

THE WEEKLY NEWSLETTER for
St. Iltyd's Ilston, St. John the Baptist Penmaen, St Nicholas
Nicholaston, St. Mary's Pennard, St. Teilo's Bishopston
Churches in the Gower Ministry Area
(Reg Charity No C10 1210801 Website gowerma.org)
Sunday 22nd February 2026 First Sunday of Lent

Contacts

Priests

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**LIFE WITH JESUS IS BETTER THAN LIFE
WITHOUT HIM**

**God of Mission Who alone brings growth to
your Church, Send your Holy Spirit to give
Vision to our planning, Wisdom to our actions,
And power to our witness. Help our church to
grow in numbers, In spiritual commitment to
you, And in service to our local community,
Through Jesus Christ our Lord. Amen.**

Sunday 22nd February

9.30am St Teilo's Bishopston Church Hall Eucharist

11.00am St. Mary's Pennard Eucharist

11.15am St Nicholas Nicholaston Eucharist

Wednesday 25th February

9.45 am St Mary's Pennard Eucharist

7.00pm Lent Course Lamplighter

Thursday 26th February

9.30am Lamplighter Celtic Communion

Sunday 1st March

9.30am St. Iltyds Ilston Eucharist

9.30am St. Teilo's Bishopston Eucharist

11.00am St. Mary's Pennard Eucharist

11.15am St. Nicholas Nicholaston Morning Prayer

February's prayer for peace.

Lord,

We seek your tranquillity now in a world of unrest.

Your power heals nations, ends conflicts,
promotes justice and brings global unity.

Fill the earth with your peace and presence we
pray. Amen

Sunday 22nd February Lent 1 In the

Diocesan Cycle of Prayer we pray for the

Lay Worship Leaders in the Pen y Glyn

Ministry Area we also pray for the Church of

Ireland and those who follow Jesus in

Comoros.

St Teilo's Heating

**This Sunday will be our last in the Hall, from
next Sunday March 1st we will be back in
Church hopefully with some heating**

The funeral arrangements for Mr Anthony Hubert
Basil Jones, Tony/Jimmy, Tuesday 24th February
at 2 pm at Swansea Crematorium.

During Lent I would ask you to hold in prayer
throughout the season those who serve your
churches as officers and those who provide
worship and assist.

This is so important at this time of change and
sometimes we just don't realise all the hard work
they do behind the scenes with buildings, people,
finance and a myriad of other matters that truly
make everything work I will be publishing a prayer
point each week in our bulletin

However let's begin this week with Nicholaston
and Penmaen

David, Rupert, Lorraine, Frances and Claire

Peter

Dear All,

The Lamplighter is in need for some additional
grant funding and we have been pointed in a
number of directions

What we are looking at requires the help and
input of someone with experience of writing good
grant applications.

If you or you know of someone who might be able
to help then please contact me

peterbrooks@cinw.org.uk 01792232928

Peter

Dear Friends, you will have had attachment with
your bulletin with regards to prayers you may wish
to join with me in saying in our churches and in
your own private prayers. Prayer is an important
part of our faith and the more of us who pray for
things we truly need for our churches then we will
indeed see wonderful things happen. Some of
these prayers will change month by month and I
will of course inform you. **Peter**

Here is a current list of what we need at West Cross Foodbank.

Tinned Custard	Instant packet pasta
Pasta/cooking sauces	Smash
Baked beans	Tinned potatoes
Tinned Spaghetti	Pulses
Milk	Biscuits
Salt and pepper small pots	Washing up liquid
Shampoo	Soap

Drop off to Lamplighter or in Church Hall at Sunday Service or Linden Church Monday 11-30-2.30, Wed 9.30-12, Fridays 10-3.
Co op collection baskets at Mumbles, Brynmill and Bishopston.

St. Mary's, Pennard

I did say that you hadn't heard the last from me....First, may I say thank you to those who have continued to contribute to the Food Bank, either with food or money donations since Christmas. Easter is approaching and we would like to make that time special for the families who use the Food Bank especially the children so please think about contributing in any way you can. Items may be brought to the church at any service, the Community Hall service, or delivered to either Ailsa or me.

We will be making our Easter delivery on March 19th.

Eileen Thompson

Tearfund With the continuing problems in Israel and Gaza Tear Fund is in need of our support as they are part of The DEC in addition to our monthly contribution of £60 people can give their contributions to Sue Waite or put them directly into the Tearfund account. Sort Code: 30 90 89
Account No: 37039368

Ministry Area Bible Studies

The Ministry Area will be running two Alpha Courses this coming Lent.

The online version commenced on 3rd February and the connecting details will be sent out shortly

There will be an in person at Killay Church commencing February 23rd and again more details to follow

Lent 2026

We will be hosting the **Church in Wales Lent Course** from 18th February 7.00 pm **each week at the Lamplighter,**

It is called 'From Pancakes to Palm Crosses' and features the story of Easter as seen through our Cathedrals.

This is a provincial course that will take us on a pilgrimage across Wales, visiting each of our six historic cathedrals for each week of Lent

This is a course designed to be completed in study groups, with discussion questions and videos provided, but it can also be completed alone.

Each video has a choice of English and Welsh subtitles, and all written materials are bilingual. Each video is 10 minutes long, and provides discussion questions for a study group session that will last a recommended time of one hour. We hope you enjoy this course and use it to draw closer to God during this season of reflection!

<https://www.churchinwales.org.uk/en/evangelism/len-t-2026-from-pancakes-to-palm-crosses/>

Sunday 22nd February 2026 The First Sunday in Lent

Almighty God, your 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 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.

Thanks be to God.

Psalm 32

Be glad, you righteous, and rejoice in the Lord.

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.

Be glad, you righteous, and rejoice in the Lord.

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.

Be glad, you righteous, and rejoice in the Lord.

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.

Be glad, you righteous, and rejoice in the Lord.

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

Be glad, you righteous, and rejoice in the Lord.

Great tribulations remain for 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.

Be glad, you righteous, and rejoice in the Lord.

A reading from 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.

Thanks be to God.

Listen to the Gospel of Christ according to St Matthew (4.1-11)

Glory to you, O Lord.

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.

Praise to you, O Christ.

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.