

# **St Mary-at-Finchley**

Parish Eucharist

## **First Sunday of Lent**

22<sup>nd</sup> February 2026

### **The Gathering**

***Stand*** *A hymn is sung as the choir, servers and clergy enter*

### **Processional Hymn** 145 Forty days and forty nights

Forty days and forty nights  
thou wast fasting in the wild;  
forty days and forty nights  
tempted, and yet undefiled.

Sunbeams scorching all the day;  
chilly dew-drops nightly shed;  
prowling beasts about thy way;  
stones thy pillow; earth thy bed.

Shall not we thy sorrows share  
and from earthly joys abstain,  
fasting with unceasing prayer,  
glad with thee to suffer pain?

And if Satan, vexing sore,  
flesh or spirit should assail,  
thou, his vanquisher before,  
grant we may not faint nor fail!

So shall we have peace divine:  
holier gladness ours shall be;  
round us, too, shall angels shine,  
such as ministered to thee.

Keep, O keep us, Saviour dear,  
ever constant by thy side;  
that with thee we may appear  
at th'eternal Eastertide.

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
**Amen.**

## **The Greeting**

The Lord be with you  
**and also with you.**

## **Prayers of Penitence**

Compassion and forgiveness belong to the Lord our God,  
though we have rebelled against him.  
Let us then renounce our wilfulness and ask his mercy  
by confessing our sins in penitence and faith.

In the wilderness we find your grace;  
you love us with an everlasting love.

Lord, have mercy.

**Lord, have mercy.**

There is none but you to uphold our cause;  
our sin cries out and our guilt is great.

Christ, have mercy.

**Christ, have mercy.**

Heal us, O Lord, and we shall be healed;  
restore us and we shall know your joy.

Lord, have mercy.

**Lord, have mercy.**

May the Father of all mercies  
cleanse *us* from *our* sins,  
and restore *us* in his image  
to the praise and glory of his name,  
through Jesus Christ our Lord.

**Amen.**

## **The Collect**

*Let us pray.*

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.**

## *The Liturgy of the Word*

### **Readings**

*All sit*

### **A reading from the book of 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**

**Forgive us, Lord, the guilt of our sins.**

Happy are those whose transgression is forgiven,  
whose sin is covered.

Happy are those to whom the Lord imputes no iniquity,  
and in whose spirit there is no deceit.

**Forgive us, Lord, the guilt of our sins.**

While I kept silence, my body wasted away  
through my groaning all day long.

For day and night your hand was heavy upon me;  
my strength was dried up as by the heat of summer.

**Forgive us, Lord, the guilt of our sins.**

Then I acknowledged my sin to you,  
and I did not hide my iniquity;

I said, 'I will confess my transgressions to the Lord',  
and you forgave the guilt of my sin.

**Forgive us, Lord, the guilt of our sins.**

Therefore let all who are faithful  
offer prayer to you;

at a time of distress, the rush of mighty waters  
shall not reach them.

You are a hiding-place for me;  
you preserve me from trouble;  
you surround me with glad cries of deliverance.

**Forgive us, Lord, the guilt of our sins.**

I will instruct you and teach you the way you should go;  
I will counsel you with my eye upon you.

Do not be like a horse or a mule, without understanding,  
whose temper must be curbed with bit and bridle,  
else it will not stay near you.

**Forgive us, Lord, the guilt of our sins.**

Many are the torments of the wicked,  
but steadfast love surrounds those who trust in the Lord.

Be glad in the Lord and rejoice, O righteous,  
and shout for joy, all you upright in heart.

**Forgive us, Lord, the guilt of our sins.**

**A reading from the letter of Paul to the Romans (5.12-19.16-end)**

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 Reading**

*When the Gospel is announced the reader says*

The Lord be with you

**And also with you**

Hear the Gospel of our Lord Jesus Christ according to Matthew (4.1-11).

**Glory to you, O Lord.**

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.

This is the Gospel of the Lord.

**Praise to you, O Christ.**

*Sit*          Sermon *Preacher Nigel Wildish*

*Stand*      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**

*Kneel*

In the power of the Spirit and in union with Christ,  
let us pray to the Father.

*The prayers usually include these concerns and may follow this  
sequence:*

*The Church of Christ  
Creation, human society, those in authority  
The local community*



*Those who suffer  
The communion of saints*

*These responses may be used*

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

*(or)*

Lord, hear us.  
**Lord, graciously hear us.**

*and at the end*

Merciful Father,  
**accept these prayers  
for the sake of your Son,  
our Saviour Jesus Christ.  
Amen.**

## *The Liturgy of the Sacrament*

### ***Stand*    The Peace**

Since we are justified by faith  
we have peace with God through our Lord Jesus Christ.

