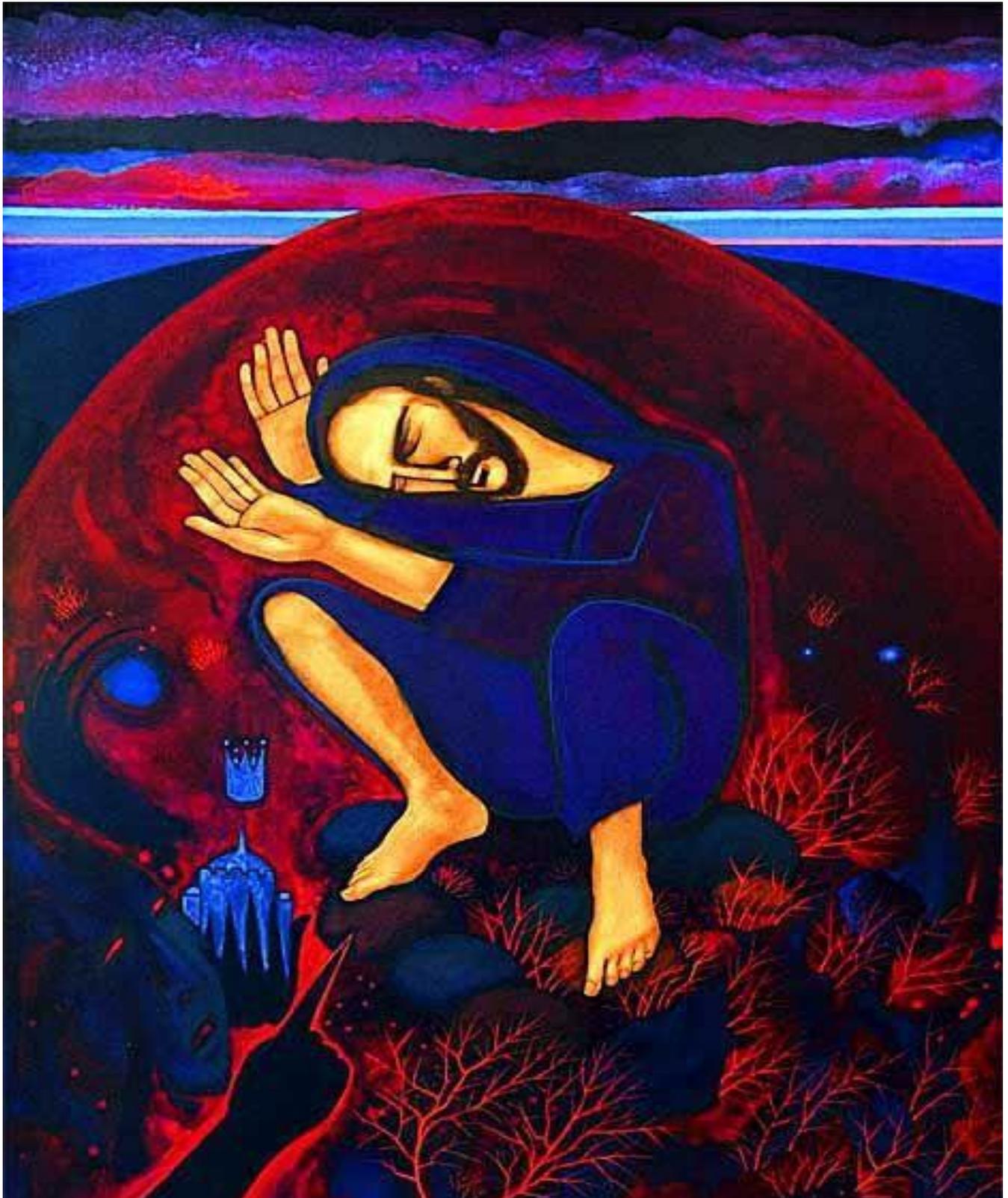




# The Parish of Thorpe St Andrew

**Weekly Newsletter and Service Sheet**  
21 February 2021 The First Sunday of Lent



## What is Lent all about?

There is a story of a painter who was painting the outside of a house. He was using a lot of paint, so he thinned it down a bit with water. As he painted he kept thinning it down, thinking the customer would not notice. When he had finished, it started to rain and all the paint started washing away. A voice came from above, 'Repaint and thin no more!' On the first Sunday of Lent each year we hear the story of the temptation of Christ in the wilderness. Jesus resists the temptations of the devil and begins his ministry preaching a gospel of repentance and sinning no more. Lent allows us to journey with Christ into the dust of the wilderness. We are reminded of our own helplessness as human beings, as the words said as ash is imposed on Ash Wednesday remind us:

