

Contacts

Priest in Charge: Paul Frostick 01424 218126 / 07713 243427
email: paul.frostick@sky.com

Churchwardens: Hooe: Jack Rist 01424 892576 Nicki Murphy 01424 893867
Ninfield: Catriona Owen 01424 225421 after 4.00p.m.

PRAYERS & INTENTIONS

*Pray daily for peace and all those who suffer from illness especially
Cass Chapman and Diana Jennings.*

R.I.P. Simon Pattison whose Thanksgiving Service
will be held on 19th March at St Oswald's.

This week we pray for all the residents of
High Street, Ninfield, Sawpits, Hooe and
Hooe Sports Club.

In the CTiB cycle of prayer we pray for
The Living World Church and Dale Barrett.

PRAYER Nick Fawcett

**Any items
for the
Weekly
Sheet
to
Nicki Murphy
at
nickimurphy3
@sky.com
by
Wednesday
6p.m. please.**

Search us, O God, and know our thoughts.
Examine us and reveal our faults.
Cleanse us and make us new.
Touch us and make us whole.
Equip us and give us strength.
Meet us and speak your word.
Hear us and accept our worship,
in Jesus' name.
Amen.



THE PARISHES OF
St. OSWALD'S HOOE
and
St. MARY'S NINFIELD
WEEKLY SHEET ~ 22nd February 2026



www.ninfield.org.uk

A warm welcome to everyone, especially any visitors.

*If you are new to our Churches please introduce yourselves to the sides
people on duty. If you need help in any way during your time in church
please talk to one of the sides people.*

*Please note that both churches are installed with hearing loops to help
those who wear a hearing aid with the T setting.*

SERVICE NEXT WEEK

St. Mary's
Sunday 9.30a.m. ~ Parish Eucharist
St. Oswald's
Sunday 11.00a.m. ~ Family Service

St Oswald's Prayer Tree - Monday 12 noon - 23rd Feb



*So when the woman saw that the tree was good for food . . .
she took of its fruit and ate. (Genesis 3:6)*

TODAY'S READINGS ~ 1st Sunday of Lent

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.

First Reading ~ Genesis 2.15-17

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.' This is the word of the Lord.

Second Reading ~ Romans 5.12-19

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 Reading ~ Matthew 4.1-11

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.