

# THE PARISH OF ABBOTS LANGLEY

St Lawrence the Martyr, Abbots Langley  
with the Church of the Ascension, Bedmond

22nd February 2026

THE FIRST SUNDAY OF LENT



## TODAY

**8.00am** Eucharist at St Lawrence Church

**President & Preacher:** Revd Peter Waddell

**Reader:** Joan Sutton

**9.30am** Eucharist at St Lawrence Church

**President & Preacher:** Revd Helen Neville

**Reader:** Roland Maxted

**Intercessions:** Tom Betteridge

**Readings:**  
Genesis 2: 15 - 17, 3: 1 - 7 (pp.2-3)  
Ephesians 5: 21 - 32 (P. 192)  
John 13: 1 - 17 (P. 104)

**Hymns:**  
383: Be Still for the Presence  
469: I heard the voice of Jesus say  
54: I cannot tell  
432: From heaven you came  
262: O Lord my God, when I in awesome wonder

**3.30pm** The Spark Service at St Lawrence Church

## WELCOME

Welcome to our worship today, especially to visitors and newcomers! Do please make yourself known, and stay for refreshments in the church hall afterwards.

All baptised Christians are welcome to receive communion here. If for any reason you'd rather not, do come for a blessing instead, bringing the service booklet with you as a sign that's what you'd prefer.



Please tell a welcomer before the service if you would like a gluten-free wafer at communion. There is no obligation to receive the wine if this causes anxiety.

**Our main Sunday morning service is filmed for live video streaming as well as other special services and can be viewed at [www.churchmedia.tv/abbotslangley](http://www.churchmedia.tv/abbotslangley) or via our website [www.abbotslangley.org.uk](http://www.abbotslangley.org.uk).**

Recordings may also be retained and made available through other sites (e.g. Facebook and YouTube). The objective of this is to provide accessibility to those who are unable to attend.

For those unable to attend church due to medical reasons, we will be delighted to bring communion to you at home: please do ask! A T-loop is provided for hearing-aid users.



**Refreshments will be served in the hall after the 9.30am service**



[www.abbotslangley.org.uk](http://www.abbotslangley.org.uk)

## THE PRAYERS AND BIBLE READINGS

### 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.

### POST 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.

### Polycarp, Bishop of Smyrna 23 February

Honoured as one of the first Christian martyrs, Polycarp had been Bishop of Smyrna on the Adriatic coast of Asia Minor for over forty years when the persecution of Christians began. He was arrested and given the option to renounce his faith and so save his life. His response was: "I have been Christ's servant for eighty-six years and he has done me no harm. Can I now blaspheme my King and my Saviour?" He was immediately burnt at the stake. His remains were gathered together and buried outside the city; thus began the practice of celebrating the eucharist over his burial place on the anniversary of his death, a practice which also grew over the martyrs' tombs in the Roman catacombs. Polycarp died in the year 155.

### ANTHEM:

#### Living Bread from Heaven

*Laura Moorhouse arr. Douglas Nolan*

O living bread from heaven,  
How well you feed your guest!  
The gifts you now have given  
Have filled my heart with rest.  
O wondrous food of blessing,  
O cup that heals our woes,  
My heart, this gift possessing,  
with praises overflows!

My Lord, your hand has led me  
to this your holy place,  
And here your love fed me  
With treasures of your grace;  
For you have freely given  
What I could never buy,  
The bread of life from heaven,  
That now I shall not die.

*Bread of the world in mercy broken,  
Wine of the soul in mercy shed,  
By Whom the words of life were spoken,  
That by thy grace our souls are fed.  
Bread of the world in mercy broken,  
Wine of the soul in mercy shed.*

You gave me all I wanted,  
This food can death destroy;  
And you have freely granted  
The cup of endless joy.  
And when you call my spirit  
To leave this world of woe,  
I enter, through your merit,  
Where joys forever flow.

Amen

## FOR OUR PRAYERS

- For the parish of St Mary's, Watford
- For the pastoral and bereavement visitors
- For our local hospitals
- For local and national government

### FOR THOSE WHO ARE ILL OR IN NEED

Chris Ballard; Christopher Seabrook; Sandra Clarke; Bernard Eamer; Ann Staines; Clive Moon; Joan Harding

### FOR THE DEPARTED

Eve Durntall; Tony Smith; Ted Rimell; Peter Slade

## NEXT SUNDAY

**Sunday 1st March 2026**

### The Second Sunday of Lent

- 8.00am Eucharist at St Lawrence Church
- 9.30am Eucharist at St Lawrence Church
- 11.30am Eucharist at the Tin Church
- 3.30pm Breathing Space at St Lawrence Church
- 6.30pm Nameless Youth Group in the Breakspear Room

## READINGS NEXT SUNDAY

Genesis 12: 1 - 4a (P. 10)  
Romans 4: 1 - 5, 13 - 17 (P. 150)  
John 3: 1 - 17 (P. 90)