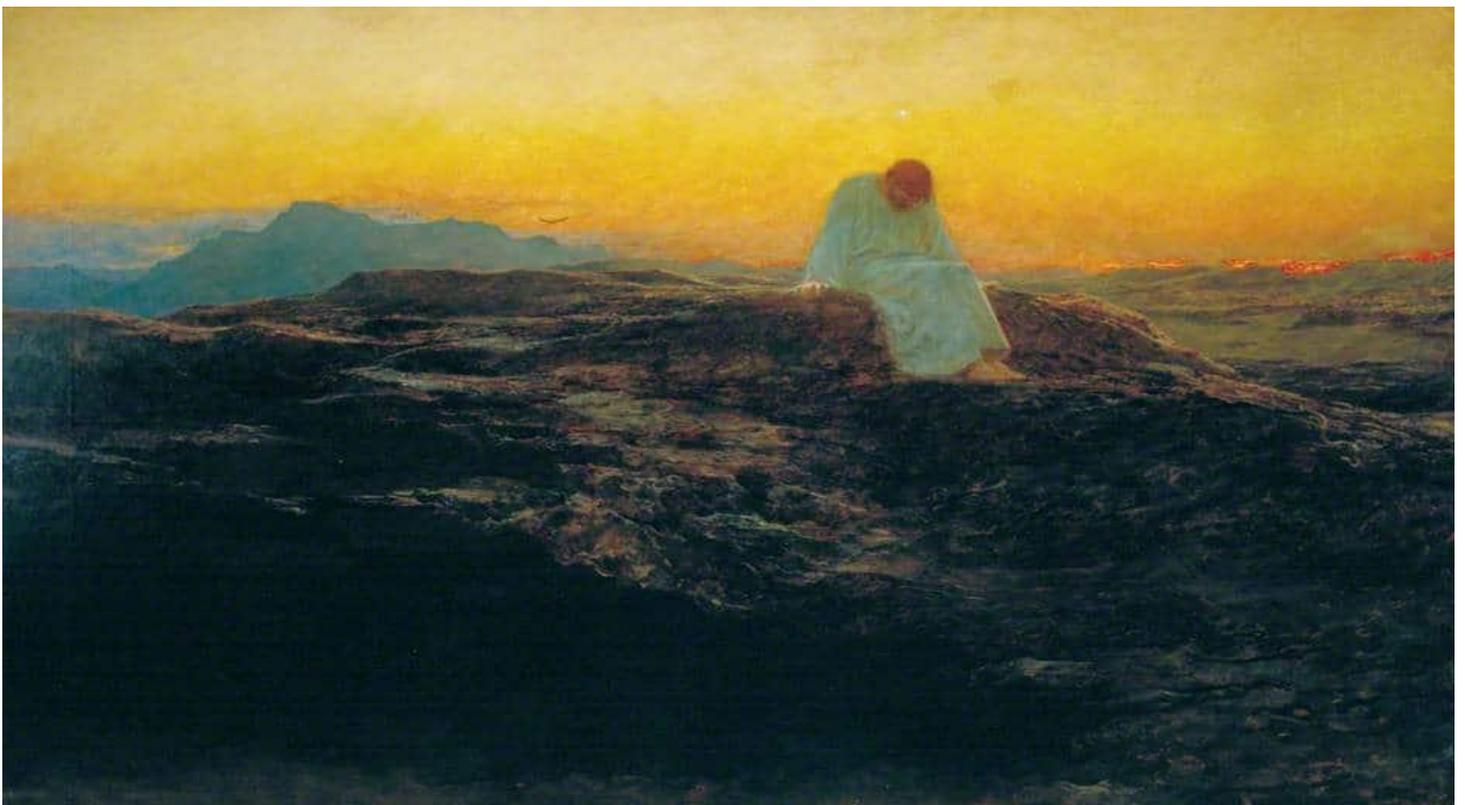
*Remember that you are dust, and to dust you shall return.*

