

## St Matthew's Anglican Church, Cheltenham

### CONTACT DETAILS

**Locum Tenens:** The Reverend Dr Geoff Cheong

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**Priest Associate:** Fr Andre Hassing

**M:** 0430 481 103 **E:** [andrehassing@yahoo.com.au](mailto:andrehassing@yahoo.com.au)

**Assisting Priest:** Fr Russell Joyce OAM

**M:** 0412 680 019 **E:** [r.joyce@iinet.net.au](mailto:r.joyce@iinet.net.au)



**Parish Office:** 161 Park Road, Cheltenham, 3192

**Parish Secretary:** Claire Johnston **Hours:** Wednesday to Friday: 9am – 4pm

**T:** 9583 2205 **E:** [stmatthewsanglicanchurch@bigpond.com](mailto:stmatthewsanglicanchurch@bigpond.com)

**W:** [www.stmatthewscheltenham.org.au](http://www.stmatthewscheltenham.org.au)

**Churchwardens:** Vicar's Warden: Andrew Napier **M:** 0425 746 479

People's Warden: Sue Polites **M:** 0414 653 843

**Incumbency Committee:** Julie Johnston, Glenys Foreman & Sue Polites

**Flower Guild:** Sue Polites **M:** 0414 653 843

**Prayer Chain:** Sr Margot **M:** 0407 889 357

**St Matthew's Cheltenham Op Shop:** 33-35 Station Road, Cheltenham, 3192

**T:** 9583 2993 **Hours:** Monday to Friday: 9.30am – 4pm, Saturday: 9.30am – 12pm

### SERVICE DETAILS

**Sunday 8am:** Holy Communion (Book of Common Prayer – 1st Sunday of the month)

**Sunday 10am:** Sung Eucharist

**Wednesday 10am:** Said Eucharist

### PARISH EVENTS

**Morning Tea:** After the 10am service every Sunday

Please see pew sheet notices for dates regarding Parish Lunches and Breakfasts

## St Matthew's Anglican Church Cheltenham



Corner Nepean Highway and Park Road

Cheltenham, Victoria, 3192

[www.stmatthewscheltenham.org.au](http://www.stmatthewscheltenham.org.au)



**FIRST  
SUNDAY  
IN LENT**

**Sunday  
1 March  
2020**

**Welcome to our Service today**

**10am – Sung Eucharist**

**Celebrant:** Fr Geoff Cheong

**Preacher:** Fr Russell Joyce OAM

**Organist:** Mr Keith Fullard

152 Years of Witness & Service in Cheltenham

## OTHER SERVICES DURING THE WEEK

### St Matthew's

**Wednesday 4 March:**  
10am Mass – Fr Geoff Cheong

### Friends of St Francis

**Sunday 1 March:**  
9.30am Mass at CHN Prayer Room – Fr Andre Hassing

## TODAY'S ROSTER – 1 MARCH

8 AM		10 AM	
<b>Sidespeople:</b>		<b>Sidespeople:</b>	Kath Daly
<b>Reader:</b>	Fr Geoff	<b>Reader:</b>	Kath Daly
<b>Chalice:</b>		<b>Chalice:</b>	
<b>Server:</b>		<b>Server:</b>	Harold Daly
<b>Intercessions:</b>	Fr Geoff	<b>Intercessions:</b>	Fr Geoff

## NEXT SUNDAY'S ROSTER – 8 MARCH

8 AM		10 AM	
<b>Sidespeople:</b>	Tig Simmons Marilyn Simmons	<b>Sidespeople:</b>	Sandra Cooper
<b>Reader:</b>	Marilyn Simmons	<b>Reader:</b>	Deborah Howard
<b>Chalice:</b>		<b>Chalice:</b>	
<b>Server:</b>	Priscilla van Reesema	<b>Server:</b>	Harold Daly
<b>Intercessions:</b>	Priscilla van Reesema	<b>Intercessions:</b>	Val Fielder

## NEXT SUNDAY'S READINGS – SECOND SUNDAY IN LENT

Genesis 12.1-4a	Psalm 121	Romans 4.1-5, 13-17	John 3.1-17
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# THE HOLY COMMUNION

