

Sunday 22<sup>nd</sup> February

# 1<sup>st</sup> Sunday of Lent

# Holy Trinity Cuckfield

*You are very welcome to our worship!*



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### Reflection

Whatever temptations we might face this Lent they are unlikely to be comparable to those endured by Jesus in the wilderness. Jesus is both fully human and fully divine, and so the devil can exploit a more spectacular range of potential vulnerabilities. Jesus' model resistance only reinforces his faithfulness to God and his purposes. Lest we be tempted to consider the stakes less high for ourselves, the example of Eve and Adam's transgression in the Garden of Eden reminds us that the temptation to sin similarly challenges our faithfulness to God as the one true object of our obedience, worship and service.

### 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.**

### 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. **Amen**

### Worship this Sunday...

Sunday 22<sup>nd</sup> February - 1<sup>st</sup> Sunday of Lent

Genesis 2.15-17. 3.1-7

Romans 5.12-19

Matthew 4.1-11

<b>8.00 am</b>	<b>Holy Communion (BCP)</b>	Reader:	Roger Edmonston
<b>9.45 am</b>	<b>Worship for All (LS)</b>	Readers:	Young People
Pr Hymn	Lord for the years		
Gr Hymn	Forty days and forty nights		
Of Hymn	Dear Lord and Father		
Anthem	Be Still		
Cm Hymn	Do not be afraid, for I have redeemed you		
	O God you search me		
Fn Hymn	Lead us heavenly father		

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### First Reading

Genesis 2.15 -17. 3.1-7

*Adam and Eve in the garden commit the first sin and are punished*

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.

## Second Reading

Romans 5.12-19

### *Adam and Christ - sin and redemption*

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.

## Gospel

Matthew 4.1-11

### *Jesus tempted by Satan in the wilderness*

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 Week

23/02 Mon	2.00 pm	Pilgrim Course	Committee Room, Old School
	7.30 pm	Pilgrim Course (online)	
	7.30 pm	Pilgrim Course (in person)	
24/02 Tues	9.30 am	Year 2 - HT Primary church tour	Church
25/02 Wed	10.30 am	Holy Communion followed by coffee and cake	Jonah 3 Luke 11.29-32
	7.00 pm	Safeguarding Foundation Information Session	
	8.00 pm	FinCom	Online
26/02 Thurs	9.00 am	Iona/Celtic Communion	Isaiah 55.6-9 Matthew 7.7-12 Old School
	12.30 pm	Lunch 'n' Linger	
	2.00 pm	Pilgrim Course	
	7.30 pm	Pilgrim Course	
27/02 Fri	9.00 am	Morning Prayer	Church
	11.00am	BCP Communion	Ezekiel 18.21-28 Matthew 5.20-26
	6.00 pm	Fuse Youth Club	Old School
	6.00 pm	Choir Club	Church
	7.30 pm	Choir Practice	Church

## Next Sunday...

### Sunday 1<sup>st</sup> March - 2<sup>nd</sup> Sunday of Lent

Genesis 12.1-4a  
Romans 4.1-5, 13-17  
John 3.1-17

<b>8.00 am</b>	<b>Holy Communion (CW)</b>	Reader: Anthony van der Willigen
<b>9.45 am</b>	<b>Worship for All (LS)</b>	Readers: Philippa Tillyer David Reed
Pr Hymn	4 New every morning	
Gr Hymn	595 Be thou my vision	
Of Hymn	593 At the name of Jesus (omit v4 & 6)	
Sanctus	130i My spirit longs for thee	
Cm Hymn	126 Jesus grant me this	
	455 My God and is thy table	
Fm Hymn	510 Will you come and follow me	

<b>6.00 pm</b>	<b>Sung Evensong</b>		Numbers 21.4-9 Luke 14.27-33
Hymn	24 The day thou gavest		
Responses	Ferial	Readers	Pat Montague
Psalm	135		Rod Montague
Canticles	Mag: 119; Nunc: 9		
Anthem	Nolo mortem peccatoris		
Hymn	135 Take up thy cross		
Hymn	761 Praise the Lord ye heavens		

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### Notices and Parish News...