*Turn away from sin and be faithful to Christ.*

It may well feel that over the last year we have been in a constant wilderness and state of helplessness. We have been isolated and many have felt powerless to do anything. With Jesus as our example and guide there is hope for the future, if we turn away from sin and are faithful to him. A time to reflect on that has been and all that is to come

Wishing you a holy and blessed Lent,

*Fr James*



*The Temptation in the Wilderness, by Briton Rivière (1898)*

# The Eucharist for the First Sunday of Lent

## **Organ Voluntary**

*Hymn New English Hymnal 393*

**Lead us, heavenly Father, lead us  
O'er the world's tempestuous sea;  
Guard us, guide us, keep us, feed us,  
For we have no help but thee;  
Yet possessing every blessing  
If our God our Father be.**

**Saviour, breathe forgiveness o'er us,  
All our weakness thou dost know;  
Thou didst tread this earth before us,  
Thou didst feel its keenest woe;  
Self denying, death defying,  
Thou to Calvary didst go.**

**Spirit of our God, descending,  
Fill our hearts with heavenly joy;  
Love with every passion blending,  
Pleasure that can never cloy;  
Thus provided, pardoned, guided,  
Nothing can our peace destroy.**

## **The Greeting**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**  
The Lord be with you **and also with you.**

## **Welcome**

*Words of welcome to those in church and those online are given.*

## **Prayer of Preparation**

**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.**

## **Prayers of Penitence**

Wash me thoroughly from my wickedness and cleanse me from my sin: Lord, have mercy.

**Lord, have mercy.**

Make me a clean heart, O God, and renew a right spirit within me: Christ, have mercy.

**Christ, have mercy.**

Cast me not away from your presence and take not your holy spirit from me: Lord, have mercy.

**Lord, have mercy.**



**Absolution** Almighty God, who forgives all who truly repent, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord. **Amen.**

