

Prayer after Communion

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

The following reading is the usual reading for the first Sunday of Lent. It is included here for you to read at your leisure.

Matthew 4.1-11

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted 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 splendor; 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.

*You may take this home to study the readings and prayers at your leisure.
Please also pray for the work of the church in this Parish. www.beneficeoflangelei.org.uk*



First Sunday of Lent - 22nd February, 2026

Welcome!

The Collect

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.

Amen

Introit: A Lent Prose (from NEH 507)

Refrain (Cantor first time)

Hear us, O Lord, have mer - cy up - on us:
for we have sinn'd a - gainst thee.

To thee, Redeemer, on thy throne of glory: lift we our weeping eyes
in holy pleadings: listen, O Jesu, to our supplications. **Refrain sung by all**

A reading from the Letter of Paul to the Romans

8.26-28

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. We know that all things work together for good for those who love God, who are called according to his purpose.

This is the Word of the Lord.

THANKS BE TO GOD!

Hear the Gospel according to Matthew GLORY TO YOU, O LORD!

6.6-8

But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. "When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

This is the Gospel of the Lord.

PRAISE TO YOU, O CHRIST!

CONTACT DETAILS	
<p>Team Rector: Fr. James McDonald james.a.mcdonald@live.co.uk James' rest day is Monday.</p> <p>Associate Priest: Rev Jos Perris 07979 590480 josperris@hotmail.com</p> <p>Churchwardens: Andy Wragg 07595 217168 andrewtwragg@gmail.com Keith Gower 07554 997144 gowerkeith@hotmail.co.uk</p> <p>Safeguarding Officer: Lynne Head 07496 994091 allsaintsklsafeguarding@gmail.com</p> <p>Team Administrator: Sue Bassett 01923 266596 or 07503 950315 office@langelei.onmicrosoft.com Office open Mon-Fri 8.00am-12.00pm. The church building is usually open daily for prayer 9.30am – 5pm.</p> <p>There is a defibrillator by the hall door If you need any support/would like a visit or to receive Holy Communion at home, please contact the Wardens or Pastoral Support.</p>	
<p>Children from nursery age are welcome to 'Saints on Sunday' which meets in the hall, unless there is an All Age service. The children go to their activities after the first hymn and return for Communion. Parents are welcome to take younger children out to the hall too. Toilets and baby change facilities are available off the hall corridor. There is also a Children's Area under the tower, with pew bags, books and toys.</p>	
<p>Pastoral Support If you or someone you know needs pastoral support, including a visit or Communion at home, please get in touch with the Pastoral Group: Eric Martin, Sheila Ashman, Lynne Head, Brian McAdam or Nicola Isherwood. Email info@beneficeoflangelei.org.uk</p>	
<p>Giving to All Saints  We rely on donations, and your support is appreciated. Please scan the QR code, select amount & gift aid or ✉ allsaintstreasurer@btinternet.com to make a one off donation. To join our planned giving scheme or sign up to gift aid, contact Eric Martin: 01923 267604.</p>	

Services Today	
9.30am	Family Eucharist
President	Rev Becky Leach
Organist	Bertha Kum
Hymns	121, 838, 46, 142
Voluntary	Fugue in F minor, Krebs- WV 429 (Krebs)
Intercessor	Sheila Ashman
Duty Warden	Sheila Ashman

Mothering Sunday Flowers
*If anyone would like to sponsor the flowers
for Mothering Sunday on 15th March by
contributing to the cost please contact Keith
or the office.*

THIS WEEK AT ALL SAINTS	
Tuesday 24th February	
10 - 11.30am	Kings Langley Foodbank
10 - 11.30am	Coffee Morning
11.30am	Lent Course in Hall
Wednesday 25th February	
9am	NO Morning Prayer
7.30-9pm	Bellingring Practice
Friday 27th February	
9am	Morning Prayer
10am	Holy Communion
10-11am	Bible Study (Zoom)
6.30pm	Choir Practice
Sunday 1st March - Second Sunday of Lent	
9.30am	Family Eucharist
11.15am	Church in the Wild
Morning services around the team	
<i>All are welcome to mid-week Morning Prayer and Holy Communion services</i>	
Tues	St Benedict's - 9am Prayer Meeting
Wed	Holy Trinity - 9am MP, 10am HC
Thurs	St Mary's - 9am MP, 9.30am HC
Fri	All Saints - 9am MP, 10am HC

