



# Welcome to the Parish Church of St Stephen

Sunday 22<sup>nd</sup> February 2026

## The First Sunday of Lent

### Services Today

**9:30am** Said Mass with Children's Church  
**11:00** Sung Mass  
**Hymns** 74: Responsorial Psalm 32: 67: 70: 393

*Nothing can trouble, nothing can frighten Those who seek God shall never go wanting. Nothing can trouble, nothing can frighten God alone fills us.*

### 676 *Invocabit me*

**Introit** He shall call upon me, and I will hearken unto him; I will deliver him, and bring him to honour: with length of days will I satisfy him. **Psalm** Whoso dwelleth under the defence of the Most High: shall abide under the shadow of the Almighty. Glory be to the Father...

**Gradual** He shall give his Angels charge over thee: to keep thee in all thy ways. *∞* They shall bear thee in their hands: that thou hurt not thy foot against a stone. **Tract** Whoso dwelleth under the defence of the Most High: shall abide under the shadow of the Almighty. *∞* I will say unto the Lord, Thou art my hope and my stronghold: my God, in him will I trust. *∞* For he shall deliver thee from the snare of the hunter: and from the noisome pestilence. *∞* He shall defend thee under his wings: and thou shalt be safe under his feathers. *∞* His faithfulness and truth shall be thy shield and buckler: thou shalt not be afraid for any terror by night. *∞* Nor for the arrow that flieth by day; for the pestilence that walketh in darkness: nor for the sickness that destroyeth in the noonday. *∞* A thousand shall fall beside thee, and ten thousand at thy right hand: but it shall not come nigh thee. *∞* For he shall give his Angels charge over thee: to keep thee in all thy ways. *∞* They shall bear thee in their hands: that thou hurt not thy foot against a stone. *∞* Thou shalt go upon the lion and adder: the young lion and the dragon shalt thou tread under thy feet. *∞* Because he hath set his love upon me, therefore will I deliver him: I will set him up, because he hath known my Name. *∞* He shall call upon me, and I will hear him: yea, I am with him in trouble. *∞* I will deliver him, and bring him to honour: with long life will I satisfy him, and shew him my salvation.

**Offertory** He shall defend thee under his wings, and thou shalt be safe under his feathers: his faithfulness and truth shall be thy shield and buckler.

**Communion** The Lord shall defend thee under his wings, and thou shalt be safe under his feathers: his faithfulness and truth shall be thy shield and buckler.

Stay in touch with St Stephen's: visit our website at

<http://st-stephens-guernsey.org>: Vicar: Father Joe Thompson Tel.01481 720268

## **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,

## **Old Testament Reading - Genesis Ch2 v15-17 & Ch3 v1-7**

15 The Lord God took the man and put him in the Garden of Eden to work it and take care of it. 16 And the Lord God commanded the man, 'You are free to eat from any tree in the garden; 17 but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.'

Now the snake was more crafty than any of the wild animals the Lord God had made. He said to the woman, 'Did God really say, "You must not eat from any tree in the garden"?' 2 The woman said to the snake, 'We may eat fruit from the trees in the garden, 3 but God did say, "You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die."' 4 'You will not certainly die,' the snake said to the woman. 5 'For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.' 6 When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. 7 Then the eyes of both of them were opened, and they realised that they were naked; so they sewed fig leaves together and made coverings for themselves.

## **Responsorial Psalm 32: 'Forgive me, Lord, the guilt of my sin'**

## **New Testament Reading - Romans Ch5 v12-19**

12 Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned –  
13 To be sure, sin was in the world before the law was given, but sin is not charged against anyone's account where there is no law. 14 Nevertheless, death reigned from the time of Adam to the time of Moses, even over those who did not sin by breaking a command, as did Adam, who is a pattern of the one to come.