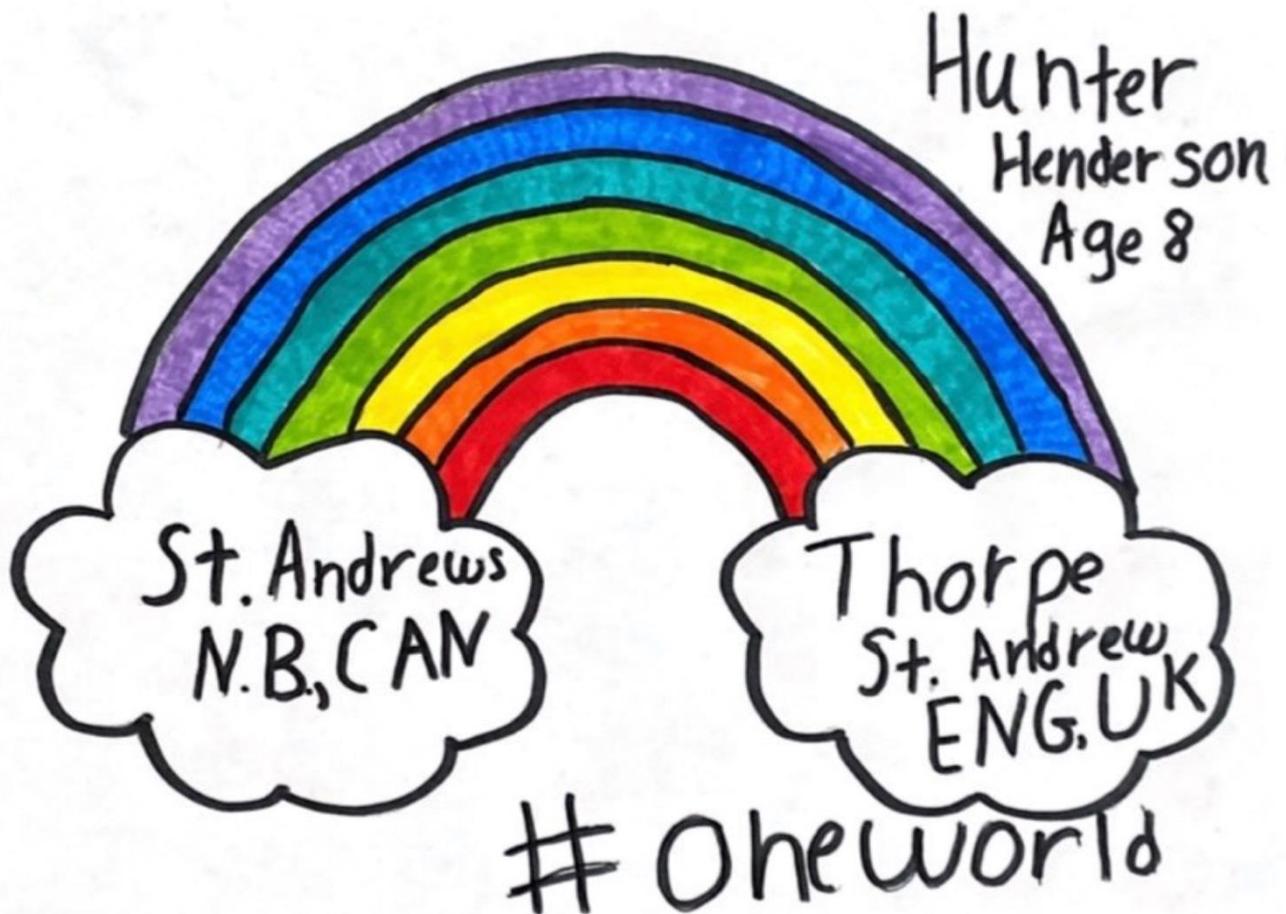
## **Collect**

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.**

## Reading Genesis 9:8-17

Then God said to Noah and to his sons with him, 'As for me, I am establishing my covenant with you and your descendants after you, 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. 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.' 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: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, 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. 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.' 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.'

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



## Hymn

**O Love, that wilt not let me go,  
I rest my weary soul in Thee;  
I give Thee back the life I owe,  
That in Thine ocean depths its flow  
May richer, fuller be.**

**O Light, that followest all my way,  
I yield my flickering torch to Thee;  
My heart restores its borrowed ray,  
That in Thy sunshine's blaze its day  
May brighter, fairer be.**

**O Joy, that seekest me through pain,  
I cannot close my heart to Thee;  
I trace the rainbow through the rain,  
And feel the promise is not vain  
That morn shall tearless be.**

**O Cross, that liftest up my head,  
I dare not ask to fly from Thee;  
I lay in dust life's glory dead,  
And from the ground there blossoms red  
Life that shall endless be.**

## **Gospel Reading Mark 1:9-15**

**Praise to you, O Christ, King of eternal glory.**

Blessed are those who have endured temptation; they have stood the test and will receive the crown of life.

**Praise to you, O Christ, King of eternal glory.**

Hear the Gospel of our Lord Jesus Christ according to Mark  
**Glory to you, O Lord.**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. 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.

And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

This is the gospel of the Lord. **Praise to you, O Christ.**

## **Sermon**

### **The Creed**

**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 from the Holy Spirit and the Virgin Mary and was made man. 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.**

### **Prayers of Intercession**

*The response to the bidding*

Lord in your mercy **hear our prayer.**

## **The Peace**

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, who has given us access to his grace. The peace of the Lord be always with you **and also with you.**

Let us offer one another a sign of peace.