- **Join us for online Lent reflections** - This Lent, you are warmly invited to join Fr Daniel in a simple daily pattern of prayer and reflection using Everyday Faith, the Church of England's daily devotional resource. Everyday Faith offers short Bible readings, a brief reflection, a simple prayer, and gentle music - designed to fit naturally into the rhythm of everyday life. Whether first thing in the morning or later in the day, it provides a quiet space to pause, listen, and attend to God's presence. Created by the Church of England, Everyday Faith is part of the Church's commitment to missional discipleship: helping Christians live their faith with confidence and depth, Sunday to Saturday. If you are looking for a manageable, sustaining Lenten practice - or a way of journeying together through scripture and prayer - you are encouraged to join in, one day at a time. Find out more and download the app at <https://www.churchofengland.org/faith-life/exploring-faith/everyday-faith>
- **A New Way of Remembering Those We Have Loved and Lost** – We are no longer printing the names of those whose year's mind falls at this time in the pew sheet will no longer be routinely printed in the pew sheet. Instead, we are offering a more personal and prayerful way of remembering those who have died. Families and friends are invited to sponsor the church flowers on the Sunday closest to a loved one's anniversary. The person being remembered will be named in the pew sheet, with the flowers given in their memory. The suggested donation is £40. To arrange this, please contact Helen Loosley at [Verger1@holyltrinitycuckfield.org](mailto:Verger1@holyltrinitycuckfield.org). During Advent and Easter, names may still be included, with flowers displayed on another Sunday. We hope this provides a gentle and fitting way to honour those we hold in our hearts.
- **Do something for Lent!** Rather than give something up, consider donating a food or household item each week. The Engage Stream are suggesting one specific item for everyone to donate each week. **Bring a can, if you can!** For this first week of Lent: please bring a tin to church (not too many baked beans..... please!) and leave in the shopping trolley. **Thank you**
- **Cuckfield Museum Talk** - "*Brighton: Vibrant Growth on the Seashore*" by Peter Ensor, Thursday 5th March, 2.30pm in the Council Chamber, Queen's Hall, Cuckfield. Admission £5 (£3 Patrons & Friends). Please email [events@cuckfieldmuseum.org](mailto:events@cuckfieldmuseum.org) to book
- **Safeguarding Foundation Information Session - Wednesday 25th February - Tudor Hall At 19.00.** This builds on the Basic Session of last October - attended by Welcomers, Coffee providers, Lesson Readers, Bell Ringers, Group Volunteers and others - some 25 in all. It includes as before a presentation, two short Videos and a chance to discuss and review Safeguarding Scenarios in a Group. Please come along to enjoy fellowship, refreshments and team building. Certificates will be issued. For more information contact Rod: [safeguarding@holyltrinitycuckfield.org](mailto:safeguarding@holyltrinitycuckfield.org)
- **Lunch "n" Linger** - will take place at the Old School on **Thursday 26th February**. We gather from 12.30, **lunch is served at 1.00 pm**. Please let Jane know or email [office@holyltrinitycuckfield.org](mailto:office@holyltrinitycuckfield.org) confirming your menu choices which are, beef cottage pie or vegetarian cottage pie with peas and carrots and for dessert vanilla sponge with custard or fruit salad. We need to confirm final numbers by the Monday before the lunch (Monday, 23<sup>rd</sup> February)
- **Thanksgiving for the life of Valerie Ann Poxon** - A Service of Thanksgiving for the life of Valerie will take place on Thursday 12 March 2026 at 11.30 am, at Holy Trinity followed by a reception in the Old School. All who knew and loved Valerie are warmly invited to come together to give thanks for her life and to commend her to the eternal love and mercy of God.
- A **Prayer Partners box** will be available at the church entrance - please add your name and take a name to pray for throughout the year. Please see posters or speak to Jane Coan for more information
- **Bereavement Café** - A gentle, welcoming space to talk, listen, or simply be. If you have experienced loss, you are warmly invited to join others for understanding, quiet companionship, and care over tea and coffee. The next café is on Tuesday 10th March 2-4pm, at The Old School, Committee Room, and meets on the second Tuesday of each month. For more information, contact Revd Stephen Caple ([pastoral-care@holyltrinitycuckfield.org](mailto:pastoral-care@holyltrinitycuckfield.org)) or the Parish Office on 01444 456461
- **Pilgrim Course - The Lord's Prayer** - Details of our next Pilgrim Course, based on the theme of *The Lord's Prayer*, are now available. The Monday evening home group is currently full, so we are hoping to start a new **Thursday evening group**. All other groups still have spaces, and we would love more people to join us. If you are interested, please speak to us or complete a course form, available in church.
- **Heavenly Hugs - New Parent, Toddler & Baby Group** - Launching Tuesday 24th February at 9.30am. Join us for a relaxed morning of play, connection and community in a safe, nurturing space. Refreshments provided. £3.50 per family. More details: [oldschoolcuckfield.com/heavenly-hugs](http://oldschoolcuckfield.com/heavenly-hugs)

