

Thought for the week:

If it takes temptation and sin to show God in his true colours and Satan in his, something has been saved from the wreck.

Michael Green

Next Sunday, March 1st, *bara brith* or Welshcakes will be on sale (£2) after the morning service in honour of St. David, our national patron saint, although the Church in Wales' lectionary says he is trumped by Lent so his feast day is moved to Monday, March 2nd. Duw, duw!

Upcoming social events!

This Thursday, February 26th at 7pm – Quingo night. A quiz with a round of Bingo thrown in. The cost is £5. Please supply your own drinks and snacks. There will also be a Raffle! Please sign up on the list in the Hall.

Saturday, March 7th, 11am-2pm, first Café of the year with delicious food and drinks. Bring your friends and neighbours!

Thursday, March 19th at 7pm – Social Evening. Hot dogs (usually associated with moving pictures . . .) will be on sale. Donations are £4. Again, sign up on the separate list in the Hall if you are interested.

Caroline has designed a devotional morning for Lent, entitled 'The Hospitality and Forgiveness of God', on Saturday, March 21st, from 10.30am to about midday. Drinks will be served from 10am. Please sign up on the list in the Hall if you would like to come. All welcome.

We have restarted collections for Cardiff Foodbank. The collection point is the green bin by the door as you come into church. There is also displayed on that door a list of items the Foodbank is short of. This is updated regularly. Thank you for any and all of your contributions.

ST. MICHAEL'S, CATHAYS

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Provincial Safeguarding Officers/ Swyddogion Diogelu y Dalaith

Wendy Lemon 07392 319064
Sharon Ahearne 07301 041937 (Tu-Thurs)

Please contact Rev'd Caroline to arrange baptisms, marriages, banns, and Holy Communion for the sick and housebound. Please let Caroline know if anyone wishes to be prayed for, is ill or in hospital or would welcome a visit.

In the hall you will find a breakdown of the jobs which Glynn currently does as Secretary, a role he will be stepping down from by the Congregational Meeting in March 2027. If you are interested in taking on any aspect(s) of the role, please speak to Glynn. He will give any help and training necessary. Thank you!

And talking of Congregational Meetings, the one for 2026 will be after the morning service on March 22nd. This is the equivalent of our AGM, so please attend if you possibly can.

Readings for next Sunday, Lent 2, are:

Genesis 12:1-4a; Psalm 121; Romans 4:1-5,13-17; John 3:1-17



THE CHURCH OF ST. MICHAEL & ALL ANGELS, CATHAYS

February 22nd
2026
The 1st Sunday
of Lent
Year A

All, all, all are offered a warm welcome to the church of St. Michael & All Angels in the Roath & Cathays Ministry Area. If you are new to the church, please make yourself known to Caroline, our Vicar, or Gerry, our Warden, or any member of the congregation. Children are cared for at our Sunday morning service. Please join us for tea, coffee and biscuits after the service - we often have cake too!

THIS WEEK IN ST. MICHAEL'S

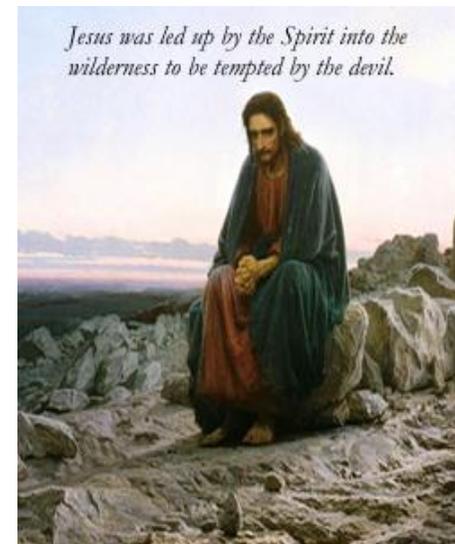
Sunday

10am Holy Eucharist
5pm Zoom Service

Thursday

2pm Holy Eucharist
7pm Quingo!

For more detailed information on all our activities, please visit our website:
www.parishofcathays.org



Collect of the day:

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.**

THE OLD TESTAMENT READING

SIT

The reader says: A reading from the Book of Genesis

Genesis 2: 15-17; 3: 1-7

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.

Silence

Reader: This is the word of the Lord.

Response: **Thanks be to God.**

THE EPISTLE

The reader says: A reading from the Letter of Paul to the Romans.

Romans 5: 12-19

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.

Silence

Reader: This is the word of the Lord.

Response: **Thanks be to God.**

Psalm 32

Happy the one whose transgression / is for/given: and /whose / sin is / covered.

Happy the one to whom the Lord im/putes no / guilt: and in whose / spirit there / is no / guile.

For I / held my / tongue: my bones wasted away through my / groaning / all the day / long.

Your hand was heavy upon me / day and / night: my moisture was dried up / like the / drought in / summer.

Then I acknowledged my / sin to / you: and my in/iquity I / did not / hide.

I said, 'I will confess my transgressions / to the / Lord,': and you for/gave the / guilt of my / sin.

Therefore let all the faithful make their prayers to you in / time of / trouble: in the great /water flood, it / shall not / reach them.

You are a place for me to hide in; you pre/serve me from/ trouble: you sur/round me with / songs of de/liverance.

'I will instruct you and teach you in the way that / you should / go: I will / guide you / with my / eye.

'Be not like horse and mule which have / no under/standing: whose mouths must be held with bit and bridle, or else they /will not / stay / near you.'

Great tribulations re/main for the /wicked: but mercy embraces / those who / trust in the / Lord.

Be glad, you righteous, and re/joice in the / Lord: shout for joy, / all who are / true of / heart.

THE GOSPEL

STAND

Priest: Listen to the Gospel of Christ according to Saint Matthew

Response: **Glory to you, O Lord.**

Matthew 4: 1-11

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.

After the Gospel: This is the Gospel of the Lord.

Response: **Praise to you, O Christ.**