

**S. MICHAEL AND ALL ANGELS + MOUNT DINHAM**

**Sunday 7 February 2021: Sexagesima**

**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](mailto:opn@umn.edu)**

**This Sunday (7 February 2021: Sexagesima) 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

A Recorded Parish Service - <https://youtu.be/q7nXreDGBJE>

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**

**Licensed Clergy:**

Prebendary Nigel Guthrie (Day off: Monday)

[nigel.guthrie1@gmail.com](mailto:nigel.guthrie1@gmail.com)

The Revd. Belinda Speed-Andrews: [bspeedandrews@gmail.com](mailto:bspeedandrews@gmail.com)/

The Revd. Ash Leighton Plom, Curate: [aescleal@gmail.com](mailto:aescleal@gmail.com)/

[www.stmichaelsmountdinham.org.uk](http://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:** As pants the hart for cooling streams

<https://www.youtube.com/watch?v=hnfyudm92c>

**Offertory:** 495 God is working His purpose out

<https://www.youtube.com/watch?v=Cr3goa3DXsw>

**Recessional:** 284 Father we thank thee who hast planted

<https://www.youtube.com/watch?v=7SWURl3wNGM>

**Mass Setting:** Mass in 5 parts

*Byrd*

<https://www.youtube.com/watch?v=4ZSBOWTyIrg>

**Motet:** Sicut cervus desiderat ad fontes aquarum *Palestrina*

[https://www.youtube.com/watch?](https://www.youtube.com/watch?fbclid=IwAR3F15Z19pLAUrQnFeQAtJocFSIT8Rxq9AL8V6pxoknGwOHGYEmgllly6Y4U&v=1lawmphEQ0k&feature=youtu.be)

[fbclid=IwAR3F15Z19pLAUrQnFeQAtJocFSIT8Rxq9AL8V6pxoknGwOHGYEmgllly6Y4U&v=1lawmphEQ0k&feature=youtu.be](https://www.youtube.com/watch?fbclid=IwAR3F15Z19pLAUrQnFeQAtJocFSIT8Rxq9AL8V6pxoknGwOHGYEmgllly6Y4U&v=1lawmphEQ0k&feature=youtu.be)

**PROPER:**

**Introit Psalm:** Arise O Lord wherefore sleepest thou? Awake and cast us not away for ever: **wherefore hidest thou thy countenance and forgettest our adversity and misery? Our belly cleaveth unto the ground; arise and save us O Lord our helper and our deliverer.** O God we have heard with our ears; **our fathers have told us.** Glory be ... and to the Holy Ghost. **As it was ... and ever shall be world without end Amen. Arise O Lord...**

**Gradual and Tract:** Let the nations know that thou whose name is Jehovah: **art only the Most Highest over all the earth.** O my God make them like unto a wheel; **and as the stubble before the wind.** Thou hast moved the land O Lord and divided it: **heal the sores thereof for it shaketh.** That they may triumph because of the truth: **that thy beloved may be delivered.**

**Offertory Psalm:** O hold thou up my goings in thy paths that my footsteps slip not; incline thine ear to me and hearken unto my words: **shew thy marvellous loving-kindness O Lord, thou that art the Saviour of them that put their trust in thee.**

**Communion Psalm:** I will go unto the altar of God: **even unto the God of my joy and gladness.**

**The Angelus is said at the end of Mass**

**FOR YOUR PRAYERS**

**THE SICK, VULNERABLE AND UNWELL**

Those suffering from Covid-19

**DIED RECENTLY:** John Byrt

<b>YEAR'S MIND:</b>	Sidney Dobson	Arthur Robins
Mary Bidgood	Harry Coad	Gladys Grayer
Ellen Preston	Joyce Hockworthy	Jane Mortimore
Lilian Bowden	Louisa Williams-Freeman	

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

**Prayers are asked** 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 the YMCA: for Emma White and Deborah Leighton Plom, the Trustees and staff, for those living in S. David's Hill hostel and other accommodation in the city and for the successful appointment of a male support worker

In the **Deanery** our prayers are asked for the Cathedral, Prison Chaplaincy, Alphington, Ide and Shillingford, the University Chaplaincy, S. Thomas, Hospital Chaplaincy, Exwick S. Andrew

In the **Diocese** our prayers are asked for Torquay Central Mission Community, Torquay West Mission Community, for Torridge Mission Community, for courage in the face of the Covid pandemic in the

Diocese of Thika, Torridge (Coastal) Mission Community, for Readers with Permission to Officiate, for Torridge 6 Ecumenical Mission Community

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People exempt from wearing masks,  
include 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](mailto: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](mailto:stephaniecaplin@yahoo.co.uk)

**S. Michael's Food Bank Box**

The Exeter Food Bank needs in-date donations of the following:  
Tinned fruit, Sugar, Coffee, Tinned vegetables,  
Sponge puddings, Washing up fluid, Nappies sizes 4, 5, 6

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

Details of the Zoom "coffee morning" (will show as 'Thrive'):  
[https://us02web.zoom.us/j/88685738289?](https://us02web.zoom.us/j/88685738289?pwd=WEh1dINCY3NRQTICcXFjK2ZlejR0UT09)  
[pwd=WEh1dINCY3NRQTICcXFjK2ZlejR0UT09](https://us02web.zoom.us/j/88685738289?pwd=WEh1dINCY3NRQTICcXFjK2ZlejR0UT09)  
Meeting ID: 886 8573 8289 Passcode: 159821