

Truro
Cathedral
sacred space, common ground

Sunday 22 February 2026
First Sunday of Lent

Worship in Truro Cathedral today

08:00	BCP Holy Communion	Revd. Andrew Yates
10:00	Choral Eucharist	President Revd. Keiren Marwood Preacher Revd. Jeff James
16.00	Choral Evensong	Preacher Charles Howlett

10.00am Hymns for this morning's service

67, 383ii, 414

Music for the 10am Eucharist

Introit	Thou knowest, Lord	Purcell
Missa	Bell'amfitrit altera	Lassus
Motet	Civitas sancti tui	Byrd
Voluntary	Fantasia Chromatica	Sweelinck

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.**

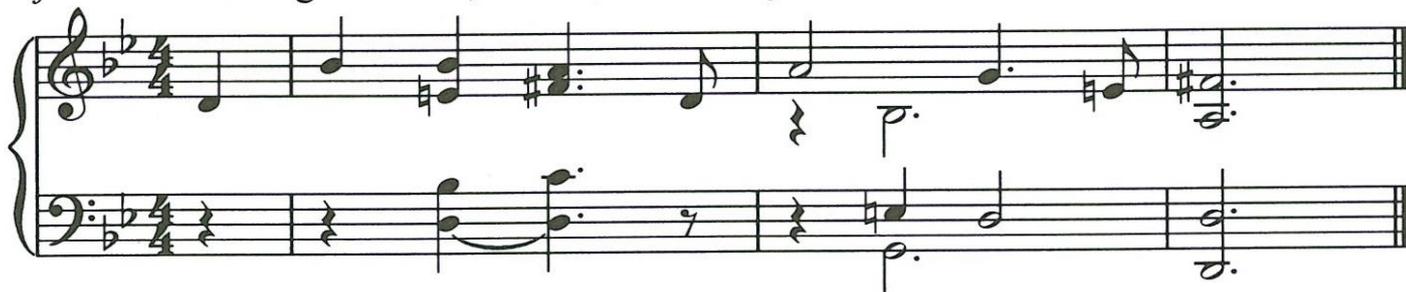
First reading. Genesis 2.15–17; 3.1–7 The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat 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.

Psalm 32

Andrew Moore

Response

cf. v. 5 For - give me, Lord, the guilt of my sin.



Happy the one whose transgression is forgiven,
And whose sin is covered.

Happy the one to whom the Lord imputes 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 iniquity I did not hide.
I said, I will confess my transgressions to the Lord,
And you forgave 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 preserve me from trouble;
You surround me with songs of deliverance.

Second reading: Romans 5.12-19 Therefore, 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.

Gospel Reading : 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.

Post Communion Prayer:

Post Communion Prayer 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

Music for Choral Evensong

The Second Service *Byrd*

Anthem For lo, I raise up *Stanford*

Voluntary Postlude in D minor *Stanford*

Responses *Ayleward*

Psalm 51

Hymns 70, 331

This week we are praying for: May Kincaid, Fiona Davie, Mary Prior, Elliot Wills, Laura Bushell Hawke, Ruth Robathan, Jill Staplehurst, Claire Burgess, Colin Bradley, Sophia Jenkins.

RIP: Tricia Pilkington, Paul Hewson, Tim Pickering.

Next Sunday, 1 March, Sunday next before Lent

8.00 BCP Holy Communion Rev. Andrew Yates

10.00 Choral Eucharist President: Canon Sue Wallace

Preacher: Canon Sue Wallace

16.00 Choral Evensong Preacher Revd. Gorran Chapman

Services for the week beginning: 23 February 2025

Monday 23 February <i>Polycarp, bishop, martyr, c155</i>	09:00 09:30 16.00	Holy Communion Morning Prayer Evening Prayer
Tuesday 24 February	09:00 09:30 17.30	Holy Communion Morning Prayer Choral Evensong
Wednesday 25 February	09:00 09:30 17.30	Holy Communion Morning Prayer Choral Evensong
Thursday 26 February	09:00 09.30 12.10 17.30	Holy Communion Morning Prayer Christian Meditation Choral Evensong - Truro Sch. Chamber choir
Friday 27 February <i>George Herbert, priest, poet, 1633</i>	09.00 09.30 11:00 17.30	Holy Communion Morning Prayer BCP Holy Communion Choral Evensong
Saturday 28 February <i>David, bishop, patron of Wales, c60</i>	09:00 09:30 16:00	Holy Communion Morning Prayer Evening Prayer

New appointment. Please welcome Gemma Ohly, our new Events Manager. who will begin her permanent role with us on Monday 23 February.