## GATHERING IN GOD'S NAME

*Introit Hymn: 379 NEH*

1. In the Cross of Christ I glory,  
Towering o'er the wrecks of time;  
All the light of sacred story  
Gathers round its head sublime.
2. When the woes of life o'ertake me,  
Hopes deceive and fears annoy,  
Never shall the Cross forsake me:  
Lo! it glows with peace and joy.
3. When the sun of bliss is beaming  
Light and love upon my way,  
From the Cross the radiance streaming,  
Adds more lustre to the day.
4. Bane and blessing, pain and pleasure,  
By the Cross are sanctified;  
Peace is there that knows no measure,  
Joys that through all time abide.

Words: John Bowring 1792-1872  
The New English Hymnal

Bless the Lord who forgives all our sins,  
**Whose mercy endures for ever.**

*The priest greets the people*

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

*Sentence of Scripture*

We do not live by bread alone, but by every word that comes from the mouth of God.

Matthew 4.4

**Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name,  
through Christ our Lord. Amen.**

*The two Great Commandments*

'Hear, O Israel, the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' Jesus said: 'This is the great and first commandment. And a second is like it: you shall love your neighbour as yourself.'

*'Lord, have mercy'*

**Lord, have mercy; Lord, have mercy; Lord, have mercy.  
Christ, have mercy; Christ, have mercy; Christ, have mercy.  
Lord, have mercy; Lord, have mercy; Lord, have mercy.**

*Trisagion*

**Holy God, holy and mighty, holy and immortal,  
have mercy on us.**

*The Collect of the Day*

Almighty God,  
whose Son fasted forty days in the wilderness,  
and was tempted as we are, yet did not sin:  
give us grace to direct our lives in obedience to your will,  
that, as you know our weakness,  
so we may know your power to save;  
through Jesus Christ our Redeemer,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

*The Prayer of the Season*

Almighty and everlasting God,  
you hate nothing that you have made,  
and you forgive the sins of all who are penitent:  
create and make in us new and contrite hearts,  
that we, worthily lamenting our sins,  
and acknowledging our wretchedness,  
may obtain of you, the God of all mercy,  
perfect remission and forgiveness;  
through Jesus Christ our Lord. **Amen.**

## THE MINISTRY OF THE WORD

*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

Hear the Word of the Lord,  
**Thanks be to God.**

*Psalm 32 (said antiphonally)*

1. Blessed are those whose sin is forgiven:  
whose iniquity is put away.
2. **Blessed are those to whom the Lord imputes no blame:  
and in whose spirit there is no guile.**

3. For whilst I held my tongue:  
my bones wasted away with my daily complaining.
4. **Your hand was heavy upon me day and night:  
and my moisture was dried up like a drought in summer.**
5. Then I acknowledged my sin to you:  
and my iniquity I did not hide;
6. **I said 'I will confess my transgressions to the Lord':  
and so you forgave the wickedness of my sin.**
7. For this cause shall everyone that is faithful  
make their prayer to you in the day of trouble:  
and in the time of the great water-flood,  
it shall not come near them.
8. **You are a place to hide me in,  
you will preserve me from trouble:  
you will surround me with deliverance on every side.**
9. 'I will instruct you, and direct you in the way that you should go:  
I will fasten my eye upon you, and give you counsel.
10. **'Be not like horse or mule, that have no understanding:  
whose forward course must be curbed with bit and bridle.'**
11. Great tribulations remain for the ungodly:  
but whoever puts their trust in the Lord,  
mercy embraces them on every side.
12. **Rejoice in the Lord, you righteous, and be glad:  
and shout for joy, all you that are true of heart.**

*A Reading from Paul's Letter to the Romans*

Therefore, 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 one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous. But law came in, with the result that the trespass multiplied; but where sin increased, grace abounded all the more, so that, just as sin exercised dominion in death, so grace might also exercise dominion through justification leading to eternal life through Jesus Christ our Lord.

Romans 5:12-21

Hear the Word of the Lord,  
**Thanks be to God.**

*Gradual Hymn: 67 NEH*

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 dewdrops 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.

