

Your guide to this coming week

Monday 23rd February

10am Lent Group
11am – 4pm Community Friendship Cafe
11.30am Midday Prayer (Matthew 25: 31-end)

Tuesday 24th February

2pm Busy Fingers

Wednesday 25th February

12pm Midday Prayer (Luke 11: 29-32)
No Lent Group Meeting tonight

Friday 27th February

12pm Holy Communion
12pm Funeral at Cemetery Chapel
2pm Burial of ashes
5-6pm Confirmation Class – Rectory
No Choir Practice

Saturday 28th February

10am Fabric Committee in the lounge

Sunday 1st March

10am Sung Eucharist
No Evening Service

LENT COURSE

Monday in the Church Centre, Wednesday in the Rectory

Then Continuing on the following dates:

Mon 23rd Feb 10am (Mon's sessions instead of Bible Study)
Mon 2nd March at 10am & Wed 4th March at 7pm
Mon 9th March at 10am & Wed 11th March at 7pm
Mon 16th March at 10am & Wed 18th March at 7pm
Mon 23rd March at 10am & Wed 25th March at 7pm

Free Financial Guidance

Pop along to the Church Centre on Mon 23rd Feb, where
Sophia will be happy to have a chat with you.

For more info please tel: 07469 393028

Christians Together in Lowestoft & District

World Day of Prayer Service

Friday 6th March 2026 at 2pm

St. Margaret's Church Centre

We look forward to welcoming you there.

St. Margaret's Church is committed to safeguarding
all worshippers, staff and visitors.

If you have any concerns, please refer to the noticeboards
on how to voice your concern.

NB: The 10am service is livestreamed

Only central front seats are in view of the camera

Toilet & Baby Changing available in the Centre

CONTACT DETAILS

Rector

Revd. Canon Simon Stokes
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01502 573046 or 07771 520085
THURSDAYS ARE SIMON'S DAY OF REST

Office

01502 561973
office@stmargaretslowestoft.co.uk
Tues & Wed 9am – 3.30pm
Fri 8.30am – 5pm

22.02.26

WELCOME TO

ST. MARGARET'S CHURCH

LOWESTOFT



If you would like to make an offering to
St. Margaret's please place your gift either on the
collection plate before the service or use the card-
reader at the back of church.

Your gift supports our ongoing mission work & helps
towards the upkeep of this beautiful church.

Thank you for your kind gift.

Sunday 22nd February 2026

First Sunday of Lent

10.00am Sung Eucharist

Mass Setting: Mass of St. Thomas

Presiding: Canon Simon

Preaching: Revd. Geoff

Deacon: Rachel

Reader: Kay S

Reading: Romans 5: 12-19

Gospel: Matthew 4: 1-11

Intercessor: Sue

Hymns: 121, 46, 609, 464 & 104

Anthem: Bread of the World (Bullard)

SCAN FOR
SERVICE
BOOKLET



Refreshments served afterwards

4pm Sung Evensong

Leading: Canon Simon

Preaching: Canon Simon

Reader: Sarah

Readings: Genesis 2: 15-17, 3: 1-7

Romans 5: 12-19

Psalm: 50 (Chant by Harper)

Canticles: Parratt & Lewis

Anthem: O Lord my God (Wesley)

Hymns: 128(i), 125 & 702

Sunday 1st March 2026

10am Sung Eucharist

Prayers for Your Parish - Street by Street

This week, please pray for the residents of:

Albany Road – Map no. 159 / Ref. I 14

Breckland Way – Map no. 50 / Ref. F 6-7

Berkley Gardens – Map no. 57 / Ref. F 6

Readings for Sunday 22nd February

Old Testament: Genesis 2: 15-17. 3: 1-7
(On separate sheet for Sung Evensong)

New Testament: 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 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.

Gospel: Matthew 4: 1-11

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.

A Prayer for the Beginning of Lent

Gracious and loving God,
as we begin this season of Lent,
we come quietly before you.

Still our hearts,
slow our steps and soften our spirits.

Show us what needs to be laid down, and what
needs to be taken up.

Give us courage to face our sin,
humility to receive your mercy,
and grace to walk in newness of life.

Create in us clean hearts, O God, and renew a right
spirit within us.

Lead us through the wilderness with Jesus, that we
may share fully in the joy of his resurrection.

We offer you, this season, our prayers, our fasting,
our listening and our lives.

In the name of Jesus Christ,
our Saviour and our hope. Amen.

J. John

Collect (Prayer of the Week)

Heavenly Father,
your Son battled with the powers of darkness,
and grew closer to you in the desert:
help us to use these days to grow
in wisdom and prayer
that we may witness to your saving love
in Jesus Christ our Lord.

Post Communion Prayer

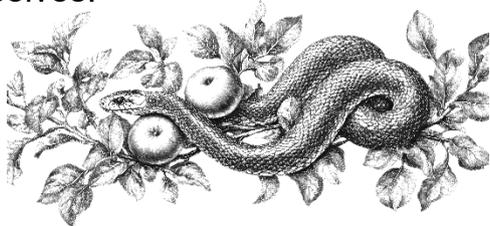
Lord God,
you have renewed us with the
living bread from heaven;
by it you nourish our faith,
increase our hope,
and strengthen our love:
teach us always to hunger for him who is the true
and living bread,
and enable us to live by every word that proceeds
from out of your mouth;
through Jesus Christ our Lord.

Reading for Sunday 22nd February Sung Evensong - Insert

Old Testament: 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 loin cloths for themselves.



New Testament: 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 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.

Psalm 50 verses 1 - 6 (Chant by Harper)

- 1 The Lord, the most mighty God,
has spoken and called the world from the
rising of the sun to its setting.
- 2 Out of Zion, perfect in beauty,
God shines forth;
our God comes and will not keep silence.
- 3 Consuming fire goes out before him
and a mighty tempest stirs about him.
- 4 He calls the heaven above, and the earth,
that he may judge his people:
- 5 'Gather to me my faithful, who have
sealed my covenant with sacrifice.'
- 6 Let the heavens declare his
righteousness, for God himself is judge.
