

NEWSLETTER

St Catherine's | St John's | St Luke's

Today's Hymns

St Catherine's	St John's	St Luke's
190	190	379
379	379	610
343	343	190
590		

Collect:

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.

Psalm Response:

You, O Lord, are my refuge, my God in whom I put my trust.

Gospel Acclamation:

St John's:
Praise to you Lord Jesus Christ,
King of endless glory, praise to
you Lord Jesus Christ.

St Luke's:
Silent Surrendered Calm and Still
(see hymn 941)

If you know of a church member, or anyone, who is unwell or would appreciate contact from our priests, please inform the clergy at the earliest opportunity.



Christ in the wilderness is a series of paintings by the English artist Stanley Spencer. This image is one of Jesus in the desert praying and looking for the spiritual energy and sustenance that come only through an honest reliance on the graciousness of God. The same is true for us in our own wild places. Taking time for reflection on our life and how committed we are to living in the way Jesus calls us is part of the purpose of this season of Lent. Prayer, repentance, sacrificing, reconciliation are all themes that we will live with over the next six weeks as we journey towards Holy Week and the joy of Easter Sunday.

1st Sunday of Lent

St Catherine's - 8:00 Holy Eucharist; 10:30 Choral Eucharist;

St John's - 8:00 Holy Eucharist; 9:15 Sung Eucharist; **4:00 pm Messy Church**

St Luke's - 10:30 Sung Mass; 6:00 pm Benediction;

For Weekday Services and Regular Events see the Website or Church Notice boards for times and days.

Today's Readings

Deuteronomy 26:1-11; Psalm 91:1-11; Romans 10:8-13; Luke 4:1-13

Psalm 91 vv 1,2, 9-16

1 Whoso dwelleth under the defence of the / Most / High: and abideth under the / shadow / of • the Al-/mighty,

2 Shall say unto the Lord * ' Thou art my refuge / and my /stronghold: my / God in / whom I / trust.'

9 Because thou hast said ' The / Lord • is my / refuge': and hast / made the • Most / High thy / stronghold.

10 There shall no evil happen / unto / thee: neither shall any / plague come / nigh thy / dwelling.

11 For he shall give his angels / charge / over thee: to / keep • thee in / all thy / ways.

12 They shall bear thee / in their / hands: that thou hurt not thy / foot a-/gainst a / stone.

13 Thou shalt tread upon the / asp • and the / adder: the viper and the serpent shalt thou / trample / under • thy / feet.

14 Because he hath set his love upon me, * therefore will / I de-/liver him: I will set him up be-/cause • he hath / known my / name.

15 He shall call upon me and / I will / hear him: yea I will be with him in trouble; * I will de-/liver • him and / bring • him to / honour.

16 'With long / life • will I / satisfy him: and give him freely / of my / saving / help.'

Next week's readings: Genesis 15:1-12,17,18; Psalm 27; Phil 3:17-4:1; Luke 13:31-35

Benefice Notes:

Sunday Schools / Club - Only adults who have been through our safeguarding procedure and been cleared by the DBS and the Church in Wales can attend our Sunday Schools or club. This is to ensure we do all we can to make our children's worship services safe. For more details on this and safeguarding in general please contact the clergy.

Messy Church - The next Messy Church is today 14 Feb at 4:00pm in St John's. The theme will be 'Lent'.

Explore - The next Explore will be on Sunday 28 Feb at 4pm in St John's. This time Archdeacon Peggy will be leading us in prayer, scriptural readings and movement for Lent.

Confirmation Programme 2016 - This year's confirmation programme of classes, discussion groups and worship services will be launched soon. If you would like to be confirmed this year please contact the clergy for details.

Youth Club - Is next open in the first week back after the half term school holidays and year 6 pupils can now attend. The programme will be published soon until the May half term.

Lenten Quiet Day - please join us on Sat 5 March for a quiet day of prayer, talks, quiet worship for Lent. This will be based in St Luke's. If you are interested in attending something like this please contact the clergy. More details next week.

Living Faith Study Group - Tuesdays at 7:30 pm in St John's. For info: Andrew Sims maxsims@hotmail.com 029 2034 4641

Lent Course Thursdays 7-9pm. Theme: Life Balance- a 5 week course in rest, work & play. These rich, practical explorations of new Sabbath principles can help us re-order our time, refocus our priorities and refresh our spirits.

Newsletter Email - If you'd like an email copy of the newsletter and readings please ask Sheila on mgsmkelly1@gmail.com

Newsletter items - any items for inclusion in the newsletter please send to Linsay Jones linsaycoolhouse@hotmail.com. Space is always limited so keeping it brief avoids us editing your message.

St Catherine's Notes:

Bookings - To book the Hall contact the clergy or email hall.stcatherines@gmail.com.

Midweek Services: Holy Eucharist at 11:00 am on Wednesday.