Words: G.H. Smyttan 1822-70  
and Francis Pott 1832-1909  
The New English Hymnal

*Remain standing for the Gospel Reading*

The Gospel of our Lord Jesus Christ, according to Matthew  
chapter 4 beginning at verse 1  
**Glory to you, Lord Jesus Christ.**

Then 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.

For the Gospel of the Lord,  
**Praise to you, Lord Jesus Christ.**

*The Sermon*

*Silence may follow*

*The Nicene Creed*

Let us together affirm the faith of the Church.

**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 of the Holy Spirit  
and the virgin Mary  
and became truly human.  
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 the 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.**

## THE PRAYERS OF THE PEOPLE

*The priest says*

Let us pray for the world and for the Church.

*The prayers may conclude with*

Almighty God, you have promised to hear our prayers.

**Grant that what we have asked in faith  
we may by your grace receive,  
through Jesus Christ our Lord. Amen.**

## CONFESSION AND ABSOLUTION

Compassion and forgiveness belong to the Lord our God, though we have rebelled and wandered far off.

*Silence may be kept*

Let us then ask for mercy, confessing our sins in penitence and faith.

**Merciful God,  
our maker and our judge,  
we have sinned against you in thought, word, and deed,  
and in what we have failed to do:  
we have not loved you with our whole heart;  
we have not loved our neighbours as ourselves;  
we repent, and are sorry for all our sins.  
Father, forgive us.  
Strengthen us to love and obey you in newness of life;  
through Jesus Christ our Lord. Amen.**

*The Absolution. The priest says*

Almighty God,  
who has promised forgiveness to all who turn to him in faith:  
pardon you and set you free from all your sins,  
strengthen you in all goodness  
and keep you in eternal life,  
through Jesus Christ our Lord. **Amen.**

## THE GREETING OF PEACE

*All stand. The Greeting of Peace is introduced*

Christ is our peace.

He has reconciled us to God in one body by the cross.

**We meet in his name and share his peace.**

The peace of the Lord be always with you.

**And also with you.**

*All may exchange a sign of peace*

*Offertory Hymn: 106 NEH*

1. Come, ye faithful, raise the strain  
Of triumphant gladness;  
God hath brought his Israel  
Into joy from sadness;  
Loosed from Pharaoh's bitter yoke  
Jacob's sons and daughters;  
Led them with unmoistened foot  
Through the Red Sea waters.
2. 'Tis the spring of souls to-day;  
Christ hath burst his prison,  
And from three days' sleep in death  
As a sun hath risen;  
All the winter of our sins,  
Long and dark, is flying  
From his light, to whom we give  
Laud and praise undying.
3. Now the queen of seasons, bright  
With the day of splendour,  
With the royal feast of feasts,  
Comes its joy to render;  
Comes to glad Jerusalem,  
Who with true affection  
Welcomes in unwearied strains  
Jesu's Resurrection.

4. Neither might the gates of death,  
Nor the tomb's dark portal,  
Nor the watchers, nor the seal,  
Hold thee as a mortal;  
But today amidst thine own  
Thou didst stand, bestowing  
That thy peace which evermore  
Passeth human knowing.

Words: Greek, St John of Damascus c 750  
Tr: J.M. Neale 1816-66  
The New English Hymnal

*The gifts of the people having been brought to the Altar:*

Blessed are you, Lord, God of all creation.  
Through your goodness we have these gifts to share.  
Accept and use our offerings for your glory  
and for the service of your kingdom.  
**Blessed be God for ever.**

## THE GREAT THANKSGIVING

[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 our thanks and praise.**

All glory and honour, be yours now and always,  
mighty Creator, everliving God.

We give you thanks and praise for your Son,  
our Saviour Jesus Christ,  
who by the power of your Spirit was born of Mary  
and lived as one of us.

He was tempted in every way as we are,  
yet he did not sin.

By his death on the cross  
and rising to new life,  
he offered the one true sacrifice for sin  
and obtained an eternal deliverance for his people.

By his grace we are able  
to triumph over every evil,  
and to walk in the way of his love.

Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
for ever praising you and singing:

**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.**

Merciful God, we thank you  
for these gifts of your creation,  
this bread and wine,  
and we pray that by your Word and Holy Spirit,  
we who eat and drink them  
may be partakers of Christ's body and blood.

On the night he was betrayed Jesus took bread;  
and when he had given you thanks  
he broke it, and gave it to his disciples, saying,  
'Take, eat. This is my body given for you.  
Do this in remembrance of me.'

After supper, he took the cup,  
and again giving you thanks  
he gave it to his disciples, saying,  
'Drink from this, all of you.  
This is my blood of the new covenant  
shed for you and for many  
for the forgiveness of sins.  
Do this, as often as you drink it, in remembrance of me.'  
**Christ has died.  
Christ is risen.  
Christ will come again.**

Therefore we do as our Saviour has commanded:  
proclaiming his offering of himself  
made once for all upon the cross,

his mighty resurrection and glorious ascension,  
and looking for his coming again,  
we celebrate, with this bread and this cup,  
his one perfect and sufficient sacrifice  
for the sins of the whole world.

Renew us by your Holy Spirit  
unite us in the body of your Son,  
and bring us with all your people  
into the joy of your eternal kingdom;  
through Jesus Christ our Lord,  
with whom, and in whom,  
in the fellowship of the Holy Spirit,  
we worship you, Father,  
in songs of never-ending praise:  
**Blessing and honour and glory and power  
are yours for ever and ever. Amen.**

As our Saviour Christ has taught us, we are confident to pray,

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power and the glory are yours  
now and forever. Amen.**

## THE BREAKING OF THE BREAD AND THE COMMUNION

We who are many are one body in Christ,  
**for we all share in the one bread.**

**Jesus, Lamb of God, have mercy on us.  
Jesus, bearer of our sins, have mercy on us.  
Jesus, redeemer of the world, grant us your peace.**

### *The invitation to receive Holy Communion*

Come let us take this holy sacrament of the body and blood of Christ in remembrance that he died for us, and feed on him in our hearts by faith with thanksgiving.

*The sacrament is given with the following words, after which the communicant responds **Amen***

The body of Christ keep you in eternal life. **Amen.**  
The blood of Christ keep you in eternal life. **Amen.**

## THE SENDING OUT OF GOD'S PEOPLE

*The priest says*

Compassionate and loving God, through your Son Jesus Christ you have fed us and have reconciled your people to yourself. Following his example of fasting and prayer, may we obey you with willing hearts and serve one another in holy love.

Father,  
**we offer ourselves to you as a living sacrifice  
through Jesus Christ our Lord.  
Send us out in the power of your Spirit  
to live and work to your praise and glory.**

*or*

Most loving God,  
**you send us into the world you love.  
Give us grace to go thankfully and with courage  
in the power of your Spirit.**

*Notices and invitations*

*Dismissal Hymn: 333 NEH*

1. All my hope on God is founded;  
He doth still my trust renew.  
Me through change and chance he guideth,  
Only good and only true.  
God unknown,  
He alone  
Calls my heart to be his own.

2. Pride of man and earthly glory,  
Sword and crown betray his trust;  
What with care and toil he buildeth,  
Tower and temple, fall to dust  
But God's power,  
Hour by hour,  
Is my temple and my tower.
  
3. Daily doth th' Almighty giver  
Bounteous gifts on us bestow;  
His desire our soul delighteth,  
Pleasure leads us where we go.  
Love doth stand  
At his hand;  
Joy doth wait on his command.
  
4. Still from man to God eternal  
Sacrifice of praise be done,  
High above all praises praising  
For the gift of Christ his Son.  
Christ doth call  
One and all:  
Ye who follow shall not fall.

Words: Robert Bridges 1844-1930  
based on the German of J. Neander 1650-80  
The New English Hymnal

*The priest says*

Christ our Saviour draw you to himself, that you may find in him crucified a sure ground for faith, a firm support for hope, and the assurance of sin forgiven and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you always. **Amen.**

*The priest or deacon says*

Go in peace to love and serve the Lord:  
**In the name of Christ. Amen.**

From a Prayer Book for Australia.  
Copyright Broughton Publishing 1995



You are welcome to stay and enjoy a cuppa  
and a chat in the Hall after the service!

