**Thanks be to God**

## **The Second Reading: Romans 5. 12-19**

### *A reading from Paul's letter to the Romans*

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 judgment 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 exercised dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so the act of righteousness of one leads to justification and life for all. For just as by the one person's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

This is the word of the Lord.

**Thanks be to God**

**The Gradual Hymn: NEH 64  
Isaac Williams (1802-1865)**

**1 Be thou my guardian and my guide,  
and hear me when I call;  
let not my slippery footsteps slide,  
and hold me lest I fall.**

**2 The world, the flesh, and Satan dwell  
around the path I tread;  
O save me from the snares of hell,  
thou quickener of the dead.**

- 3      **And if I tempted am to sin,  
and outward things are strong,  
do thou, O Lord, keep watch within,  
and save my soul from wrong.**
- 4      **Still let me ever watch and pray,  
and feel that I am frail;  
that if the tempter cross my way,  
yet he may not prevail.**

### **The Gospel Reading: Matthew 4. 1-11**

The Lord be with you.  
**And also with you.**

Hear the Gospel of our Lord Jesus Christ according to Matthew  
**Glory to you, O Lord.**

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.

This is the Gospel of the Lord.

**Praise to you, O Christ.**

*Please sit*

**The Homily**

*Please stand*

**The Nicene Creed**

**We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.**

**We believe in one Lord Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father;  
through him all things were made.  
For us and for our salvation he came  
down from heaven, was incarnate from  
the Holy Spirit and the Virgin Mary and was made man.**

**For our sake he was crucified under  
Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the  
dead, and his kingdom will have no end.**

**We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and Son is  
worshipped and glorified,  
who has spoken through the prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.**

### **Intercessions – the prayers of the church**

*The following responses may be used:*

Lord, in your mercy  
**Hear our prayer**

Lord, hear us.  
**Lord, graciously hear us**

*The Intercessions conclude with the following*

Merciful Father,  
**accept these prayers for the sake of your Son,  
our Saviour Jesus Christ. Amen.**

*Please stand*

## THE LITURGY OF THE SACRAMENT

### The Peace

*Fr. Paul introduces the Peace:*

The peace of the Lord be always with you.  
**And also with you.**

Let us offer each other the sign of peace



*At this point in the service a **collection will be taken** for the running of St. Mary's Church. **Please only use a white Gift-Aid envelope if you are a tax payer and fill in the details on the front of the envelope.** Thank you.*

**The Offertory Hymn: NEH 420  
John Ernest Bode (1816-1874)**

- 1    **O Jesus, I have promised  
to serve thee to the end;  
be thou for ever near me,  
my Master and my Friend:  
I shall not fear the battle  
if thou art by my side,  
nor wander from the pathway  
if thou wilt be my guide.**
  
- 2    **O let me hear thee speaking  
in accents clear and still,  
above the storms of passion,  
the murmurs of self-will;  
O speak to reassure me,  
to hasten or control;  
O speak, and make me listen,  
thou guardian of my soul.**

3 O Jesus, thou hast promised  
to all who follow thee,  
that where thou art in glory  
there shall thy servant be;  
and, Jesus, I have promised  
to serve thee to the end:  
O give me grace to follow,  
my Master and my Friend.

4 O let me see thy foot-marks,  
and in them plant mine own;  
my hope to follow duly  
is in thy strength alone:  
O guide me, call me, draw me,  
uphold me to the end;  
and then in heaven receive me,  
my Saviour and my Friend.

Pray my dear brothers and sisters that my sacrifice and yours  
may be acceptable to God, the almighty Father.

**May the Lord accept the sacrifice at your hands, for the  
praise and glory of his name, for our good, and the good  
of all his holy Church.**

*The Prayer over the gifts is said*

### **The Eucharistic Prayer**

The Lord be with you  
**and also with you.**

Lift up your hearts  
**We lift them to the Lord**

Let us give thanks to the Lord our God  
**It is right to give thanks and praise**

*Fr. Paul continues with the prayer*

**Holy, holy, holy Lord,  
God of power and might,  
Heaven and earth are full of your glory.  
Hosanna in the highest.**

**Blessed is he who comes  
in the name of the Lord.  
Hosanna in the highest.**

*Fr. Paul continues until the following is used:*

Jesus Christ is Lord:  
**Lord, by your cross and resurrection  
you have set us free  
You are the Saviour of the world**

*Fr. Paul continues and leads into the conclusion of the prayer:*  
**Amen**

*Please kneel or sit*



## The Lord's Prayer

**Our Father,  
who art in heaven,  
hallowed be thy name;  
thy kingdom come; thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power, and the glory,  
for ever and ever. Amen**

## The Breaking of the Bread

**We break this bread to share in the body of Christ.  
Though we are many, we are one body because we all  
share in one bread.**

**Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
grant us peace.**



## The Giving of Communion

*Fr. Paul issues the invitation to communion in these or very similar words:*

Jesus is the Lamb of God  
who takes away the sin of the world.  
Blessed are those who are called to his supper.  
**Lord, I am not worthy to receive you,  
but only say the word, and I shall be healed.**

*Communion is administered in both kinds. Receiving consecrated wine directly from the chalice is offered for those who feel comfortable to do this. **Please do not dip the consecrated wafer into the chalice.***

*Please wait to be directed to communion.*

*Choir Motet:  
**O Taste and See** by R Vaughan Williams,*

**Post Communion Hymn: NEH 294  
Charlotte Elliott (1789-1871)**

- 1 Just as I am, without one plea  
but that thy blood was shed for me,  
and that thou bidst me come to thee,  
O Lamb of God, I come.**
- 2 Just as I am, though tossed about  
with many a conflict, many a doubt,  
fightings, within and fears without,  
O Lamb of God, I come.**

- 3      **Just as I am, poor, wretched, blind;  
sight, riches, healing of the mind,  
Yea, all I need, in thee to find,  
O Lamb of God, I come.**
- 4      **Just as I am, thou wilt receive,  
wilt welcome, pardon, cleanse, relieve:  
because thy promise I believe,  
O Lamb of God, I come.**
- 5      **Just as I am (thy love unknown  
has broken every barrier down),  
now to be thine, yea, thine alone,  
O Lamb of God, I come.**
- 6      **Just as I am, of that free love  
the breadth, length, depth, and height to prove,  
here for a season, then above,  
O Lamb of God, I come.**

### **Post Communion Prayer**

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**

**Almighty God, we thank you for feeding us  
with the body and blood of your Son Jesus Christ.  
Through him we offer you our souls and bodies to  
be a living sacrifice.  
Send us out in the power of your Spirit  
to live and work to your praise and glory.      Amen.**

*Notices are given out*

*Please stand*

## **The Blessing**

The Lord be with you.  
**and also with you.**

## **The Dismissal**

Go in the peace of Christ.  
**Thanks be to God.**

**Recessional Hymn: NEH 359 (tune 322  
John Samuel Bewley Monsell (1811-1875))**

- 1 Fight the good fight with all thy might;  
Christ is thy strength, and Christ thy right;  
lay hold on life, and it shall be  
thy joy and crown eternally.**
- 2 Run the straight race through God's good grace,  
lift up thine eyes, and seek his face;  
life with its way before us lies;  
Christ is the path, and Christ the prize.**
- 3 Cast care aside; upon thy guide  
lean, and his mercy will provide;  
lean, and the trusting soul shall prove  
Christ is its life, and Christ its love.**
- 4 Faint not nor fear, his arms are near;  
he changeth not, and thou art dear;  
only believe, and thou shalt see  
that Christ is all in all to thee.**

Special Prayers  
For Those In Need



## **PRAYER MINISTRY**

Today members of the congregation will offer **individual Prayer Ministry** in the chapel after the Parish Eucharist. If you would like prayer for yourself or others and or would like to speak privately with someone please use this opportunity.

### **LENT Course 2026 starting this week!**

We will be following the special Diocesan Lent Course for the  
**Year of Matthew.**

Groups will meet on Wednesday evenings at **86 Glebelands** or  
**Friday mornings in church**

**Wednesday evenings at 7pm beginning this week 25<sup>th</sup> February  
then 4<sup>th</sup> March, 11<sup>th</sup> March, 18<sup>th</sup> and 25<sup>th</sup> March**

**Friday mornings in church at 10am beginning this week 27<sup>th</sup>,  
February then 6<sup>th</sup> March, 13<sup>th</sup> March, 20<sup>th</sup> March and 27<sup>th</sup> March**

*Please add your name to the list at the back of the church for the  
evening session or morning session.*

## For your prayers this week

*We pray for Pope Leo XIV and his ministry to the world-wide church.*

*We pray for the Rt Revd and Rt Hon Dame Sarah Mullally, Archbishop of Canterbury. We also pray for Martin, our Bishop as he prepares for his retirement.*

*In the **Anglican cycle of prayer** this Sunday we pray for:  
The Church of Ireland*

*In our **Diocesan cycle of prayer** we pray for:*

*The Apostolic Life Team; Emma Snowden, Annie Compton, Sam Grennan, Jamie Gater, Giles Carpenter, Greg Moore, Ruth McBrien, Peter King*

*We also pray for the **Venerable Dr. Tom Carpenter**, our Archdeacon*

*We pray for the work of **SPLASH** in their work with young people across the Deanery.*

*We pray for **our nation and government**:*

*For King Charles and his family. We pray for our Government and all members of Parliament especially Andrew Griffith our own MP*

