

This week we pray in love for:

The life of the villages

- ♦ Whipsnade Zoo
- ♦ Our village halls and their committees
- ♦ Our local police
- ♦ Rachel Hopkins, the local MP

In our Diocesan Prayer Diary, we pray for the parish of All Saints, Bedford

February prayers for...

Kensworth

Ridgeway, Russell Close and Plewes Close

Studham

Oakway

Whipsnade

Whipsnade Park Homes

This week please remember in your prayers: those in the midst of illness, operations or accidents, including Frank and Barbara Walker, Trish Palmer, Alan Geeson, Jo Hutchinson, Clifford Bygrave, Ann and Malcolm Weir, Wendy Kennedy, Chris Hazell, Angela, Catherine, Hilda, Mike; and those who have died recently.

Do you have a name or a request for prayer that you wish to have included on this prayer list? Please email Nicola on revnicolalenthall@btinternet.com before Thursday each week.

A prayer for this week: God of strength, we pray for those going through testing times, especially those who have been lied to or encouraged to do wrong. Help them to trust again. We pray for those who have been scammed, those who have lost money, confidence, dignity. Help them to trust again. We pray for all who have lost faith in you, in others, in themselves. Help them to trust again. In Jesus' name we pray. Amen.

Readings for next week: Genesis 12: 1-4a; Romans 4: 1-5, 13-17; John 3: 1-17

• ***Dates for your diary***

- **Tuesday 24th February, 2-4pm** – ‘Knit and Natter’, Whipsnade Church
- **Tuesday 24th February, 7.30-9pm** – NCG Lent Course on prayer, Totternhoe Church Hall
- **Wednesday 25th February, 12.30pm** – Whipsnade Village Lunch, Whipsnade Village Hall

Foodbank requirements:

Long-life fruit juice; solid meat; tinned meat meals; savoury biscuits/crackers; tinned fruit; tinned vegetables; tinned potatoes; instant mash; long-life milk; carrier bags. No pasta or rice please.

SAVE THE DATES:

March 7th, 2.30-4.30pm – Annual ‘Rock Ness’ concert in Whipsnade Church, in memory of former churchwarden Vanessa Hornby. Free entry on the door, no need to book, donations for the church welcome.

March 14th, 5.30-8.30pm – Barn Dance at Kensworth Village Hall, contact Jane at janezbedlington@gmail.com for more details and to book your place!

Gifts for your Lenten journey...

On Tuesday evenings in Lent at 7.30pm why not come along to Totternhoe Church Hall for ‘The Adventure of Prayer’, our annual North Chilterns Group Lent course? Or commit to something every day at <https://www.stewardship.org.uk/40-acts-sign-up>

Welcome to the United Benefice of Kensworth, Studham and Whipsnade

Part of the North Chilterns Group of Parishes

Sunday 22nd February 2026
First Sunday of Lent

Kensworth 8.00am – Holy Communion
in Kensworth Church Hall

10.30am – Family Service

Studham 10.30am – Holy Communion

Whipsnade 9.00am – Holy Communion

Services next week: 1st March

Kensworth 10.30am – Holy Communion

Studham 10.30am – Family Service

Whipsnade 9.00am – Holy Communion

If this is your first visit to one of our churches, then please make yourself known as we're a friendly lot – really! The rector (Nicola) can be reached on (01582) 872223 or at revnicolalenthall@btinternet.com. Please also email Nicola if you'd like to receive this service sheet weekly by email. We hope you enjoy your time with us.

Sunday 22th February 2026
First Sunday of Lent

The 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. **Amen**

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.

This is the word of the Lord

All: Thanks be to God

A reading from St Paul's Letter 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 the act of righteousness of one leads to justification and life for all. For just as by the one person'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

All: Thanks be to God

Hear the Gospel of Our Lord Jesus Christ according to Matthew

All: 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 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.

All: Praise to you, O Christ.

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**

REFLECTIONS ON THE READINGS:

What could you do to grow your trust in God so you can resist temptation?

For parents and carers: ask your child, "How did the serpent convince Adam and Eve to stop trusting God and eat the fruit?"