

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 |
| 572 | | |

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:

I will confess my transgressions to the Lord.

Gospel Acclamation:

St John's: **Speak Lord your servant is listening, you have the words of everlasting life.**

St Luke's: **Silent Surrendered ... (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.



The story of the temptation in the desert, told in today's gospel, is remarkable for how immune Jesus is from the kind of desires that plague us. It is not that he is without desire but that his yearning was focused on one thing only: to live out the will of the Father in this life. He was obedient to the calling we all share: to become in every way God's image and likeness and so reflect God's goodness to a broken world. Lent and Easter help us do this; indeed, this side of Eden, they make it possible.

First Sunday of Lent

St Catherine's - 10:30 Sung Eucharist ;

St John's - 8:00 Holy Eucharist; 9:00 Sung Eucharist;

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

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

Today's Readings

Genesis 2:15-17, 3:1-7; Psalm 32; Romans 5: 12-19; Matt 4:1-11

Psalm 32

- 1 Blessèd is he whose unrighteousness / is for-/given: even / he whose / sin is / covered.
- 2 Blessèd is the man unto whom the Lord im-/puteth • no /sin: and in whose / spirit • there / is no / guile.
- 3 For while I held my tongue * my bones con-/sumed a-/way: I ceased not from / groaning / all the • day / long.
- 4 For thy hand was heavy upon me / day and / night: I was dried up and withered, * as it / were by / drought in / summer.
- 5 I acknowledged my / sin • unto / thee: and mine iniquity / did I / not / hide.
- 6 I said 'I will confess my sins / unto • the / Lord': and so thou forgavest the / wicked•ness / of my / sin.
- 7 Therefore let everyone that is godly make his prayer unto thee in / time of / trouble: when great waterfloods arise / they shall / not come / nigh him.
- 8 Thou art a place to hide me in, * thou shalt pre-/serve me • from / trouble: thou shalt compass me a-/bout with / shouts • of de-/ liverance.
- 9 'I will inform thee and direct thee in the way where-/in • thou shalt / go: I will counsel thee and / guide thee / with mine / eye.
- 10 ' Be ye not like to horse and mule which have / no • under- /standing: whose mouths must be held with bit and bridle, * else / will they / not come / nigh thee.'
- 11 Great tribulations remain / for • the un-/godly: but whoso putteth his trust in the Lord, * mercy em-/braceth • him on / every / side.
- 12 Be glad O ye righteous and re-/joice • in the / Lord: and be joyful all / ye • that are / true of / heart.

Next week's readings: Genesis 12:1-4; Psalm 121; Romans 4:1-5, 13-17; John 3:1-17

Benefice Notes:

Messy Church - Messy Church is in Calvary Baptist next Sunday 12 March at 4pm.

The theme is all about Lent. All are welcome.

Youth Club Games Night - St Catherine's hall on Friday evenings from 7-8:30pm. It

is open to children in school years 5 & 6. For details see the website or email Sarah on burton-sarah@hotmail.co.uk

Sponsoring Syrian Families - There is a special deanery open evening in St Luke's organised by Llandaff Deanery to explore our community sponsorship of families that have fled the ongoing violence in Syria. It takes place in St Luke's Church on Tuesday 7 March at 7pm. Open to everyone within the deanery of Llandaff.

Confirmation Preparation - Our confirmation programme meets on Saturdays in either the Vicarage or in St John's at 11:30am for an hour. Confirmation is open to children in year 5 or above. See website for details.

Service Times Change Please note the new times: only one 8am Holy Eucharist each Sunday alternating between St John's (1st and 3rd Sundays) and St Catherine's (2nd and 4th Sundays). St John's Sung Eucharist now starts at 9:00 am.

Canton Churches Lent Courses - Churches Together in Canton will be meeting on Monday evenings at 7pm to offer a lent course with a focus on healing and diversity. Dates are: 6 March - St Mary's RC Church hall; 13 March - Calvary Baptist; 20 March - Canton Uniting; 27 March - St John's; 3 April Wesley Methodist. See poster in Church or website for details.

Upping our Game - Bishop David's Lent course 'Upping our Game' is in St Isan's Church, Llanishen, Wednesdays 7:30pm.