St John's Notes:

Church Booking - To book the church please contact the clergy. For concerts contact Gill Winton.

Lent Lunches in St John's have now begun and will continue for the duration of the season of Lent.

Midweek Services: Holy Eucharist at 10:30 am on Thursday.

St Luke's Notes:

Women's Group Thursday 29 February 7:30 Park View Café. Talk by Patricia Wiltshire about Canton Night Shelter

Lent Lunch at St Luke's on Sunday 28 February 12:15pm. Tickets £5-soup and bread, quiche and salad. All welcome.

Hall Bookings - To book the Hall please contact Jackie or Haydn Page on 029 2091 3808 haydnpage@hotmail.co.uk

Midweek Services: Masses at 10:00 am on Tues and Wed; Fri at 6:30 pm; and 10:30 am on Saturday.

Recently Departed: Sheila Scantlebury, Martin Sheppard, Mary Graham, Bobby Hammacott, Michaela Dymott

This Week in the Benefice: (Diocesan Prayer / Anglican Prayer Cycle / Events and Services)

Sun 14 Cardiff Dewi Sant, Dyfrig Lloyd (V); Central Africa and Northern Zambia; **1st Sunday of Lent**

Mon 15 St Mary w St Dyfig & St Samson, David Morris (AP); Ghana

Tues 16 Grangetown St Paul, David Morris (AP); Rupert's Land Canada

Wed 17 Cardiff Univ Chaplaincy, David Sheen; Atlanta

Thur 18 St John the Baptist, Sarah Rowland Jones (PinC); Attooch- (Sudan); **Fra Angelico, Andrei Rublev**

Fri 19 Parish of Cathays Caroline Downs (Pin C); Aotearoa NZ & Polynesia

Sat 20 Christ Church Roath Park, Trystan Hughes (Pin C); Aweil, Sudan;

Sun 21 Gabalfa, Bob Capper (V); Central America; **2nd Sunday of Lent; 6:00pm Evensong in St John's**

Team Rector: Canon Mark Preece; 029 2056 2022 rector@beneficeofcanton.org.uk (Day off - Monday)

Team Vicar: Fr Phelim O'Hare; 029 2021 0732 vicar@beneficeofcanton.org.uk (Day off - Thursday)

14 February 2016 – First Sunday of Lent**Collect of 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.

First Reading

A reading from the book of Deuteronomy.

Moses spoke to the people, saying: When you have come into the land that the LORD your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the LORD your God is giving you, and you shall put it in a basket and go to the place that the LORD your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, ‘Today I declare to the LORD your God that I have come into the land that the LORD swore to our ancestors to give us.’ When the priest takes the basket from your hand and sets it down before the altar of the LORD your God, you shall make this response before the LORD your God: ‘A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the LORD, the God of our ancestors; the LORD heard our voice and saw our affliction, our toil, and our oppression. The LORD brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O LORD, have given me.’ You shall set it down before the LORD your God and bow down before the LORD your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the LORD your God has given to you and to your house.

Deuteronomy 26.1-11

This is the word of the Lord.

Thanks be to God.

Psalm 91.1-2,9-16

R You, O Lord, are my refuge, my God in whom I put my trust.

He who dwells in the shelter of the Most High,
abides under the shadow of the Almighty.

He shall say to the Lord, ‘You are my refuge and my stronghold,
my God in whom I put my trust.’ **R**

Because you have made the Lord your refuge,
and the Most High your habitation,

There shall no evil happen to you,
neither shall any plague come near your dwelling. **R**

For he shall give his angels charge over you,
to keep you in all your ways.
They shall bear you in their hands,
lest you dash your foot against a stone. **R**

You shall tread upon the lion and adder;
you shall trample the young lion and the serpent under your feet.
Because he is bound to me in love,
therefore will I deliver him;
I will protect him, because he knows my name. **R**

He shall call upon me and I will answer him;
I am with him in trouble,
I will rescue him and bring him to honour.
With long life will I satisfy him,
and show him my salvation. **R**
R You, O Lord, are my refuge, my God in whom I put my trust.

Second Reading

A reading from the letter of Paul to the Romans.

What does scripture say?
‘The word is near you,
on your lips and in your heart’
(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord
and believe in your heart that God raised him from the dead, you will be saved. For one believes
with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture
says, ‘No one who believes in him will be put to shame.’ For there is no distinction between Jew
and Greek; the same Lord is Lord of all and is generous to all who call on him. For, ‘Everyone
who calls on the name of the Lord shall be saved.’

Romans 10.8b-13

This is the word of the Lord.
Thanks be to God.

Gospel

Hear the holy Gospel of our Lord Jesus Christ according to Luke.
Glory to you, O Lord.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone."'

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."'

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to protect you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."'

Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' When the devil had finished every test, he departed from him until an opportune time.

Luke 4.1-13

This is the Gospel of the Lord.

Praise to you, O Christ.

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.