- **Haywards Heath Eco Fair - Saturday 28 February, 9.30am-12.30pm** at Haywards Heath Baptist Church; free entry, refreshments provided, just turn up.
- **“Abide” Monthly Contemporary Worship Gathering:** The next monthly gathering of Abide, our new contemplative, contemporary worship space at 4.00 pm on the 2nd Sunday of each month will be on **Sunday 8 March 2025**. We will be led by our House Band, Guest, using a rich mix of contemporary and reflective Whether you come regularly or are simply curious, you are warmly invited to experience this first gathering of Abide. If you are planning on attending, please drop Gina a line on [office@holytrinitycuckfield.org](mailto:office@holytrinitycuckfield.org) for catering purposes.
- **The New Sussex Singers** return to Holy Trinity, Cuckfield with Reflections of Light, a richly varied choral concert exploring themes of light, mystery, and joy. The concert takes place on **Saturday 14 March 2026 at 7.00 pm**. Tickets are £16, with a concessionary price of £5 for under 16s and students. Tickets can be booked online at [www.newsussexsingers.co.uk](http://www.newsussexsingers.co.uk). All are warmly invited to this evening of beautiful and reflective music.
- **Friday Morning Prayer:** Our Friday Morning Prayer is now underway. The staff team and clergy meet each Friday at **9.00am in the Lady Chapel** to say Morning Prayer (the Daily Office), and this is an open invitation to anyone who would like to join us. It’s a quiet and prayerful way to begin the day, and to pray together for the needs and concerns of the parish. No need to let us know you’re coming - just come along.
- **Sussex Chorus Concert - Rossini: Petite Messe Solennelle** will be performed on Saturday 21st March 2026 at 7.30pm at St Andrews Church, Burgess Hill (RH15 0LG). Tickets: £18 adults (£16 for groups of four or more), £6 students (includes programme). Available from Sussex Chorus (01444 412579), Burgess Hill Help Point, Eventbrite, or on the door. See [sussexchorus.org](http://sussexchorus.org) for details
- **The Quiet Revival: Myth memory or movement?** A symposium in Cambridge on **March 21<sup>st</sup>** available on-line is the short description of the apparent increase in the number of young adults, particularly men attending church, not only in Britain but in Finland and Sweden as well. To find out more enter quiet revival in your search engine or go to <https://simonjcross.substack.com> and search quiet revival or ask Jonathan Berry to email links
- **Italian Evening** Come and join us for a great evening with Quiz. Wed 11th March 6.30pm in the Old School. £15 a head. Lasagna, salads, tasty desserts, tea/coffee. Bring your own drinks and money for the raffle. See Ros Longfield or use the QR code or web link for tickets. <https://cuckfieldandbolneybenefice.churchsuite.com/events/qjumexd4> 
- **Uckfield Model Railway Club Open Day - Saturday 11 April 2026, 10am-4pm** at the Luxford Centre, Library Way, Uckfield (TN22 1AR). Working layouts and modelling demonstrations. Entry £2 (Under 16s free) includes tea or coffee. All welcome.

#### Prayers...

**Those in immediate need:** Becky Parker, Ralph Colbran, Philip Chapman, Jill Brotherton, David Meares, Pam Sutherland, Mary Watts, Daphne Stuart

**Those in long term need:** Georgia, Ann Went, Julie Sadler, Wendy Hibling, Liz Graydon, Peter Graydon, Eileen MacDougall, George Snashall, Karen Leese, and Yvonne Godsmark

**Those in care homes:** Mary Watts, Rosemary Pardey, Janet Card, Sally Williams

**The recently departed and those who mourn:** Valerie Poxon, Paul Duffy, Eileen Knight

#### Praying through the week...

**Mon 23 Feb** - We pray for those living under unjust regimes and without basic human rights. We remember places torn by conflict, including Israel and the Occupied Palestinian Territory, Sudan, Ukraine, DRC and Myanmar. Locally, we pray for the Trustees and residents of the Cuckfield Cottage Homes, their families and friends.

**Tue 24 Feb** - We pray for artists, musicians and performers who bring beauty, creativity and hope into our lives. Locally, we pray for Cuckfield Dramatic Society, that they may find joy and inspiration.

**Wed 25 Feb** - We pray for justice and peace throughout the world, and for open eyes, ears and hearts to recognise injustice and respond with compassion. Locally, we pray for Heavenly Hugs playgroup and all parent and baby groups.

**Thu 26 Feb** - We give thanks for Fairtrade and the difference it makes to communities worldwide. We pray for farmers and workers still seeking a fair deal. Locally, we pray for those on Cuckfield Road and any facing financial hardship.

**Fri 27 Feb** - We pray for architects, engineers and builders who shape our towns and cities. Locally, we pray for the people of Deaks Lane, especially those who may feel lonely or in need.

**Sat 28 Feb** - We pray for all in healthcare, that they may feel valued and supported, and for those who are unwell. Locally, we pray for the people of Deaks Paddock.

#### Contacts

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