Mothers' Union - Coffee Morning bring & buy & Bon Marche fashion show on 11 March in St Catherine's Church Hall. It starts at 9:30am; admission is £3 and the proceeds to support the MU Holiday caravan in Porthcawl

Bishop for Llandaff Diocese - see website for the latest news and consultative process on selecting our next bishop.

Conway 50+ welcomes Rev Roy Jenkins to speak on 'Faith on the Frontline' Wed 12 April at 10:30am Conway Rd Church

Youth Bible Study - Resumes this week - Sundays at 6pm in St John's vestry. Contact burton-sarah@hotmail.com.uk.

St Catherine's Notes:

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

No Midweek Eucharist this coming week. Apologies for any inconvenience.

Midweek Services:

St John's Notes:

Bible Study - No Thursday Bible study in Lent to allow people to attend Churches Together or Bishop David's.

Ty Bronna - This month's collection for the Ty Bronna centre is for pasta and sauces (more details on our website).

Lent lunches at St Johns every Friday during Lent at 12 noon. Proceeds go to Christian Aid.

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

St Luke's Notes:

Mothering Sunday Afternoon Tea: Do you want to share the special day with special people? St Luke's will be hosting an Afternoon Tea on Sunday 26 March 4pm. Everybody is welcome, especially those who have nobody to share this day with. Tickets £7 to include sandwiches, savouries, cakes and trifle, glass of something bubbly. See Margaret for tickets

No Mass on Tuesday this week. Apologies for any inconvenience.

Midweek Services: Masses; 6pm on Friday; and 10:30am Saturday

Recently Departed: Deborah Carol Hopkins, Douglas Briggs

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

Sun 5 Tonypandy w Clydach Vale & Williamstown (Vacant); Marathwada (North India); **Lent 1**

Mon 6 Tonyrefail w Gilfach Goch, Ruth Moverly (V); Maridi (Sudan);

Tues 7 Ynyshir, Paul Bigmore (V); Marsabit (Kenya); **Sts Perpetua, Felicity and Companions (martyrs);**

Wed 8 The Church Army, Officers and Members; Maryland (USA); **EMBER DAY**

Thur 9 Ystradyfodwg, Haydn England-Simon (V); Terence Cox (NSM L); Masai (Tanzania)

Fri 10 Archdeaconry of Llandaff, Ven. Peggy Jackson (ADN); Maseno North (Kenya); **EMBER DAY;**

Sat 11 Cardiff Deanery, Stuart Lisk (AD); Masindi-Kitara (Uganda); **EMBER DAY**

Sun 12 Cardiff Dewi Sant, Dyfrig Lloyd (V), Rhian Linecar (C NSM); Maseno South (Kenya); **Lent 2**

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)

5 March 2017 – 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 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.

Genesis 2.15-17; 3.1-7

This is the word of the Lord.

Thanks be to God.

Psalm 32

R I will confess my transgressions to the Lord.

Happy are they whose transgression is forgiven,
and whose sin is put away!

Happy are they to whom the Lord imputes no guilt,
and in whose spirit there is no guile. **R**

While I held my tongue, my bones withered away,
because of my groaning all day long.

For your hand was heavy upon me day and night;
my moisture was dried up as in the heat of summer. **R**

Then I acknowledged my sin to you,
and did not conceal my guilt.

I said, ‘I will confess my transgressions to the Lord’;
then you forgave me the guilt of my sin. **R**

Therefore all the faithful will make their prayers to you in time of trouble;
when the great waters overflow, they shall not reach them.
You are my hiding- place; you preserve me from trouble;
you surround me with shouts of deliverance. **R**

‘I will instruct you and teach you in the way that you should go;
I will guide you with my eye.
Do not be like horse or mule, which have no understanding;
who must be fitted with bit and bridle,
or else they will not stay near you.’ **R**

Great are the tribulations of the wicked;
but mercy embraces those who trust in the Lord.
Be glad, you righteous, and rejoice in the Lord;
shout for joy, all who are true of heart. **R**
R I will confess my transgressions to the Lord.

Second Reading

A reading from the letter of Paul 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 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 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.

Romans 5.12-19

This is the word of the Lord.

Thanks be to God.

Gospel

Hear the holy 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.

Matthew 4.1-11

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.