

## Sunday 22<sup>nd</sup> February 2026 The First Sunday in Lent

Almighty God, your 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.**

### **A reading from 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 32**

1 Happy the one whose transgression / is for/given: and / whose / sin is / covered.  
**2 Happy the one to whom the Lord im/putes no / guilt: and in whose / spirit there / is no / guile.**  
3 For I / held my / tongue: my bones wasted away \* through my / groaning / all the day / long.  
**4 Your hand was heavy upon me / day and / night: my moisture was dried up / like the / drought in / summer.**  
5 Then I acknowledged my / sin to / you: and my in/iquity I / did not / hide.  
**6 I said, 'I will confess my transgressions / to the / Lord': and you for/gave the / guilt of my / sin.**  
7 Therefore let all the faithful make their prayers to you \* in / time of / trouble: in the great / water flood, it / shall not / reach them.  
**8 You are a place for me to hide in; you pre/serve me from / trouble: you sur/round me with / songs of de/liverance.**  
9 'I will instruct you and teach you \* in the way that / you should / go: I will / guide you / with my / eye.

**10 '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.'**

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

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

### **A reading from Romans (5.12-19)**

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 the act of righteousness of one leads to justification and life for all. For just as by the one person'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.**

Listen to the Gospel of Christ according to St Matthew (4.1-11)

### **Glory to you, O Lord.**

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted 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. This is the Gospel of the Lord. **Praise to you, O Christ.**



**ALL SAINTS CHURCH , OYSTERMOUTH  
AND NORTON MISSION CHURCH**



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**Sunday 22<sup>nd</sup> February 2026  
The first Sunday of Lent**

**Welcome to our worship today.**

**HYMNS AT OUR CHORAL EUCHARIST : 145 , 172 , 111 , 522**

<b>TODAY</b>	<b>8.30 am Holy Eucharist (All Saints)</b>
	<b>10.00 am Choral Eucharist ( followed by tea / coffee )</b>
	<b>3.00 pm Concert in All Saints ( private event for parents of the children involved )</b>
<b>TUESDAY</b>	10.30 am Sgwr's a Choffi ( Chat and coffee ) - in the back of All Saints - Croeso i bawb - all very welcome
	2.00 pm Coffee and craft in Norton Church - all welcome
	2.00 pm Ministry Area Council Meeting ( Newton )
<b>WEDNESDAY</b>	<b>10.30 am Holy Eucharist</b> followed by refreshments
	<b>12.00 pm Stations of the cross in All Saints</b>
	<b>2.00 pm LENT COURSE in the Upper Church Rooms 'From Pancakes to Palm Sunday'.</b>
	7.00 pm Choir practice - all welcome.
<b>THURSDAY</b>	10.30 am Coffee and Chat in Norton Church - all welcome
	1.30 pm <b>Church grounds and cleaning group</b> - all help welcome.
<b>SATURDAY</b>	7.00 pm Marie Curie fundraising concert in All Saints with the Gwalia Singers
<b>NEXT SUNDAY</b>	<b>1<sup>st</sup> March 2026 - Lent 2</b> <b>St. David's Day</b>
	<b>8.30 am Holy Eucharist (All Saints)</b>
	<b>10.00 am Choral Eucharist ( followed by tea / coffee )</b>
	<b>11.30 am Sung Eucharist in Norton Church</b>
	<b>6.00 pm A Flavour of Wales with Rob Pendry in All Saints. Do come along.</b>

**Tenby trip :** the date has now been fixed as **Wednesday 24th June**. Leaving All Saints at 9 a.m. and leaving Tenby at 5 p.m. to return. It's working out at £17 per place. We are now booking places and currently have a reserve list. Please sign up with payment if you ( or family / friends ) can join us.

**Men's Society : Monday 2<sup>nd</sup> March at 6.30 in the BCYC :** the speaker will be Ken Sawyer - he will be telling about his uncle who was Winston Churchill's Valet. If you can join us sign the list at the back of church or let Dorian know.

**Choral Evensong :** on Sunday 8th March at 4 pm. Do try and join us for this traditional Anglican service.

**Marie Curie Daffodil Concert : next Saturday (28<sup>th</sup> February) at 7 p.m.** in All Saints with the Gwalia Singers. Please see details on posters for tickets.

**A flavour of Wales ( 2 ) with Rob Pendry :** on **St. David's Day** : Sunday 1<sup>st</sup> March at 6 p.m. in All Saints. A entertaining evening of music , scenery , television from around Wales. Tickets / entry £5. *A great way to celebrate St. David's Day. TICKETS NOW AVAILABLE.*

**A tribute to Ivor Novello 'We'll gather Lilacs'** : Friday 6<sup>th</sup> March at 7 p.m. in All Saints given by Ros Evans , Owen Webb and Sian Davies. Tickets £12. See posters for details / tickets.

**Swansea Chamber Orchestra Concert :** in All Saints on Saturday 7<sup>th</sup> March at 7 p.m. Entry is pay on the door only. £10 ( £8 concessions ). See posters for details.

**The RNLI Lifeboat Singers :** raise a lot of funds for the RNLI. They welcome new members ( rehearsals are in the Church Rooms on Thursday evenings ). they are also looking for a few volunteers to hold the collection buckets while they sing at various events, If you can join that team please have a word with Carolyn Thomas.

**All Saints choir :** On Good Friday our choir will be leading the 2 o'clock service with a reflection called 'The cross of Christ' so now is a great time to join them as they start to prepare for that service as well as leading our weekly services so wonderfully .

**Confirmation :** if anyone wishes to explore being confirmed please let me know.

**Pastoral Visiting :** Can I please continue to ask that you let me now of those in need of visits / contact at home or in care homes / hospital. When leading worship it is sometimes difficult to keep track of those missing so your help is greatly appreciated.