

## Collect for Today

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.**

## Readings for This Week

Genesis 9.8-17  
(Psalm 25.1-9)  
1 Peter 3.18-22  
Mark 1.9-15

## Readings for Next Week

Genesis 17.1-7, 15, 16  
(Psalm 22.23-31)  
Romans 4.13-25  
Mark 8.31-38

## Verse for the Week

Jesus came to Galilee, proclaiming the good news of God and saying “The time is fulfilled and the Kingdom of God has come near; repent and believe the good news.”  
**Mark 1:14-15**

## Prayer & Reading Diary

### Monday

**Read:** Genesis 17.1-7, 15, 16

**Prayer:** Almighty God, you live *with* us; you are *in* us! - This is what Jesus said – **there’s no spiritual distancing!** Please fill us with wonderment and praise! John’s Gospel says: we are *in* you, and you, Lord, are *in* us. Wow! That’s a dynamic life of loving-togetherness – **no two-metre rule!**  
Please fill us with wonderment and praise!

**Amen**

### Tuesday

**Read:** Psalm 22.23-31

**Prayer:** Lord, bless your Church with the continuing energy and presence of your Holy Spirit. During this challenging time, give wisdom to all leaders across the Christian spectrum; thank you for the new ways we’re enjoying corporate worship, not in a physical building but as living stones bonded together into the body of Christ, here in Devon and around the world.

**Amen**

### Wednesday

**Read:** Romans 4.13-25

**Prayer:** We pray for the leaders of the nations, and our own government, as they and their advisors wrestle with the science and politics of the COVID-19 pandemic. And we give praise for the speedy success with the international efforts to produce an efficient vaccine for our planet’s population.

**Amen**

## Prayer & Reading Diary

### Thursday

**Read:** Mark 8.31-38

**Prayer:** Lord, your faithful Spirit resides in the compassion and gritty determination of millions. We give thanks and pray for those soldiering-on in residential and nursing homes, hospitals, intensive care units, health centres and online helplines. And we give thanks and pray for workers in multiple industries and services who enable the proper functioning of our complex society. We applaud their perseverance, especially when they may be weary or worried about their own families and friends.

**Amen**

### Friday

**Read:** Genesis 12.1-9

**Prayer:** We pray for those with no garden to enjoy, the lonely, isolated and sick, and families managing the challenge of home-schooling. And we pray for teachers and all ancillary staff in our schools, businesses and workers wondering about their safety, and how they’ll cope with the future. We pray for those feeling intense pressure, or facing financial ruin.

**Amen**

### Saturday

**Read:** Hebrews 11.1-3, 8-16

**Prayer:** Almighty God, huge numbers are read out on the TV and radio. Each representing a deceased loved-ones, missed and mourned by many; wonderfully created human beings of whatever age and race. We pray for all who grieve. From within the disturbance of death, blaze a trail of light, ignited by the awesome words of Jesus “**I am the resurrection and the life!**” Please fill us with wonderment and praise, Through Jesus Christ our Lord and Saviour.

**Amen**

## Notices:



- What are you doing for Lent? Forget giving up chocolate: eat as much of the stuff as you like but instead join a lent group. There are three to choose from. One has already started but it is not too late to join any of them. Details of all three are attached separately with this Grapevine.
- If you can't or don't want to join a group, decide to do something else to grow your spiritual life. Make a space to pray: a physical space and a time space and discipline yourself to pray and read your Bible every day. You may find it dull and difficult at times but whoever said it would be easy? If you persevere you will grow in your faith.
- If you go to one of the recorded services and click around below the video you will soon find your way to the back catalogue of over 100 videos, including some short "Night prayer" services which you might find helpful. If you prefer audio only if you google "Moorthoughts podcast" you will find much of the same material but without the pictures. You can download this and listen while you walk the dog.
- Of course you don't need to stick with what we have produced! Try here for a start <https://www.churchofengland.org/our-faith/what-we-believe/lent-holy-week-and-easter> or you can find your way to any number of resources that churches around the country or indeed around the world are offering.

## Church Services:



### Sunday 21<sup>st</sup> February:

9:30am  
Bridestowe – Morning Prayer  
Bratton Clovelly – Holy Communion  
Belstone – Morning Prayer  
Inwardleigh – Holy Communion

11:00am  
Okehampton – Holy Communion  
Lydford – Morning Prayer

**Services are subject to last minute changes at the moment, so if there are any alterations to this list, updates will be published in the email that comes out later in the week.**

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# Grapevine

Northmoor Churches Weekly News

1<sup>st</sup> Sunday of Lent

21<sup>st</sup> Feb 2021



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"Yes Man" is a 2008 film starring Jim Carrey as a man who, following an inspirational personal development talk, decides to say "Yes" to everything. As you can imagine, being a Jim Carrey movie, it gets him into any number of difficulties but he also discovers the amazing power of "Yes" to transform his life.

This is the first Sunday of Lent. It is a time for reflection and for learning the power of "No". You might think that "No" is the opposite of "Yes" and of course you would be right but they are cousins none the less because both require discipline. Saying no to yourself, especially to the destructive, life-sapping temptations we all experience, puts the real you back in charge. It is phenomenally difficult, especially when you are at your weak points, but it is possible with practice. In the same way, saying yes to yourself when you have a positive, life-giving opportunity puts the real you in the driving seat because by doing so you have said no to the temptation to despair.

So here is a word of advice from someone who isn't very good at it. Learn to say yes to the good and learn to say no to the bad. You won't always manage it but if you can do it just a bit more each day then gradually you will develop positive habits which will make life a whole lot sweeter. "Let your yes be yes and your no be no" said Jesus. I'm going to try to make that my motto for the next forty days.

*Stephen*