

S. MICHAEL AND ALL ANGELS + MOUNT DINHAM

Sunday 7 March 2021: LENT III

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 (7 March: Lent III) Church will be open from 11 am to 12 noon for private prayer with Exposition of the Blessed Sacrament

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

People exempt from wearing masks include those with impaired hearing.

Please do not challenge the exempt as this can cause distress

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

Parish Recorded Service at :

<https://youtu.be/uEpO1qr3CNQ>

VESPERS is live-streamed at 6 p.m. on Tuesdays

on the [Friends of S. Michael's Facebook page](#)

<https://www.facebook.com/groups/2227703237>

There will be Mattins at 9.30 and **Requiem Mass** at 10 am

on Wednesday March 10 in church, and also streamed

on the [S. Michael's Facebook page](#)

Sunday Worship will resume on March 14 (Lent IV)

S. Michael's hopes to celebrate Mass

on the evening of Maundy Thursday and at the Easter Vigil

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: My God I love thee, not because...

<https://www.youtube.com/watch?v=DlyqicZDs-Y>

Offertory: Firmly I believe and truly

<https://www.youtube.com/watch?v=D2FQZnoRuw4>

Recessional: Soul of my Saviour

https://www.youtube.com/watch?v=tO_is6VPn3w

Mass Setting:

Missa de Angelis

<https://www.youtube.com/watch?v=9s1VpaTg4fs>

Motet: Lord, for thy tender mercy's sake

Farrant

<https://www.youtube.com/watch?v=EvidFFF0IfE>

PROPERS:

Introit Psalm: Mine eyes are ever looking unto the Lord, for he shall pluck my feet out of the net: **look thou upon me and have mercy upon me, for I am desolate and in misery.** Unto thee O lord do I lift up my soul: **my God in thee have I trusted let me not be confounded.** Glory be and to the Holy Ghost. **As it was ... and ever shall be: world without end Amen. Mine eyes are ever looking...**

Gradual: Up Lord and let not man have the upper hand: **let the heathen be judged in thy sight.** While mine enemies are driven back: **they shall fall and perish at thy presence.**

Tract: Unto thee lift I up mine eyes: O thou that dwellest in the heavens. **Behold even as the eyes of servants: look unto the hand of their masters.** And as the eyes of a maiden: unto the hand of her mistress. **Even so our eyes wait upon the Lord our God: until he have mercy upon us.** Have mercy upon us O Lord: **have mercy upon us**

The Lent Prose follows the Tract. It is to be found at **Hymn 507**
<https://www.youtube.com/watch?v=VBUbyl3Zjj0>

Offertory Psalm: The statutes of the Lord are right and rejoice the heart: **sweeter also than honey and the honeycomb, moreover by them is thy servant taught**

Communion Psalm: The sparrow hath found her an house and the swallow a nest where she may lay her young: **even thy altars O Lord of hosts my king and my God.** Blessed are they that dwell in thy house: **they will be alway praising thee**

The Angelus is said at the end of Mass

FOR YOUR PRAYERS
THE SICK, VULNERABLE AND UNWELL

Those suffering from Covid-19

DIED RECENTLY: Elizabeth Hewitt, John Thompson, Daniel and Kaylie Rudge, Iviee-May and Lilly

YEAR'S MIND:	Mary Miller	Esther Stocker
Jean Pugh	Edward Maunder	Edward Pincott
Bessie Clark	Winifred Ball	Mabel Manley
Renée Hall	Alice Pyne	Lillian Cairns
Edward Smith	Philip Beveridge	Nancy Beckett
Janet Rigby		

Please email updates (both additions and removals) to the prayer list and Year's Mind to: 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, for those affected by the Bomb in Glenthorne Road and the two children injured and bereaved in the Clayton Road house fire

In the Parish Cycle of Prayer for Women's World Day of Prayer and the Church Women's group

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 Lent courses, people suffering from Ovarian Cancer, Endometriosis and Brain Tumours, for Alphington Mission Community, Ashburton & Moorland Mission Community, with thanksgiving for rains in our partner diocese of Thika, Aune Valley Mission Community, for Army and Navy chaplains, for Bideford and the Four Villages Mission Community

S. Michael's Food Bank Box

The Exeter Food Bank needs in-date donations of the following:
Tinned fish (esp. tuna), Sugar, Jams and spreads,
Tinned rice puddings, Sponge puddings, Nappies sizes 4, 5, 6

If you or anyone you know feels lonely
please contact Fr. Nigel at (01392) 660226 or
nigel.guthrie1@gmail.com or Ash at 07855 305519

A **Zoom Lent Group on Persecution and the Early Church** will meet from 7 to 8 pm on Thursdays 11, & 18 March. Copies of the (short) **readings** may be had by e-mailing virtualsaintmichaels@gmail.org

The Zoom details are:

<https://us02web.zoom.us/j/82630831936?pwd=WTJ2MHV0d25TU0hXWjZoaWlFdTMrdz09>

Meeting ID: 826 3083 1936 Passcode: 841383

Facebook Event Page: [facebook.com/events/242449360762117](https://www.facebook.com/events/242449360762117)

The **Annual Parochial Church Meeting** will be held over the Internet on **Wednesday 28th April 2021**