

First Reading (Genesis 2.15–17; 3.1–7)

A reading from the book of Genesis.

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.

This is the word of the Lord
Thanks be to God

Psalm 32

Response:

I will confess my transgressions to the Lord.

Happy are they whose transgressions are forgiven,
and whose sin is put away!

Happy are they to whom the Lord imputes no guilt,
and in whose spirit there is no guile! **R**

While I held my tongue, my bones withered away,
because of my groaning all day long.
For your hand was heavy upon me day and night;
my moisture was dried up as in the heat of summer. **R**

Then I acknowledged my sin to you,
and did not conceal my guilt.
I said, 'I will confess my transgressions to the Lord';
then you forgave me the guilt of my sin. **R**

Therefore all the faithful will make their prayers to you
in time of trouble;
when the great waters overflow, they shall not reach them.
You are my hiding-place; you preserve me from trouble;
you surround me with shouts of deliverance. **R**

'I will instruct you and teach you
in the way that you should go; I will guide you with my eye.
Do not be like horse or mule, which have no understanding;
who must be fitted with bit and bridle,
or else they will not stay near you.' **R**

Great are the tribulations of the wicked;
but mercy embraces those who trust in the Lord.
Be glad, you righteous, and rejoice in the Lord;
shout for joy, all who are true of heart. **R**

Second Reading (Romans 5.12-19)

A reading from the letter of Saint Paul to the Romans.

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.

This is the word of the Lord
Thanks be to God

Gospel Acclamation

Praise to you, O Christ, King of eternal glory!
One does not live by bread alone,
but by every word that comes from the mouth of God.
Praise to you, O Christ, King of eternal glory!

Gospel (Matthew 4.1-11)

Hear the Gospel of our Lord Jesus Christ according to
Matthew

Glory to you, O Lord

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.

This is the Gospel of the Lord
Praise to you, O Christ

Parish Contacts

St Matthias' Church, Rushgrove Avenue NW9 6QY
stmatthiasnw9.org

 @colindalechurch.bsky.social  stmatthiasnw9

Priest in Charge:

Fr Matthew Duckett SMMS (*Weekly rest day: Monday*)
The Vicarage, 48 Rushgrove Avenue, Colindale NW9 6QY
020 8200 3770/07729 154529/matthew_duckett@yahoo.co.uk

Churchwardens:

Eleanor Arthur
Robert Wilson

Parish Safeguarding Officer:

Frances Poulastides

Intercessions

For the sick and those in need who have asked for our prayers.

For the recently departed:

Joseph Odametye, Eunice McGinty Warren.

Anniversaries of death:

Mario Bianchi, Patrick Baxter, John James Askew,
Agnes Mary Odell.

To preserve privacy, the names of the sick and those in need, and sometimes of the recently departed, are omitted from the version of the news sheet published online. They are all, however, prayed for at the service in Church.

11am Parish Mass Hymns:

Entrance	190	Forty days and forty nights
Offertory	522	Once, only once, and once for all
Communion	343	Jesu, lover of my soul (1st Tune: Aberystwyth)
Recessional	379	Lead us, heavenly Father, lead us (1st Tune: Mannheim)

Mass setting: 953 *A Simple Mass (Andrew Moore)*

Parish Notices

Diocesan Lent Programme

The Diocesan Lent programme this year is "Treasures of Darkness", Online on Tuesdays through Lent 24 February, 3, 10, 17 and 24 March.

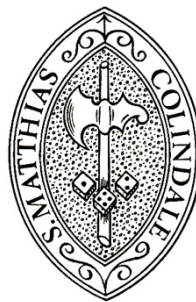
"This Lent, join us to explore the journey of discipleship amid uncertainty, mystery, and unknowing. Drawing on lived experience and the wisdom of disability and suffering theologies, we will reflect on what it means to follow Christ – not in spite of life's struggles, but as we encounter God's grace and guidance within them."

For more information and to register see here:

www.london.anglican.org/church-and-parish-support/confident-disciples/treasures-of-darkness-lent-2026-2/

Bishop's Visit & Confirmation – Sunday 19th April

Bishop Anderson will be with us on Sunday 19th April, the Second Sunday of Easter. Please speak to Fr Matthew if you would like to be baptised and/or confirmed on that Sunday.



The Parish of Colindale

Saint Matthias

The First Sunday of Lent 22nd February 2026



Mass Times and Readings for Morning and Evening Prayer

Readings and psalms for Morning and Evening Prayer are given for use with Common Worship Daily Prayer or the Book of Common Prayer. MP = Morning Prayer; EP = Evening Prayer. For a shorter version of the Office, use one psalm and one reading. For the same services online see tinyurl.com/jusdp. (= a long Psalm, part of which may be omitted. Where there is a choice of two sets of Psalms, the first is for the season, the second follows the ordinary cycle.)*

Sunday 22nd February 10.15am Eucharistic Adoration
First Sunday of Lent **11am Parish Mass**

MP: Psalm 119.1-16; Jeremiah 18.1-11; Luke 18.9-14

EP: Psalm 50.1-15; Deuteronomy 6.4-9, 16-end; Luke 15.1-10

Mon 23rd February *No Services*

Memorial: Saint Polycarp, Bishop of Smyrna, Martyr

MP: Psalms 10, 11 (or) 71; Genesis 41.25-45; Galatians 3.23 – 4.7

EP: Psalms 12, 13, 14 (or) 72, 75; Jeremiah 4.19-end; John 5.1-18

Tues 24th February **12.30pm Mass**

February Commemoration of Saint Matthias, Apostle

MP: Psalm 44 (or) 73; Genesis 41.46 – 42.5; Galatians 4.8-20

EP: Psalms 46, 49 (or) 74; Jeremiah 5.1-19; John 5.19-29

Weds 25th February **10am Mass** (*Morning Prayer at 09.30*)

Ember Day

MP: Psalms 6, 17 (or) 77; Genesis 42.6-17; Galatians 4.21 – 5.1

EP: Psalms 9, 28 (or) 119.81-104; Jeremiah 5.20-end; John 5.30-end

Thurs 26th February **9am Mass** (*Morning Prayer at 08.30*)

MP: Psalms 42, 43 (or) 78.1-39*; Genesis 42.18-28; Galatians 5.2-15

EP: Psalms 137, 138, 142 (or) 78.40-end*; Jeremiah 6.9-21; John 6.1-15

Fri 27th February **9am Mass** (*Morning Prayer at 08.30*)

Memorial: George Herbert, Priest, Poet.

MP: Psalm 22 (or) 55; Genesis 42.29-end; Galatians 5.16-end

EP: Psalms 54, 55 (or) 69; Jeremiah 6.22-end; John 6.16-27

Sat 28th February **10am Mass** (*Morning Prayer at 09.30*)

Lent Memorial of the Blessed Virgin Mary

MP: Psalms 59, 63 (or) 76, 79; Genesis 43.1-15; Galatians 6

EP: Psalms 4, 16 (or) 81, 84; Jeremiah 7.1-20; John 6.27-40

Sunday 1st March 10.15am Eucharistic Adoration
Second Sunday of Lent **11am Parish Mass**

MP: Psalm 74; Jeremiah 22.1-9; Matthew 8.1-13

EP: Psalm 135*; Numbers 21.4-9; Luke 14.27-33
