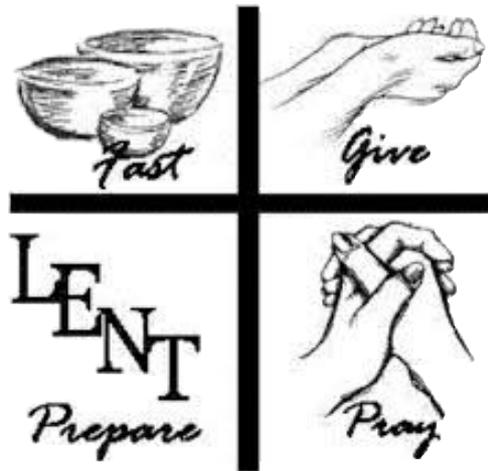


PARISH OF MILFORD
St Paul's-by-the-Sea, Milford
Sunday 21st February - First Sunday in Lent



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Sentence - The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news. Mark 1: 15

Collect - God of the new and eternal covenant, as the forty days of the great flood swept away the worlds corruption and watered new beginnings of righteousness and life: grant to us, who are washed clean and born again in the saving flood of baptism, the wellspring of your grace, that your gift of new life may flourish once again; through Jesus Christ our Redeemer, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen.

8.00am - Lenten Liturgy
9.30am - Lenten Liturgy

Readings for today Sunday 21st February

1st Reading - Genesis 9: 8-17
Epistle - 1 Peter 3: 18-22
Gospel - Mark 1: 9-15
Readers 8.00am - To be advised

Genesis 9: 8-17

Then God said to Noah and to his sons with him, “As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.” God said, “This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.” God said to Noah, “This is the sign of the covenant that I have established between me and all flesh that is on the earth.”

1 Peter 3: 18-22

For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into

heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

Mark 1: 9-15

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

We remember in our prayers - Noeline, Bob, Gillian, Barrie, Lesley, Lorna, Shobha, Jessica, Pat, Hazel, Shelley, Cynthia, Logan, Kelvin, Bob and Gabriel. And residents and parishioners in Grenada Avenue, Havelock Avenue, Keldale Place, Kennedy Avenue.

Readings for next Sunday 28th February

1st Reading - Genesis 17: 1-7, 15-16

Epistle - Romans 4: 13-25

Gospel - Mark 9: 2-9

Readers 8.00am - To be advised

Readers 9.30am Chris and Christine Maud

Date to put in your diaries – Vestry has planned a High Tea for **Saturday 20th March**. Please keep this Saturday free for an afternoon of friendship and fun.

THIS WEEK

Tuesday 23rd	9.30am Selwyn Centre. Join us for friendship and fun. Cost \$4.00.
Wednesday 24th	10.00am Holy Communion. Followed by morning tea.
Thursday 25th	10.00am Mainly Music.
Sunday 28th	Holy Communion 8.00am and 9.30am

A Litany for Lent



We fast from judging others,
but feast on patience.

We fast from apparent differences,
but feast on unity of all life.

We fast from words that pollute,
but feast on words that affirm.

We fast from complaining,
but feast on appreciation.

We fast from bitterness and anger,
but feast on forgiveness and mercy.

We fast from discouragement,
but feast on hope.

We fast from suspicion,
but feast on trust.

We fast from idle gossip,
but feast on purposeful silence.

We fast from problems that overwhelm,
but feast on prayer that strengthens.