For Your Prayers	
Please pray for our Ministry Team : Fr James, Rev Diana, Rev David & Rev Jos and all who support them.	
Prayer Cycle: For all those who live in Tylers Close, our Churchwardens and our Village Warden.	
Please Pray For: Richard Blackburn, Barbara Brown, Tessa Cox, Margaret Dicks, Nick Foster, Tim Groves, Charles Johnson, Rosemary & Steve Moore, Yvonne Padden, Barbara Parker, Stephen Sharp, Lizzie Taylor, Amelie Sherman-Morley, Steve Wiggins, Lauren Williamson and John Worby.	
<i>If you would like to add someone to the prayer list, please contact Nicola Isherwood on 07850 172340 or email isherwoods75@gmail.com</i>	

NOTICES	
The Prayer Course - Our Team Lent Course There is a leaflet at the back of the church for more details. Week 2: Tuesday 24th Feb 11.30am at All Saints Thursday 26th Feb 7.30pm at St Benedict's Saturday 28th Feb 10am at St Mary's It runs for to week 6. Sign up online or email the office. (You can go to any venue each week)	
Saturday 28th February - Big Clean Thanks for all who have offered to help with this. Tea/ Coffee will be served at 10.30. We will aim to be finished by 11.30 at the latest. Thanks to those who are doing their bit another time.	
Sacred Space - Everyone from across the Team is welcome to Holy Trinity for the first of our new Sacred Space services next Sunday 1st March at 4.30pm. These services are designed to be reflective and give the opportunity to explore different styles of worship and prayer. Next Sunday will be a service in the Taizé style, a quiet approach to prayer with beautiful music. The service will be in the Trinity Room.	

Friday 6th March - World Day of Prayer
There is a service for everyone, 2pm at Christ-
church Baptist. All welcome.

Team Quiet Day
All are welcome to the Team Quiet Day on the
7th March, 10am - 4pm at St Peter's Church,
London Colney. The cost is £5. Email or phone
Sue in the Benefice Office to book your place
before the end of February so we know
numbers. Flyers at the back of church. Please
talk to James if you have any questions, need
help with booking, or if you need a lift.

Praying through Lent with Christian Aid
During Lent we will be using some material from
Christian Aid which you can find at: [https://
www.christianaid.org.uk/appeals/key-appeals/
lent-easter-appeal](https://www.christianaid.org.uk/appeals/key-appeals/len-easter-appeal). This week the theme is
around the prophet Amos Ch5 v11 and 21-24.

Foodbank – Thank you for all your donations.
Your donations have been fabulous but we are
low on supplies - and would be very grateful for
any contributions that can be left in the tray on
the table in front of the North Aisle Screen.
Items must be in date **non-perishable** food and
household essentials. Especially LL Milk,
tinned meat/tuna/fruit, breakfast
cereals and rice (packet or pouch).
For inspiration please see needs list
at <https://t.ly/VJUlr>



The Aumbry Light
**The light is sponsored this week by Sue
Brazier in loving memory of Geoff.**
*The Aumbry light is the candle kept alight by
the High Altar to mark where the Sacrament is
reserved and can be sponsored to mark an
anniversary, a celebration or for another prayer
intention. If you are interested please contact
Eric Martin: 01923 267604*

Brian Quarry's Funeral
Is being live streamed and can be watched using
this link, live (Sat 20th 12:50) and for 3 months
after.
[https://www.funeralstreaming.co.uk/
watch/58897/](https://www.funeralstreaming.co.uk/watch/58897/)