## **The Preparation of the Table**

*The table is prepared, and bread and wine are placed upon it.*

*Organ music is played. At the end this prayer is said.*

God of our journey, as we walk with you on your path of obedience, sustain us on our way and lead us to your glory; through Jesus Christ our Lord. **Amen.**

## **The Eucharistic Prayer**

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 thanks and praise.**

It is indeed right and good to give you thanks and praise, almighty God and everlasting Father, through Jesus Christ your Son. For in these forty days you lead us into the desert of repentance that through a pilgrimage of prayer and discipline we may grow in grace and learn to be your people once again. Through fasting, prayer and acts of service you bring us back to your generous heart. Through study of your holy word you open our eyes to your presence in the world and free our hands to welcome others into the radiant splendour of your love. As we prepare to celebrate the Easter feast with joyful hearts and minds, 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.**

Lord, you are holy indeed, the source of all holiness; grant that by the power of your Holy Spirit, and according to your holy will, these gifts of bread and wine may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed, took bread and gave you thanks; he broke it and gave it to his disciples, saying: Take, eat; this is my body which is given for you; do this in remembrance of me. In the same way, after supper he took the cup and gave you thanks; he gave it to them, saying: Drink this, all of you; this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me.

### **Great is the mystery of faith:**

Christ has died: Christ is risen: Christ will come again.

And so, Father, calling to mind his death on the cross, his perfect sacrifice made once for the sins of the whole world; rejoicing in his mighty resurrection and glorious ascension, and looking for his coming in glory, we celebrate this memorial of our redemption. As we offer you this our sacrifice of praise and thanksgiving, we bring before you this bread and this cup and we thank you for counting us worthy to stand in your presence and serve you. Send the Holy Spirit on your people and gather into one in your kingdom all who share this one bread and one cup, so that we, in the company of the Blessed Virgin Mary, St Andrew and all the saints, may praise and glorify you for ever, through Jesus Christ our Lord; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be yours, almighty Father, for ever and ever. **Amen.**

### **The Lord's Prayer**

**Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.**

### **The Breaking of the Bread**

*The minister breaks the consecrated bread.*

We break this bread to share in the body of Christ.

**Though we are many, we are one body, because we all share in one bread.**

**Agnus Dei** *The Agnus Dei is sung as the bread is broken.*

**Lamb of God, you take away the sin of the world,  
have mercy on us.**

**Lamb of God, you take away the sin of the world,  
have mercy on us.**

**Lamb of God, you take away the sin of the world,  
grant us peace.**

### **The Giving of Communion**

Jesus is the Lamb of God who takes away the sin of the world. Blessed are those who are called to his supper. **Lord, I am not worthy to receive you, but only say the word, and I shall be healed.**

**Communion** *The sacrament is distributed. Organ music is played.*

### **Prayer after 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.**

**Father of all, we give you thanks and praise, that when we were still far off you met us in your Son and brought us home. Dying and living, he declared your love, gave us grace, and opened the gate of glory. May we who share Christ's body live his risen life; we who drink his cup bring life to others; we whom the Spirit lights give light to the world. Keep us firm in the hope you have set before us, so we and all your children shall be free, and the whole earth live to praise your name; through Christ our Lord. Amen.**

**Notices** *The notices and announcements are given.*

## Hymn

**Great is thy faithfulness, O God my Father!**

**There is no shadow of turning with thee.**

**Thou changest not, thy compassions, they fail not.**

**As thou hast been thou forever wilt be.**

*Refrain: Great is thy faithfulness! Great is thy faithfulness!*

*Morning by morning new mercies I see.*

*All I have needed thy hand hath provided.*

*Great is thy faithfulness, Lord, unto me!*

**Summer and winter, and springtime and harvest,**

**sun, moon, and stars in their courses above,**

**join with all nature in manifold witness**

**to thy great faithfulness, mercy, and love.**

*Refrain:*

**Pardon for sin and a peace that endureth,**

**thine own dear presence to cheer and to guide,**

**strength for today and bright hope for tomorrow;**

**blessings all mine, with ten thousand beside!**

*Refrain:*

**The Blessing** Christ Jesus, the splendour of the Father and the image of his being, draw you to himself that you may live in his light and share his glory; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

## The Dismissal

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

## Closing Voluntary

# Prayer Intentions

## THE CHURCH

**Our Ministry Team** James Stewart, Taylor Wilton-Morgan, Nicole King  
**Our Bishops** Graham, Alan and Jonathan **Archdeacons** Karen Hutchinson, Steven Betts, Ian Bentley **Ecumenical** The Baptist Church (Witard Road Baptist Church, Steve Thomasson) **Anglican Communion** Province of Papua New Guinea (Diocesan link) Bishops Nathan Ingen, Lindley Ihove, Tennyson Bogar and their people, churches and schools.

