

Notices: Lent Course – The Psalms (Week beginning Mon 15th February). This year we are thinking and praying about the Psalms as prayers for today's church. Sermons and worship will be using the psalms to focus our worship during this period. There is a study booklet (£5) which can be used whether you are a member of a group or not; and you can be a member of the group without the booklet. We are running three groups and will do more if necessary:

Tuesday afternoons: Christopher Bindloss', 01728 720106, The Grange, Fairfield Rd from 2pm – leader will be Christopher. **Tuesday evenings:** Paula Kerr's, Briar House, Badingham Road, Framlingham, IP13 9HS (in new development of 4 houses.) Tel: 01728 723108 from 7.30, leader will be Betty Mockford. (Please ring Paula to let her know you plan to attend the first meeting to give her an idea of numbers) **Wednesday mornings** at Rectory at 11.15. This will follow the Holy Communion Service which you are welcome to attend but group and service will be totally different groups.

FOSM Lunch This delicious lunch is happening on Thursday 18th February. There is a sign-up sheet at the back of the church. Everyone is welcome to come to this very sociable occasion, so do join us.

Baby Cafe: There is no Baby Café next week Friday 19th February. It starts again after half term on Friday 26th February as usual. Any enquiries please phone Wendy 720125.

Alive@4: Sunday 21st February in St Michaels Rooms at 4pm. Worship fun Activities and tea with young families especially in mind. Do join us. Contacts Mary 638897 or Wendy 720125

The Consecration and Installation of the Bishop of Dunwich: Everyone is invited to join the Revd Canon Dr Mike Harrison and his family for the two services to mark the start of his ministry among us as our next Bishop of Dunwich. **Consecration Service**, Wednesday 24 February, 11.00am at Westminster Abbey, for tickets see poster in porch for details. **Installation Service** Saturday 27 February, 3.30pm at St Edmundsbury Cathedral, for tickets for the [Installation Service](mailto:deanspa@stedscathedral.org) email deanspa@stedscathedral.org or call 01284 748722.

The Children's Society boxes: It's that time again for the emptying of our boxes. Please would you bring them to church? Thank you. Mary S.

Knitters and Stitches: We have 26 butterflies ready to fly at Easter but need more. Next meeting is on Monday 7th March at 2pm. Do come, if you are making something else bring it along, we love new ideas or just join in the chat and enjoy a cuppa. Details Mary: 638897 or Geraldine: 727489

The Healing Team. Two members of the Healing Group will be in our Space For Grace after the 9.30 service today for anyone to share their concerns, doubts, fears or worries. It is done in complete confidence.



The First Sunday of Lent - Sunday 14th February 2016

Today's Service:

Processional Hymn: 202 Forty days and forty nights

Offertory Hymn: 422 Lead us, heavenly Father, lead us

Final Hymn: 556 O Jesus I have promised

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 forever. Amen.

First Reading: Romans 10 v 8 - 13

8 What does the scripture say? 'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); 9 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. 10 For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. 11 The scripture says, 'No one who believes in him will be put to shame.' 12 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. 13 For, 'Everyone who calls on the name of the Lord shall be saved.'

For the word of the Lord.

Response (ALL) **Thanks be to God.**

Psalm 130: Response: (ALL) With him is plenteous redemption and he shall redeem his people from all their sins.

1. Out of the depth have I cried to you O Lord; Lord hear my voice; Let your ears consider well the voice of my supplication.
2. If you Lord, were to mark what is done amiss, O Lord, who could stand?
3. But there is forgiveness with you, so that you shall be feared.

Response (ALL)

4. I wait for the Lord; my soul waits for him; in his word is my hope.
5. My soul waits for the Lord, more than the night watch for the morning, more than the night watch for the morning.

Response (ALL)

6. O Israel, wait for the Lord, for with the Lord there is mercy;
7. With him is plenteous redemption and he shall redeem Israel from all their sins.

Response (All)

(Michael Booker.)

Gospel Acclamation: (ALL) Praise to you O Christ, king of eternal glory x 2

GOSPEL: Luke 4 v 1 – 13

Hear the gospel of our Lord Jesus Christ according to Luke

Response (ALL): **Glory to you O Lord.**

1 Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, 2 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. 3 The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' 4 Jesus answered him, 'It is written, "One does not live by bread alone."' 5 Then the devil led him up and showed him in an instant all the kingdoms of the world. 6 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. 7 If you, then, will worship me, it will all be yours.' 8 Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."' 9 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, 10 for it is written, "He will command his angels concerning you, to protect you," 11 and "On their hands they will bear you up, so that you will not dash your foot against a stone." 12 Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' 13 When the devil had finished every test, he departed from him until an opportune time.

This is the Gospel of the Lord.

Response (ALL): **Praise to you O Christ.**

Post Communion: 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.

Please pray for: Billy Doy, David James, Doreen Burrows, Sally, Michael Bridges, Annie Hughes, Olwin Bridges, Shirley, Desmond and Renee Clifton, Trevor Newton, Joyce Davis and any who are unwell at this time.

Please also pray for: The family of Alfred Whymark. He died peacefully last week and his funeral service is on 22 February at 11am.

Your prayers are asked for Sandy Rowles and her family after her husband Bob was suddenly and tragically killed in an accident. This will be a shock to all who knew him as a fit and active man. The most helpful thing at present is for us to support them through prayer.

Wednesday 17th February – 10.30am Holy Communion in the Rectory.

Next Sunday: The Second Sunday of Lent – Sunday 21st February: 8am Eucharist (Book of Common Prayer.) 9.30am Parish Eucharist. 4pm Alive@4 – St Michael's Rooms.

Saxtead: 11.15am Holy Communion (Book of Common Prayer).

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