## PARISH ANNIVERSARIES DURING THE WEEK

*Happy Birthday!*

Deborah Howard – 5 March



*† Year's Mind*

William Angus – 2 March



## CALENDAR OF EVENTS FOR THE WEEK AHEAD....

Wed 4 Mar	10am	Mass
	11.30am	Bible History Chat, Parish Office
Thurs 5 Mar	10am	Day of Prayer & Reflection, CHN
	10am	Aged Care Ministry, Cheltenham Manor – Fr Geoff
Sat 7 Mar	9am	Working Bee
Sun 8 Mar		<u>Second Sunday in Lent</u>
	8am	Holy Communion
	10am	Sung Eucharist

## NOTICES & UPCOMING EVENTS

### New roster available!

The new roster for March to May is now in the Narthex.  
Please collect your copy.  
If you can help 'fill' one of the blank spaces please let the Office know.

### The Melbourne Anglican (TMA)

The March edition of TMA is now available in the Narthex.  
Don't forget to pick up your copy!



## Corryong Bushfire Appeal

This is your last opportunity to donate to the Corryong Bushfire Appeal.  
Please place your donation in the Offertory plate or hand it into the Parish Office this week.

## CHN Day of Prayer & Reflection



The Sisters of the Community of the Holy Name invite you to a Day of Prayer & Reflection this Thursday, 5 March, at the Community House, 40 Cavanagh Street, Cheltenham. 10am – 3pm, BYO lunch (tea and coffee provided).

## Working Bee this Saturday

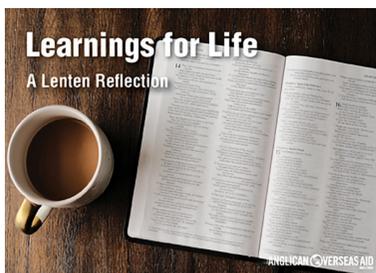
Our next working bee to tidy the gardens around the Church will be held this Saturday, 7 March, at gam (weather permitting!).

Helpers are needed so please come and join us!

Morning tea provided.



## Lenten Reflection Booklet



Anglican Overseas Aid have produced a Lenten Reflection Booklet with the theme 'Learnings for Life'. It contains reflections that may probe, stretch and challenge – but hopefully in positive and life-giving ways.

Booklets are available in the Narthex so please take one and use it for your preparation for your journey to Easter.

## Mothering Sunday

As is our custom we will bless and distribute Simnel Cake at both services on Mothering Sunday – 22 March. If anyone can provide a Simnel Cake please let Fr Geoff or the Office know.

This is an opportunity to bring your mother to church or indeed someone in your community who is a mother as we give thanks for the mothering we have received in and through our Mother Church.



## The Canterbury Singers

The Canterbury Singers will join our 10am Worship congregation on Sunday 15 March, followed by a pleasant morning tea in the Hall. Parishioners are invited to bring a plate of food for our morning tea.

The Canterbury Singers is a church choir that joins different churches across the greater city of Melbourne once a month. We are delighted they will join and lead our music on this occasion.

Please invite others to join us.

For further information please see Fr Geoff.



## Lenten Discipline Money boxes

The Parish Mission, under the auspices of the Parish Council, is once again inviting parishioners to donate notes and coins for missions, this year using ABM money boxes during Lent and returning them at the end of Lent. The money boxes are available in the Narthex.

Please take one as you leave the Church. Thank you.



## Bible History Chat



Wednesdays at 11.30am in the Parish Office. Bring your cut lunch.

## ABM Lent Appeal 2020



Envelopes are available in the Narthex if you would like to donate to the ABM's Lent Appeal.

## Lent: Week 1 Meditation

*One does not live on bread alone, but by the word of God. (Matthew 4.4)*

“Each of us has a soul, but we forget to value it.

We don't remember that we are creatures made in the image of God.

We don't understand the great secrets hidden inside of us.”

St Teresa of Avila

*Find space to be silent, so that you may hear God's life-giving words.*