The peace of the Lord be always with you  
**and also with you.**

*Let us offer one another a sign of peace.*

*All may exchange a sign of peace.*

### **The Offertory**

*A Hymn is sung as the elements of bread and wine are brought to the altar and the gifts of the people are collected.*

**Offertory Hymn** 260 Jesu, grant me this, I pray

1 Jesu, grant me this, I pray,  
ever in thy heart to stay;  
let me evermore abide  
hidden in thy wounded side.

2 If the world or Satan lay  
tempting snares about my way,  
I am safe when I abide  
in thy heart and wounded side.

3 If the flesh, more dangerous still,  
tempt my soul to deeds of ill,  
naught I fear when I abide  
in thy heart and wounded side.

4 Death will come one day to me;  
Jesu, cast me not from thee:  
dying let me still abide  
in thy heart and wounded side.

Blessed are you, Lord God of all creation:  
through your goodness we have this bread to set before you,  
which earth has given and human hands have made.  
It will become for us the bread of life.

**Blessed be God for ever.**

Blessed are you, Lord God of all creation:  
through your goodness we have this wine to set before you,  
fruit of the vine and work of human hands.  
It will become for us the cup of salvation.

**Blessed be God for ever.**

## **The Eucharistic Prayer**

The Lord is here.

**His Spirit is with us.**

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  
we bless you for your mercy

and join with saints and angels  
for ever praising you and *saying*:

## **Sanctus** (Poston Mass)

**Sanctus, sanctus Dominus, sanctus, Deus,  
Holy, holy, holy one, holy Lord  
Heav'n and earth are full of thy glory, glory be to thee, glory be,  
O my Lord most high, glory be to thee,  
Sanctus, sanctus Dominus, sanctus, Deus,  
Holy, holy, holy one, holy, holy Lord**

Accept our praises, heavenly Father,  
through your Son our Saviour Jesus Christ,  
and as we follow his example and obey his command,  
grant that by the power of your Holy Spirit  
these gifts of bread and wine  
may be to us his body and his blood;

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.

Therefore, heavenly Father,  
we remember his offering of himself  
made once for all upon the cross;

we proclaim his mighty resurrection and glorious ascension;  
we look for the coming of your kingdom,  
and with this bread and this cup  
we make the memorial of Christ your Son our Lord.

Great is the mystery of faith

**Christ has died:**

**Christ is risen:**

**Christ will come again.**

Accept through him, our great high priest,  
this our sacrifice of thanks and praise,  
and as we eat and drink these holy gifts  
in the presence of your divine majesty,  
renew us by your Spirit,  
inspire us with your love  
and unite us in the body of your Son,  
Jesus Christ our Lord.

Through him, and with him, and in him,  
in the unity of the Holy Spirit,  
with all who stand before you in earth and heaven,  
we worship you, Father almighty,  
in songs of everlasting praise:

**Blessing and honour and glory and power  
be yours for ever and ever.  
Amen.**

### ***Kneel*    The Lord's Prayer**

Let us pray to the Father, each in our own language.

**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.**

## ***Breaking of Bread***

Every time we eat this bread  
and drink this cup,  
**we proclaim the Lord's death  
until he comes.**

## **Agnus Dei (Poston Mass)**

**Agnus Dei, Lamb of God, you take away the sin of the world.  
Agnus Dei, Lamb of God, grant us all of your peace.  
Agnus Dei, Lamb of God, you take away the sin of the world.  
Agnus Dei, Lamb of God, grant us all of your peace.**

## **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.**  
***Or***

God's holy gifts

for God's holy people.

**Jesus Christ is holy,  
Jesus Christ is Lord,  
to the glory of God the Father.**

*Communicant members of all Christian Churches are welcome to receive Communion, anyone is welcome to come forward to receive a blessing.*

*During the distribution hymns and anthems may be sung.*

During Communion: Stanford, *O for a closer walk with God*

## *Kneel*     **Prayer after Communion**

*Silence is kept.*

*The Post Communion prayer is said.*

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.**

## **The Notices**

**Stand** A hymn is sung

**Post Communion Hymn 120** Father, hear the prayer

1 Father, hear the prayer we offer:  
not for ease that prayer shall be,  
but for strength that we may ever  
live our lives courageously.

2 Not for ever in green pastures  
do we ask our way to be;  
but the steep and rugged pathway  
may we tread rejoicingly.

3 Not for ever by still waters  
would we idly rest and stay;  
but would smite the living fountains,  
from the rocks along our way.



4 Be our strength in hours of weakness,  
in our wand'rings be our guide;  
through endeavour, failure, danger,  
Father, be thou at our side.

### *The Dismissal*

May God the Father,  
who does not despise the broken spirit,  
give to you a contrite heart. **Amen**

May Christ,  
who bore our sins in his body on the tree,  
heal you by his wounds. **Amen**

May the Holy Spirit,  
who leads us into all truth,  
speak to you words of pardon and peace. **Amen**

And the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always. **Amen.**

*Or*

Christ give you grace to grow in holiness,  
to deny yourselves, take up your cross, and follow him;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always. **Amen.**

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

*The ministers and people depart.*

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