

Sentence of Scripture

Those who wait for the Lord shall renew their strength,
they shall mount up with wings like eagles.

Isaiah 40.31

Prayer of the day

Saving God,
whose Son, Jesus Christ, healed the sick
and brought them wholeness of body and mind:
inspire us, his disciples,
so that we may constantly proclaim his gospel
by our words and by the dedication and integrity of our lives;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. Amen.

Readings

Isaiah 40:21–31

²¹Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? ²²It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; ²³who brings princes to naught, and makes the rulers of the earth as nothing. ²⁴Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble.

²⁵To whom then will you compare me, or who is my equal? says the Holy One. ²⁶Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing.

²⁷Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the LORD, and my right is disregarded by my God"? ²⁸Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. ²⁹He gives power to the faint, and strengthens the powerless.

³⁰Even youths will faint and be weary, and the young will fall exhausted; ³¹but those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. (NRSV)

Hear the word of the Lord, **thanks be to God.**

Psalm 147:1–11

¹ O praise the Lord, for it is good to sing praises to our God:

and to praise him is joyful and right.

² The Lord is rebuilding Jerusalem:

he is gathering together the scattered outcasts of Israel.

³ He heals the broken in spirit:

and binds up their wounds.

⁴ He counts the number of the stars:

and calls them all by name.

⁵ Great is our Lord, and great is his power:

there is no measuring his understanding.

⁶ The Lord restores the humble:

but he brings down the wicked to the dust.

⁷ O sing to the Lord a song of thanksgiving:

sing praises to our God upon the harp.

⁸ He covers the heavens with cloud, and prepares rain for the earth:

and makes the grass to sprout upon the mountains.

⁹ He gives the cattle their food:

and feeds the young ravens that call to him.

¹⁰ He takes no pleasure in the strength of a horse:

nor does he delight in anyone's legs,

¹¹ But the Lord's delight is in those that fear him:

who wait in hope for his mercy.

1 Corinthians 9:16–23

¹⁶ If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! ¹⁷ For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. ¹⁸ What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

¹⁹ For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. ²⁰ To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. ²¹ To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. ²² To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. ²³ I do it all for the sake of the gospel, so that I may share in its blessings. (NRSV)

Hear the word of the Lord, **thanks be to God.**

Mark 1:29–39

The Gospel of our Lord Jesus Christ **Glory to you Lord Jesus Christ.**

²⁹ As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. ³⁰ Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. ³¹ He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

³² That evening, at sundown, they brought to him all who were sick or possessed with demons.

³³ And the whole city was gathered around the door. ³⁴ And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

³⁵ In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. ³⁶ And Simon and his companions hunted for him. ³⁷ When they found him, they said to him, "Everyone is searching for you." ³⁸ He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." ³⁹ And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons. (NRSV)

This is the Gospel of our Lord, **praise to you Lord Jesus Christ.**

Holy Communion Services

Sunday 7st 9am & 11am services

Wednesday 10th 10am

Sunday 14st 9am & 11am service

Ash Wednesday 17th 10am

Sunday 28th 10am service & Annual Parish Meeting Wednesday 3rd 10am

1st April Maundy Thursday 7pm service

2nd April Good Friday Service 7pm service

4th April Easter Sunday 9am & 11am services