## THE WORLD

**All those affected by the Covid-19 pandemic** all key workers in NHS and all fields of frontline work, particularly our local doctors' surgeries and healthcare provision, including all partners, staff and patients of: Thorpe Health Centre (St William's Way); Thorpewood Surgery (Woodside and Dussindale); Lionwood Surgery.

## THE COMMUNITY

**Streets of the Parish** Independent Way, Ireton Close, Joyce Way

**Our community** Those struggling with the national lockdown and remembering all our civic leaders at Town, District and County level.

**Vaccination** Giving thanks for those who have already received the first dose of their vaccine and the rolling out of the programme.

**THOSE IN NEED OF OUR PRAYER** including Paul Carter, Mark Little, Graham and Monique Rowland, Jennifer Jones, Janet Fancy, Colin Hicks, Alan Harrison, Grace Howes, Peter and Gaynor Garrood, Rita Ward, Joy and Andy McCall, Jean High, Jean Mayhew, Brother Gabriel, Craig Fransham, Anthony Travis, Mark King, Chloe Smith MP, Alan Fleming, Jean Morris (St C's Road)

## THE DEPARTED

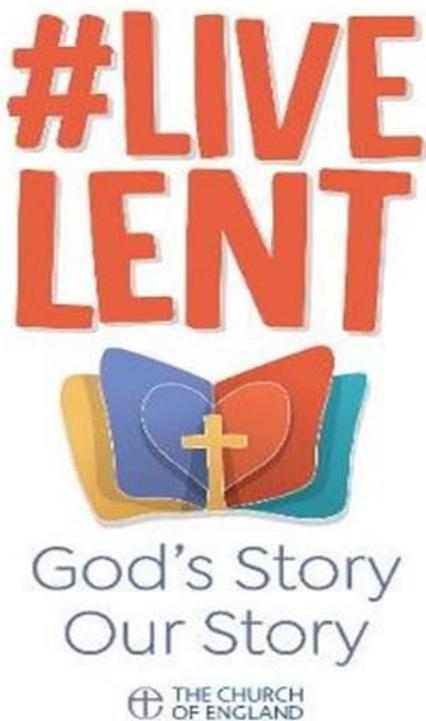
**The recently departed** Graham Reynolds (24 February), Haydn Morris (26 February), Thomas Watson (26 February), Jayne Basford (4 March), Maureen Alexander (5 March), Herbert Davy (8 March), Peter Lockwood (12 March), Marjorie Balls (15 March), Trevor Sexty (18 March)

**Those whose anniversary of death occurs at this time** including 23rd Kathleen Ormerod (23 February), Sandra Eley (25 February)

# Other notices and announcements

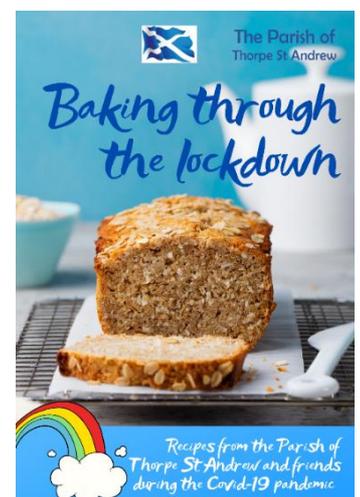
**CHURCH OPEN FOR PRIVATE PRAYER** The church will remain open between 10am and 4pm Tuesday to Sunday but be closed on Mondays. Covid-19 precautions are in place and seating is limited.

**ALL PUBLIC WORSHIP SERVICES ARE SUSPENDED** The church will stream the Parish Eucharist online at 9.30am **LIVE** on Facebook each Sunday from the Parish Church. Until further notice, only those involved in the online service may attend. Funerals will continue to go ahead in both churches limited to 30 people. Morning Prayer will be said by the clergy alone. Please do be in touch with any prayer intentions.



