



**The Team Parish of Christ the King
St Aidan's Church Brunton Park**

**Sunday 22nd February 2026
First Sunday of Lent**

This Sunday marks the first Sunday in Lent. We began Lent on Wednesday with an act of penitence, as we received the sign of the cross in ash on our foreheads. In that moment we heard the words: 'turn away from sin and be faithful to Christ.' This Sunday's passage from the book of Genesis asks us to continue to reflect on the place of sin in the world and in our lives. We go right back to the beginning and the moment Adam and Eve choose to walk their own path instead of living in obedience to God.

And as we hear it, for all that sin is a complicated business, we're reminded of two fundamental truths. First that sin was not God's design for us. Sin and evil are contrary to God's plan for the world, so whenever we face suffering, or pain, or hardship we can know that these things are not God's doing. He never wanted this for his creation, he stands against it, and with us, in every moment of our trial. And second that sin is not the end of the story. Adam fell, but Christ redeems. Eve sinned, but God saves. This side of Christ's return we will never be free of the workings of evil, but its power has been broken on the cross, because God's love is more powerful than our sin could ever be. So this Lent we're reminded of the call to 'turn away from sin and be faithful to Christ' because ultimately, even if Adam and Eve began our story with sin, Jesus ends it with grace.

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.'

3 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.

Matthew 4.1-11

Then 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.' ¹ 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.

TODAY 9.30am First Sunday of Lent Rev'd Gerard Rundell will preside and Preach

THE WEEK AHEAD

Mon		Bible Study Group
Tues	3.30-5pm,	After School Club
	7.30pm.	Community Room Lent Course 'The Chosen'
Wed	10am	BCP Midweek Eucharist
	12pm	Lent Lunch at St Aidan's
Thurs	2.00pm	Community Room Chat and Craft
Fri	2.30pm	Thanksgiving Service for Pauline Adair
Sat	10.00am	Saturday Café
Sun	9.30am	Second Sunday of Lent (NB no Family Service). Bernie Troughton will lead and Rev'd Gerard Rundell will preside and preach

DATES FOR THE DIARY

Mon 2nd	Bible Study Group
Tues 3rd	After School Club 7.30pm Lent Course 'The Chosen' Community Room'
Wed 4th	12pm Lent Lunch at Sacred Heart RC Church
Thurs 5th	Community Room Prayer and Praise

NOTICES

TODAY'S SERVICE LINK <https://bit.ly/StAidans2026Lent1>

LENT COURSE – Our Lent Course this year will be returning to 'The Chosen' a TV series re-telling the story of Jesus and his disciples. It will be Tuesdays at 7.30pm in the Community Room and joining with others across the team.

LENT LUNCHESES – Lent lunches will held as usual on Wednesdays at 12pm:

25th Feb: St Aidan's	4th March: Sacred Heart
11th March: St Columba's	18th March: St Cuthbert's

SACRISTANS – HELP NEEDED – In the past there were four couples sharing sacristan's duties but we now only have Chris and Pauline Watson and Pat Page. We would like to expand the team to lighten the load on them. Duties involve ensuring all items including candles, altar bread, wine, and linens are prepared for the Eucharist service, and offers a chance to learn more about what goes on in the vestry behind the scenes! Training would be given to anyone interested in learning what is involved. Please speak to one of the sacristans or church wardens if that sounds like something you could do.

SOCIAL COMMITTEE – Social gatherings have always been popular at St Aidan's and with the local community and we try to provide a variety of events to suit all tastes. However, these events would not take place without the volunteers who do so much behind the scenes, and we are now looking for more volunteers to join the team. If you are interested in joining and would like more information, please speak to Linda, Margaret or Susan.

SAD NEWS- We were very sorry to hear the sad news that our dear friend Pauline Adair died on the 9th February. A service of thanksgiving will take place at St Aidan's on Friday 27th February at 2.30pm.

TIDY OUT – Janice is looking for volunteers to help tidy out the kid's group cupboard on Wednesday 11th March from mid-day. If anyone can spare an hour or two please speak to Janice.

Living on God's Good Earth February 2026: Feed the Birds

Sharing our gardens with birds, hedgehogs, and other animals is a joy. But winter and early spring is a tough time. Like us, other animals need to use lots of energy (or sleep) to survive in the cold, but unlike us, they don't have supermarkets or heaters to rely on. You can help birds and other wildlife get through these tricky months by leaving areas of leaves or branches undisturbed, planting shrubs and trees with wintering berries and fruit, putting out fresh water on frozen days, and putting up bird feeders. If you use permanent feeders, remember to wash them every week or so to prevent disease from spreading.

SUNDAY SERMONS

For anyone who would like one, written copies of the Sunday sermon are available from the preacher on request. Please contact either Gerard or the preacher of the day to be sent a copy

For Our Prayers:

For the church. Bishops Helen -Ann and Mark. Those assisting our worship: sacristans, musicians, readers, intercessors, servers, tech team.

For the community. Catherine McKinnell our MP, and North Gosforth Parish Council. For those leading Net Zero Newcastle, creating a sustainable future for our city.

For the world – all countries facing hardship and conflict. For our own national and political life

For those in need – Esther Wooler, Sue Bates, Christine Crompton, Charlie Bennett, Lindsay Miller, Marion Newitt, Joyce Richardson.

For those who have died Margaret Preece, Pauline Adair and remembering their families.

On their anniversaries – Stuart Simon, Jean Forrester, Lesley Holmes, Anne Wood, Margaret Shaw, Gordon Wilson, Joyce Barker, George Owen, Cecil talbot, Rennison Shiplay, Jeffrey Ball.



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