Lent Readings: Throughout Lent, it is our custom to read through the whole of one of the Gospels. This year's readings are from the Gospel according to St Matthew. Readings begin on Monday 23rd February, from the Podium lectern.

Readings this week:

Monday 23 rd	Chapter 1	11.30	Chapter 2	12.00 noon
Tuesday 24 th	Chapter 3	11.30	Chapter 4	12.00 noon
Wednesday 25 th	Chapter 5	11.30	Chapter 6	12.00 noon
Thursday 26 th	Chapter 7	11.30	Chapter 8	12.00 noon
Friday 27 th	Chapter 9	12.00 noon	Chapter 10	12.30pm

Baptism & Confirmation at Easter

If anyone is interested in Baptism or Confirmation, you are invited to contact Canon Sue for preparation during Lent. Also the following sessions will prepare you for Confirmation.

Exploring the Christian Faith will be in the **Chapter House at 3-3.45pm** on the following days:

Sunday 22nd February: Existence of God and the life of Jesus.

Sunday 1st March: Jesus death and resurrection.

Sunday 8th March: Different ways of Praying.

Sunday 15th March: The Bible and the Holy Spirit.

Sunday 22nd March: The Church and the Sacraments.

Sunday 29th March: Baptism and Confirmation.

All are welcome to attend any or all of these sessions.

Stations of the Cross

A moving and inspiring set of stations of the Cross by the artist Judith Tutin will once more be installed around the cathedral this Lent.

We are very grateful to Judith for all her work on this. Please do tour them and use them in your own devotions. We will also be using them liturgically on a number of occasions within the coming weeks. More details of these devotional tours of the stations will follow soon.

A note about today's music from James

Today we are singing a wonderful mass setting by Orlando Lassus, which has been a new learn for us. It is in 8 parts, split into 2 choirs, and it has been a favourite piece of mine for a long time. There is a wonderful recording of it from Christ Church, Oxford from 1982, with their amazing director Simon Preston – probably one of the best choirs ever to have existed. Do have a listen if you enjoyed the music this morning. I hope that in the coming weeks the music in the cathedral provides a fitting backdrop to our marking of Lent.

Pop-Up Cathedral Shop: The shop has re-opened: Easter cards, books, Cathedral choir CDs, and lots more. *Come and browse !!!*

Walking Lent with the World

This Lent, our cathedral invites you to journey differently

LENT Book: Landscapes of Penance, Peace & Reconciliation

Landscapes of Penance, Peace & Reconciliation is a beautifully crafted 40-day reflection book that helps us see Lent not as a season of burden, but as a time of honesty, healing, and renewed hope. Rooted in the Gospel of John and shaped by voices from around the world, it encourages us to look again — at God, at ourselves, and at the world we share.

Discussion Groups: Alongside personal reading, we warmly invite you to join our weekly Lent study group, where we'll reflect together on the themes of the book, share insights, and support one another on the journey through Lent. Discussion groups last about 1.15min ...*why not bring along a friend*

Sundays from 22nd Feb. 11.30am after worship: St George's Truro: Fr Owen

Sundays from 22nd Feb. 5pm after evensong: Location to be confirmed.

Mondays from 23 Feb. 10.30 am. on zoom : Revd Andrew Yates

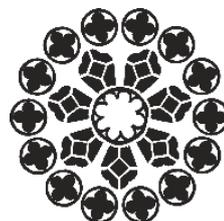
Thursdays 26 Feb. 2.30 pm. Truro Cathedral : Revd Jeff James

Saturdays from 21 Feb. 10.30 on zoom : Brother Finnian (Franciscan brother)

Lent Book : Landscapes of Penance, Peace & Reconciliation – available at the Visitor Desk in the Cathedral, £10. Or through the website **spiritoffrancis.com**

For more details and zoom link please contact: sian.yates@smitf.org.

Truro Cathedral Charity Number: 1207821



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