**#LIVE LENT** I am pleased to say that I have a supply of the Church of England's Lent resource - #Live Lent. It is a small 100 page booklet and has something for each day of Lent. We will use it for our Lent Study group but it is useful thing to have to help us keep a holy Lent. They are available for £2.00 each. Please can you email me to order a copy, and also confirm whether you will be attending our Lent Study group – 6 Wednesdays from 24 February onwards: [rector@thorpeparishchurch.org](mailto:rector@thorpeparishchurch.org) or 01603 439160. They start at 2.30pm each week.

**'BAKING THROUGH THE LOCKDOWN' RECIPE BOOK** Copies can be purchased from church, Mazzoni's Newsagents, Gordon Barber Funeral Directors. They can also be ordered by email from Christine Cutting ([cutting248@btinternet.com](mailto:cutting248@btinternet.com)) or by phoning the Rectory or leaving a message on the answerphone **01603 439160**. We will deliver free in Thorpe St Andrew/Thorpe End. Beyond that postage and packing starts at £2.00.



**ZOOM COFFEE and LENT LUNCHESS** Our pattern in Lent is to alternate our Lent provision on a fortnightly basis. **Next week (25 February) will be a Zoom Coffee Morning at 11.00am.** The challenge for the Coffee morning this week is to bake a cake (or something baked) to show at the coffee morning! The second Zoom Lent Lunch will be on **Friday 5 March at 12 noon.** Please do support these if you can. It is a great way of staying in touch. Zoom details will come out with the weekly email. Bring your own soup or coffee and cakes, biscuits...!

**HAYDN MORRIS RIP** Haydn was a much-respected member of our community and within the sporting life of our city and county as Director of Sport of UEA, he was also a long serving and respected Magistrate and stalwart of our 8.00am congregation. A great privilege to minister to and a shining example of the best that his native Wales can produce. Our thoughts and prayers are with Jean, Ian, Gill, Richard and their families. His funeral is by invitation only. It will be live streamed on Friday 26 February from 12.15pm onwards (funeral starts - 12.30pm) on our Facebook [www.facebook.com/ThorpeStAndrewParishChurch](http://www.facebook.com/ThorpeStAndrewParishChurch) It will be available to watch afterwards. We will raise the Welsh flag from our flagpole at 4.00pm on the day before the funeral (25 February) and it will fly over the weekend and on the Monday (St David's Day) as a tribute to dear Haydn.

**GIFT AID** The treasury team would like to say "thank you" to all of you who have returned the completed gift aid forms so far. If you haven't done so yet, please can you get this back as soon as you can. Huge thanks to Margaret Hope, Robert Chalmers and Sally Entwistle and all who assist.

**THANK YOU TO YOU ALL** Thank to you all for the way in which you have responded to giving during this pandemic. Please continue to give as generously as you can. There is a lot to do this year and we will need as much financial support as possible. When we are in a position to return to church we will provide more information about how you help us. If you have a question in relation to giving in any way whatsoever please contact our Treasurer on her email: [treasurersa@gmail.com](mailto:treasurersa@gmail.com) If you don't 'do email' please do have a word with the Rector – 01603 439160.

**ZOOM CAFÉ CHURCH** The next Zoom gathering for 'Café Churchers' will be on **Sunday 28 February at 11.00am.** Details will be sent out in due course.

**THE BUCK: A PLANNING UPDATE** The owners of The Buck have submitted substantive applications for changes to be made at the site. They are proposing that a café/bistro run from the front of the ground floor, with a drinks licence remaining. Tables and chairs will be placed outside on the piece of land outside the bay window. The rear ground floor (kitchen area) along with the first and second floors will comprise two residential flats. They plan to create from the outhouses (behind the beer garden) and the toilet block three small retail/business units. The current owners hope that parking for the church on a Sunday will still be possible. If you have ever parked there, eaten or drank in the pub, or are a resident of Thorpe St Andrew then as a member of the public you are entitled to make comment on the planning process with Broadland District Council. The details are available to view online at [www.broadland.gov.uk/plans](http://www.broadland.gov.uk/plans) by inserting the application number 20210178. You can make comments by using the Add Comments button, or by sending in a letter to Broadland District Council. The deadline is **25 February**.