## AVAILABILITY

Peter is at a conference  
Tuesday and Wednesday

## THE COMING WEEK

**Monday - Saturday, 9.15am**

Morning Prayer

*In the Corpus Christi Chapel*

*Church Office is closed Monday - Friday*

### Monday 23rd February

10.00am Coffee Morning

*Breakspear Room*

7.30pm Bell Ringing Practice

*St Lawrence Church*

7.30pm Malawi Team Meeting

*Abbots Road*

8.00pm PCC Meeting

*The Tin Church*

### Tuesday 24th February

10.30am Tiny Tots

*St Lawrence Church*

### Wednesday 25th February

12.00pm Eucharist

*St. Lawrence Church*

6.30pm Junior Choir Rehearsal

*St Lawrence Church*

8.00pm Choir Rehearsal

*St Lawrence Church*

### Thursday 26th February

10.30am Funeral of Eve Durntall

*St Lawrence Church*

1.30pm Lent Course (note changed time!)

*Breakspear Room*

8.00pm Lent Course

*Breakspear Room*

### Friday 27th February

10.00am Bedmond Bells WI Craft and Chat

*The Tin Church*

2.00pm Craft and Conversation

*The Breakspear Room*

There is no collection during today's service. If you would like to give this morning, please use the contactless giving point at the back of Church, or just leave your gift on the offering plates at the back or scan the QR code. Thank you.



Many of our worshippers **support the work of the Parish financially** through regular planned giving. If you don't yet, please do—ideally using the Parish Giving Scheme. It is really easy to do: just visit [www.paritygiving.org.uk](http://www.paritygiving.org.uk) and search for 'Abbots Langley and Bedmond'.

Alternatively, please call 0333 002 1260. For any queries about giving to the parish, please email: [churchwarden2@abbotslangley.org.uk](mailto:churchwarden2@abbotslangley.org.uk)

### **HELP NEEDED IN THE MESSY CHURCH KITCHEN**

- if you are able to help once a month at Messy Church in the kitchen, please contact Wendy Meldrum: [wendymeldrum@gmail.com](mailto:wendymeldrum@gmail.com)

**Lent Course - The Eucharist: What's it all about?** Continues on Thursday at 1.30pm (please note altered time for this week!) and 8pm.

**The funeral of Tony Smith** will be at West Herts Crem on 5th March at 3.30pm. All are welcome: full details at <https://tinyurl.com/9ahkptef>

**Junior Choir Jumpers!** Anyone who has previously had a child in the junior choir (however long ago!) please can you have a look to see if you have any old jumpers at home as we are running very low. Please hand them to Marianne or the church office.

**MALAWI QUIZ NIGHT: SAT MARCH 7TH CHURCH HALL 7PM:** Come and join in the fun. £15pp includes a two course supper. BYO drinks. Tables of 8, make up your own table or join one on the night. Please contact Wendy Meldrum at [wendymeldrum@gmail.com](mailto:wendymeldrum@gmail.com) or the Church office: 01923 261793

**Patricia Hill's daughter Jane, is being cared for by Camphill Village Trust** and they have been nominated for a 'Disability Provider of the year' award. If you would like to vote for them please visit: **Vote for Disability Service Provider of the Year | My Local Awards**

**Palm Cross Making** - All are welcome to join Mothers' Union on **25<sup>th</sup> March in the Breakspear Room** to make Palm Crosses from 10.00am onwards - please bring some scissors - instructions will be available.

**If you would like to attend Helen's licensing** at St Luke's Church, Bricket Wood at 7.30pm on Monday 23rd March., please sign the sheet at the back of church by **Thursday 26th February.**

**The Annunciation** – led by Peter, at St Albans Cathedral. Join Peter for an evening exploring what makes the Virgin Mary so remarkable. Wednesday 25th March. Eucharist at 7pm is followed by the lecture. **Tickets will be on sale until midday on the day of the event.** Visit: [www.stalbanscathedral.org/Event/the-annunciation](http://www.stalbanscathedral.org/Event/the-annunciation). Phone bookings possible on 01727 890290.

## **CONTACT DETAILS**

**Vicar:** Revd Dr Peter Waddell 07552 359046  
Email: [vicar@abbotslangley.org.uk](mailto:vicar@abbotslangley.org.uk)

**Curate:** Revd. Helen Neville 07718 172642  
Email: [curate@abbotslangley.org.uk](mailto:curate@abbotslangley.org.uk)

**Safeguarding Officer:** Roxanne Yau  
[safeguarding@abbotslangley.org.uk](mailto:safeguarding@abbotslangley.org.uk)

**Churchwardens:** Tom Betteridge and Richard Baldwin ([churchwardens@abbotslangley.org.uk](mailto:churchwardens@abbotslangley.org.uk))

**Director of Music:** Marianne Chapman  
Email: [directorofmusic@abbotslangley.org.uk](mailto:directorofmusic@abbotslangley.org.uk)

**Church Office Opening Times:**  
10.00am until 12.30pm Mon-Fri - 01923 261795  
Email: [adminstlawrence@abbotslangley.org.uk](mailto:adminstlawrence@abbotslangley.org.uk)

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***If anyone needs the ministry of a priest at any time,  
please contact Peter or Helen directly.***