



THE MESSENGER

The weekly review of the Parish of

St Michael and All Angels

Watford

FIRST SUNDAY OF LENT

Sunday 18 February 2024

We are now able to receive the wine at communion. There will be a chalice on your left for those who wish to receive by drinking, and on your right for those who wish to receive by dipping their wafer in the wine. You are also welcome to just receive the bread.

Welcome to our service today.

Hymns for Sunday are: 95 Forty days and forty nights, 97 Lord Jesus think on me, 96 Jesus lover of my soul (t.2), 34 On Jordan's bank.

For your prayers this week:

The Church: The Parish of Potter's Bar in our Diocese
The Episcopal Church of Sudan
Christians in the Middle East.

The World: Emotional health for all
All work in cancer prevention
The world association of Girl Guides and Girl Scouts.

The Community and Parish: All couples preparing for marriage
A good keeping of Lent
All taking part in "Watch and Pray".

The Ill and the Housebound: Especially Jean Alexander, Violet Allen-Smith, Julie Alvarez, Janet Chandler, Jemima Hill, Owen Hutchinson, Lisa Mills, Brian O'Riordan, Valerie O'Riordan, Josephine Stadden, Catherine Stone, Fay Storey, Adelaide Tonkin, and all who care for them.

The Departed:

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.

FIRST READING Genesis 9.8–17

A reading from the book of Genesis.

- ⁸ God said to Noah and to his sons with him,
⁹ ‘As for me, I am establishing my covenant with you and your descendants after you,
¹⁰ and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark.
¹¹ I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.’
¹² God said, ‘This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations:
¹³ I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth.
¹⁴ When I bring clouds over the earth and the bow is seen in the clouds,
¹⁵ I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh.
¹⁶ When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.’
¹⁷ God said to Noah, ‘This is the sign of the covenant that I have established between me and all flesh that is on the earth.’

SECOND READING I Peter 3.18–22

A reading from the first letter of Peter.

- ¹⁸ Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit,
- ¹⁹ in which also he went and made a proclamation to the spirits in prison,
- ²⁰ who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water.
- ²¹ And baptism, which this prefigured, now saves you – not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ,
- ²² who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

GOSPEL Mark 1.9–15

Hear the gospel of our Lord Jesus Christ according to Mark.

- ⁹ In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan.
- ¹⁰ And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him.
- ¹¹ And a voice came from heaven, ‘You are my Son, the Beloved; with you I am well pleased.’
- ¹² And the Spirit immediately drove him out into the wilderness.
- ¹³ He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.
- ¹⁴ Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God,
- ¹⁵ and saying, ‘The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.’

Our service today is available to attend in person
or via livestream on our YouTube channel
“St Michael’s Church Watford”
<https://www.youtube.com/channel/UC8GTX0MfiICGmcDUkXTGFSw>

The 10.00am Eucharist each Thursday is available to attend in person, and livestreamed.

The Church will be open for tea and coffee on Wednesday mornings from 10.00am – 12.00 noon.

The Church of England’s Lent theme this year is “Watch and Pray”. There are resources for daily prayer and reflection, which can be received by email, through a mobile phone app, or by using a book. There is a poster at the back, and a sample of the booklet. If you would like one of the booklets, please let me know, or if you would like help accessing the online material. There will be Lent groups on Tuesday afternoons at 2.30 in Church, and there is a sign up list at the back.

Lent Lunch and Bring and Buy Sale Saturday 16th March 11.30am – 2.00pm

Bag a bargain at Norma’s stall and then enjoy a delicious lunch of homemade soup with bread and cheese ably served by our Brownie friends. Lunch is priced at £5 per adult and £2 per child to include soup, bread, cheese, tea or coffee for adults and squash for children. Lunch served between 12 and 1.30pm.

Anyone able to offer assistance with soup making, setting up, food preparation, serving, washing up and tidying away please speak to Valerie Blacklock or contact on 07858763594.

All profits to Mission Giving Fund.

Norma will be having a Bring-and-Buy Sale after the 9.30 service next Sunday, 25th February. Please come and support.