## **DIOCESE OF NORWICH LENT APPEAL 2021**

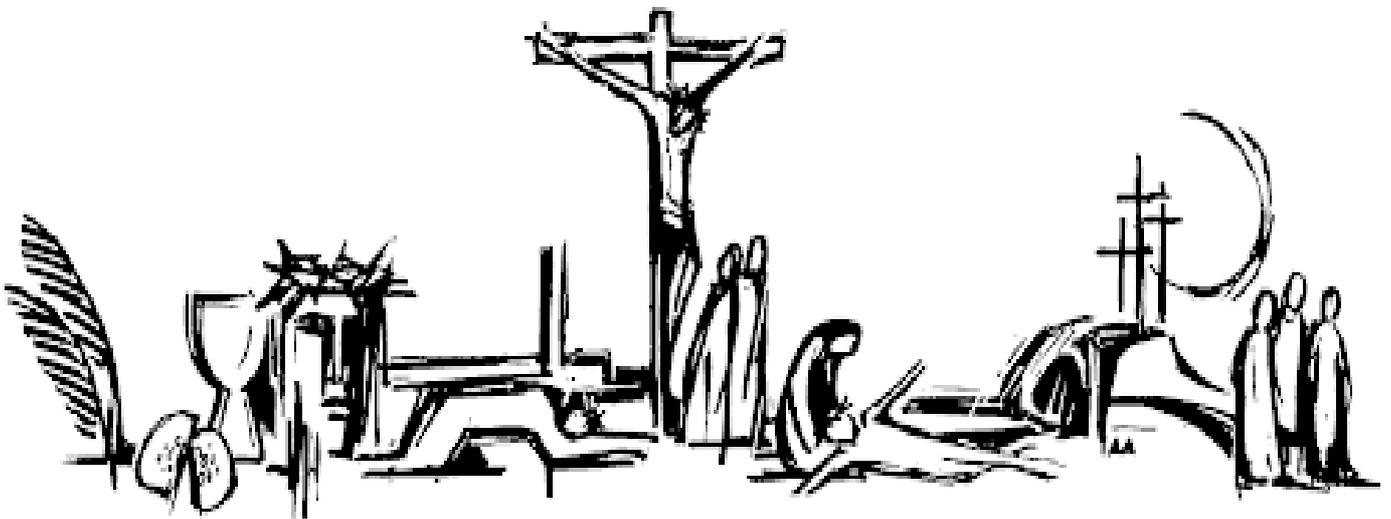
This year as a diocese we will be joining together to give towards the Archbishop of Canterbury's 'Together in Unity' appeal to support churches and communities around the world during the pandemic. In his letter inviting us all to contribute Bishop Graham writes: "I have been so inspired by the response of churches and individuals in our diocese during the COVID-19 pandemic. Thank you for your part in that. Now I'm asking us all to turn our thoughts to our sisters and brothers in some of the poorest communities around the world by supporting this year's Lent Appeal. The pandemic has put a great strain on those who are already vulnerable, and as usual, it is they who suffer most. I invite you to be Jesus' hands and feet in offering assistance through the Archbishop's Together in Unity Appeal. Thank you." To support the appeal visit [www.dioceseofnorwich.org/news/lent-appeal/](http://www.dioceseofnorwich.org/news/lent-appeal/) Donations marked Lent Appeal can, when safe, be put through the Rectory Office door. If we return to church in time we will have a separate collection in church.

# Lent 2021

*our online programme continues*

**5 March, 19 March** Virtual Lent Lunches by Zoom. A chance to come together (and a change from Zoom Coffee) – 12.30pm. Bring your own soup.

**24 February, 3, 10, 17, 24, 31 March** Lent Study Group:  
A real chance to join together this Lent when other commitments are not possible.  
Each session takes place at 2.30pm



## Further information

Rector: The Revd James Stewart

Tel: 01603 439160      email: [rector@thorpeparishchurch.org](mailto:rector@thorpeparishchurch.org)

Curate: The Revd Taylor Wilton-Morgan

Tel: 01603 387401      email: [fr.taylor@outlook.com](mailto:fr.taylor@outlook.com)