

S. MICHAEL AND ALL ANGELS + MOUNT DINHAM

Sunday 31 January 2021: Septuagesima

To be added to or removed from the list of recipients of this Virtual Pugh Sheet please send an e-pistle to opn@umn.edu

This Sunday (31 January 2021: Septuagesima) Church will be open from 11 am to 12 noon for private prayer with Exposition of the Blessed Sacrament from 11.30 onwards

Please enter by the South Door & WEAR A MASK, unless exempt

Please sign in and sit where you see one of the white labels.

Please keep 6 feet apart, and use the hand sanitizers at your going out and your coming in

Please do not come to church if you are feeling ill or are shielding or are vulnerable

Divine Worship is suspended during the present LOCKDOWN
The PCC will review the situation in mid-February

But **VESPERS** will now be live-streamed at 6 p.m. on Tuesdays on the [Friends of S. Michael's Facebook page](https://www.facebook.com/groups/2227703237)
<https://www.facebook.com/groups/2227703237>

and **Matins** at 9.30 am on the [S. Michael's Facebook page](https://www.facebook.com/stmichaelsmtdinhamexeter)
<https://www.facebook.com/stmichaelsmtdinhamexeter>

There will be a Zoom 'coffee meeting' each Sunday at 10.30 am
In observance of the Lockdown regulations, please do not mingle in church

Today's Recorded Service for CANDLEMAS is at
<https://youtu.be/RoIP5LnWKWk>

Licensed Clergy:

Prebendary Nigel Guthrie (Day off: Monday)
nigel.guthrie1@gmail.com

The Revd. Belinda Speed-Andrews: bspeedandrews@gmail.com

The Revd. Ash Leighton Plom, Curate: aescleal@gmail.com/
www.stmichaelsmountdinham.org.uk

twitter: @StMikes_Exeter

facebook: <https://www.facebook.com/stmichaelsmtdinhamexeter>

Below are details of the music that would have been sung at Mass, together with details of recordings for you to enjoy at home

HYMNS:

Introit: 466 [Thou whose almighty word]
<https://www.youtube.com/watch?v=OGuUQjDkQA4>

Offertory: 302 [O thou who at thy Eucharist didst pray]
<https://www.youtube.com/watch?v=U4DJQDp448o>

Recessional: 404 [Lord of our life and God of our salvation]
https://www.youtube.com/watch?v=Zo25-w5fjnU&list=RDZo25-w5fjnU&start_radio=1&t=94

Mass Setting: Mass in 3 parts *Byrd*
<https://www.youtube.com/watch?v=1Am1PQ0p39wE>

Motet: Ne irascaris Domine *Byrd*
<https://www.youtube.com/watch?v=Wo8qfyK9c3c>

PROPER:

Introit Psalm: The sorrows of death came about me, the pains of hell gat hold upon me: **and in my tribulation I made my prayer unto the Lord, and he regarded my supplication out of his holy temple.** I will love thee O Lord my strength: **the Lord is my stony rock my fortress and my Saviour.** Glory be... and to the Holy Ghost: **As it was... and ever shall be: world without end. Amen.** The sorrows of death came about me...

Gradual and Tract: The Lord will be a refuge in the time of trouble, and they that know thy Name will put their trust in thee: **for thou Lord hast never failed them that seek thee.** For the poor shall not always be forgotten, the patient abiding of the meek shall not perish for ever: **up Lord and let not man have the upper hand.** Out of the deep have I called unto thee O Lord, Lord hear my voice: **O let thine ears consider well the voice of my complaint.** If

thou Lord wilt be extreme to mark what is done amiss: O Lord who may abide it? **For there is mercy with thee: therefore shalt thou be feared.**

Offertory Psalm: It is a good thing to give thanks unto the Lord: and to sing praises unto thy Name O Most Highest.

Communion Psalm: Shew thy servant the light of thy countenance, and save me for thy mercies' sake: let me not be confounded O Lord, for I have called upon thee.

The Angelus is said at the end of Mass

FOR YOUR PRAYERS

THE SICK, VULNERABLE AND UNWELL

Those suffering from Covid-19

YEAR'S MIND:	Clara Gillard	Basil Hibbert
John Thurmer priest	Ethel Chapman	Jane Rogers
Evelyn Holding	Austin Dean	Albert Brooke
Florence MacBeth	Ian Campbell	Jane Atkinson
Richard Woodgate	James Williams	Diana Draisey
Valerie Hood		

Please email updates (both additions and removals) to the prayer list and Year's Mind to: opn@umn.edu

Prayers are asked for the Samaritans, for hospital chaplains and other clergy, for those fighting the Covid-19 virus, especially those working in the NHS, Social Care and emergency services

In the **Parish Cycle of Prayer** we pray for xxxxxx

In the **Deanery** our prayers are asked for Countess Wear and Topsham, Other schools, Exeter Network Church, the Diocesan Office, Unlimited Church, the Bishop and his staff, Trinity Church, Clyst Heath

In the **Diocese** our prayers are asked for children suffering mental ill-health, for victims of sexual abuse and violence, Tiverton Mission

Community, people living with cancer, Topsham Mission Community, for HM the Queen on the 69th anniversary of her Accession

Some people are exempt from wearing masks, including, for instance, those with impaired hearing. Please do not challenge those unable to wear a covering as this can cause real distress

If you or anyone known to you feels lonely please contact Fr. Nigel at (01392) 660226 or by e-mail at nigel.guthrie1@gmail.com or Ash at 07855 305519, or to organise a "walk with a friend from church", Howard Friend at 07733 739453.

Paper for recycling and Food Bank donations may be left in church at times of private prayer

Elizabeth Hughes will take orders for **baked goods** for collection in aid of the church at **Exeter (01392) 259878** as will Stephanie Aplin at stephaniecaplin@yahoo.co.uk

S. Michael's Food Bank Box

The Exeter Food Bank needs in-date donations of the following:
Tinned fruit, Jams and spreads, Fruit Juice, Sponge puddings, Nappies sizes 4, 5, 6

A Zoom Lent Group will convene on Thursdays 4, 11, & 18 March to consider Persecution and the Early Church. Details to follow

Details of the Zoom "coffee morning":
[https://us02web.zoom.us/j/6602261392?](https://us02web.zoom.us/j/6602261392?pwd=VzdOaU1XUFBjWk9jV0xvMDZWajZBQT09)
[pwd=VzdOaU1XUFBjWk9jV0xvMDZWajZBQT09](https://us02web.zoom.us/j/6602261392?pwd=VzdOaU1XUFBjWk9jV0xvMDZWajZBQT09)
Meeting ID: 660 226 1392 Passcode: 196651