

The Haverfordwest Local Ministry Area
Sunday 5th March 2016: Lent 1

Receiving Communion

Anyone who is baptised in the Name of the Trinity is welcome to receive Communion in this church. When you come to receive, hold out your hands and you will be given bread and wine. If you would like a blessing instead, please indicate by holding your service book in your hands. Children under 5 can receive the bread. Over 5's may receive either bread and wine or the bread alone as parents decide. If you are not yet baptised, please speak to us. We would love to welcome you into the family of the Church.

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. **Amen.**

FIRST READING (Genesis 2:15-17; 3:1-7)

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.

This is the Word of the Lord. **Thanks be to God.**

PSALM (Psalm 32)

Happy the one whose transgression / is for/given :
and / whose / sin is / covered.

Happy the one to whom the Lord im/putes no / guilt :
and in whose / spirit there / is no / guile.

For I / held my / tongue :
my bones wasted away
through my / groaning / all the day / long.

Your hand was heavy upon me / day and / night :
my moisture was dried up / like the / drought in / summer.

Then I acknowledged my / sin to / you :
and my in/iquity I / did not / hide.

I said, 'I will confess my transgressions / to the / Lord' :
and you for/gave the / guilt of my / sin.

Therefore let all the faithful make their prayers to you
in / time of / trouble :
in the great / water flood, it / shall not / reach them.

You are a place for me to hide in; you pre/serve me from / trouble :
you sur/round me with / songs of de/liverance.

'I will instruct you and teach you in the way that / you should / go :
I will / guide you / with my / eye.

'Be not like horse and mule which have / no • under/standing :
whose mouths must be held with bit and bridle,
or else they / will not / stay / near you.'

Great tribulations re/main for the / wicked :
but mercy embraces / those who / trust in the / Lord.

Be glad, you righteous, and re/joyce in the / Lord :
shout for joy, / all who are / true of / heart.

SECOND READING (Romans 5:12-19)

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.

This is the Word of the Lord. **Thanks be to God.**

GOSPEL (Matthew 4:1-11)

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.

POST COMMUNION PRAYER

Merciful Lord, grant your people grace to withstand the temptations of the world, the flesh and the devil, and with pure hearts and minds to follow you, the only God; through Jesus Christ our Lord. **Amen.**

Sunday 12th March

Lent 2

8:00am Low Mass at St Martin's, Haverfordwest

9:30am Sung Parish Mass at St Martin's

10:15am Holy Eucharist at St Ismael's Camrose

11:15am Sung Parish Eucharist at St Mary's Haverfordwest

12:15am St Mary's DCC – Pre-Vestry Meeting

This week's Notices

Today (Sunday 5th)

5.00pm Parish Choral Evensong at St Martin's Church

Wednesday 8th March

10:00am Mass followed by coffee at St Martins

4:00pm Junior Singers at St Marys

7:00pm Lent Group at Prendergast Church Hall

Thursday 9th March

7:00pm Licensing service at St Ishmaels, Camrose

Friday 10th March

11:00am Holy Eucharist followed by tea and toast at St Marys

Parish Clergy

Vicar: Fr Nick Cale, St Martin's Vicarage, Barn Street, Haverfordwest. Tel. 01437 762303.
Email: nickthevic@parishofhaverfordwest.co.uk (Day of rest: Tuesday)

Assistant Curate: Fr Alun Evans, St Thomas House, Scarrowscant Lane, Haverfordwest.
Tel: 01437 769303. Email: rev.alun@outlook.com (Day of rest: Monday)

Assistant Curate: Rev. Heather Cale, St Martin's Vicarage, Barn Street, Haverfordwest.
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Haverfordwest Local Ministry Area

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Lead Evangelist: Sister Val Legg CA

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Haverfordwest Parish Website: www.parishofhaverfordwest.co.uk

Haverfordwest Facebook Page: www.facebook.com/parishofhaverfordwest

Camrose Facebook Page: www.facebook.com/CamroseParishChurch