*We continue to pray for all those caught up in the **conflicts in the Middle East, Ukraine and other troubled parts of the world**. We pray for all **migrants and refugees** and all who have been driven from their homes. We pray for all world leaders, diplomats and ambassadors and all working for the common good.*

*We pray for the work of **Education West Africa**, the people of Sierra Leone and the work of the Church there remembering especially the Dioceses of Freetown and Bo.*

*We continue to pray for **the work of FSW** across the Diocese.*

We pray for our **local Care Homes**: Hillside Lodge, The Anchorage, Petworth Cottage Nursing Home, Rotherlea and Barlavington Manor

**Those who are now in need of healing:**

Patrick Carr, Fr Barry Smart, Toni Hayes, Sarah and James Ross, Carole Brooke, Richard Cromwell, Jim Crowley, Charlie Goldsmith, Frances Usher-Smith, Matt, Don Hubert and Perdita Woodley

**Those who are in need of on-going prayer:**

Peter Johnston, Helen Leeke, Rachel Webbe, Elizabeth Yates, James McDonagh, Victoria and Tim

**Pray to rest in peace:** Margaret Scullard and Ursula Marriage

**Anniversary of death:** Douglas Nelson

**Village Prayers:** Together with the other churches in the village we pray for all who live and work in Rectory Lane, Potts Lane, St. Mary's Close, Rectory Close, Link Lane, Dennis Court, Moat Lane and The Moat



## Church and Liturgical Diary

### **Monday 23<sup>rd</sup>: Feria of Lent**

*(St Polycarp, Bishop of Smyrna, Martyr c155)*

The Hub' meet at Pulborough Library

3.15pm – 4.15pm Kingfishes meet in School

7.30pm Tower Bellringing Practice

### **Tuesday 24<sup>th</sup>: Feria of Lent**

9.30am Morning Prayer

### **Wednesday 25<sup>th</sup>: Feria of Lent**

9.45am Morning Prayer

**10.15am The Holy Eucharist**

**7pm Lent Group (Session 1) at 86 Glebelands**

### **Thursday 26<sup>th</sup>: Feria of Lent**

9.30am Morning Prayer

### **Friday 27<sup>th</sup>: Feria of Lent**

**10am. Lent Group (Session 1) in Church**

**12noon The Holy Eucharist**

### **Saturday 28<sup>th</sup>: Feria of Lent (St Oswald Bishop of Worcester 992)**

9am -12noon Pulborough Village Market

### **1<sup>st</sup> March Sunday: THE SECOND SUNDAY OF LENT**

**8am The Holy Eucharist – Said in the chapel –**

**(Book of Common Prayer)**

Readings: Genesis 12. 1-4a, Romans 3. 1-5, 13-17 and John 3. 1-17

**10.30am 'ALL ARE WELCOME' Celebration**

Readings: Genesis 12. 1-4a, 13-17 and John 3. 1-17

## **PILGRIMAGE TO WALSINGHAM**

### **Monday 19<sup>th</sup> October to Thursday 22<sup>nd</sup> October**

If you would like to join the Pilgrimage group from our Deanery please speak with Fr Paul today if possible, The Shrine will want to know numbers by the end of the month.

## **ST MARY'S PASTORAL CARE TEAM**

We are now setting up a team of people to support pastoral care within the congregation. If you would like to contact the team, or know someone who may need support, please speak to **Susie Hindman** (hindman\_susan@hotmail.com).

## **LENT REFLECTIONS**

Please help! As last year, we would like to put together a collection of Lent reflections for everyone in the congregation. We would like everyone to suggest their favourite Bible verse, their favourite verse from a hymn, or quote from a book.

If these could be given to me as soon as possible that would be fab!  
Please email hindman\_susan@hotmail.com

## **ST MARY'S BELLS LOTTERY**

At the moment we have just **2 bells available for 2026. The numbers are, 66, or 70.** Please do consider taking a number, perhaps as a gift for grandchild or a family member or friend.  
**Ian Cockburn – Treasurer (01798 813102)**

## **LEAFLET SPONSORING FOR THE NEXT FEW MONTHS**

Do you have a special occasion or date in memory of a loved one  
Do consider sponsoring one of the services.

We ask for a £25 donation, gift-aided, if possible, which helps us cover the cost of printing and paper

The dates we have for the first part of the year are:

**Sundays in April: 12<sup>th</sup> or 26<sup>th</sup>**

**Sundays in May: 3<sup>rd</sup>, 24<sup>th</sup> or 31<sup>st</sup>**

Do speak to Ann Kaiser (ann.kasier@live.co.uk) if you can help

## **SACRAMENT OF CONFIRMATION**

If you would like to be prepared for confirmation this year please speak to **Fr Paul (01798 875773)** as soon as possible.