15 But the gift is not like the trespass. For if the many died by the trespass of the one man, how much more did God's grace and the gift that came by the grace of the one man, Jesus Christ, overflow to the many! 16 Nor can the gift of God be compared with the result of one man's sin: the judgment followed one sin and brought condemnation, but the gift followed many trespasses and brought justification. 17 For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ!

18 Consequently, just as one trespass resulted in condemnation for all people, so also one righteous act resulted in justification and life for all people. 19 For just as through the disobedience of the one man the many were made sinners, so also through the obedience of the one man the many will be made righteous.

## **Gospel - Matthew Ch4 v1-11**

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. 2 After fasting for forty days and forty nights, he was hungry. 3 The tempter came to him and said, 'If you are the Son of God, tell these stones to become bread.'

4 Jesus answered, 'It is written: "Man shall not live on bread alone, but on every word that comes from the mouth of God."'

5 Then the devil took him to the holy city and set him on the highest point of the temple. 6 'If you are the Son of God,' he said, 'throw yourself down. For it is written:

“He will command his angels concerning you,  
and they will lift you up in their hands,  
so that you will not strike your foot against a stone.”

7 Jesus answered him, 'It is also written: "Do not put the Lord your God to the test."'

8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour. 9 'All this I will give you,' he said, 'if you will bow down and worship me.'

10 Jesus said to him, 'Away from me, Satan! For it is written: "Worship the Lord your God, and serve him only."'

11 Then the devil left him, and angels came and attended him.

## **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

### **Please remember in your prayers**

Fr John & Carol Luff, Willa Owen, Jill Stephenson, Margaret Morris,  
David and Barbara Streek, Wendy Clamp, Mandy Le Tissier,  
Margaret Boden Heaume, Lindsay Gallagher, Barbara Renouf,  
Peter Le Pageand Helen Sheppard

We also pray for Nikki and the family and friends of Brian Garner who died recently

Brian Garner's Funeral is on Friday 27th February 11.am at St Stephen's Church

## NOTICES

Monday - Friday 8.00am Morning Prayer  
Tuesday 24<sup>th</sup> February 11.00am Mass

Saturday 28<sup>th</sup> February  
10.00am Coffee and Chat in Church  
10.00am Toddler Group  
2.00pm Bingo in the Community Centre

Sunday 1<sup>st</sup> March  
2<sup>nd</sup> Sunday of Lent  
9:30am - Said Mass with Children's Church  
11.00am - Sung Mass  
**Followed by the Church AGM**  
(Tea and Coffee will be provided at the front of the church)  
2.30pm - Creative Children's Church



A vibrant poster for a bingo event. The word 'BINGO' is written in large, colorful, bubbly letters. Above the letters are several bingo balls with numbers: 42, 26, 15, 83, and 7. Below 'BINGO' is the text 'Afternoon Tea' in a cursive font. The background is green with yellow suns and white clouds. At the bottom, there is a white box with the date and time, and another box with contact information.

**Saturday 28th February 2026 2pm**

Gather your family, friends and fellow enthusiasts for a fantastic event  
**£10 per person**

Multiple Bingo Rounds    Amazing Prizes!

**St Stephen's Community Centre**

Bookings close on Friday 20<sup>th</sup> February:  
joe.thompson@deanery.gg    07781 416 305  
Linda Barnes



A reminder that next week is  
**Food Bank Sunday.**  
Please could you bring any  
items for the food bank next  
Sunday. Thank you!

**THERE IS A LIST ON THE BLACK CHEST FOR THOSE WISHING TO ATTEND THE BINGO. FOR CATERING PURPOSES PLEASE COULD YOU PUT YOUR NAMES DOWN BY 20TH FEBRUARY . THANK YOU!**

Please join us for refreshments  
**In the Vestry after the 11am Mass**  
*After Mass please put the kneelers back on the shelf. Thank you!*  
Deadline for notices for next bulletin – **6.00pm Thursday**  
To Fliss or email [fmil397026@aol.com](mailto:fmil397026@aol.com)