

S. MICHAEL AND ALL ANGELS + MOUNT DINHAM
14 March 2021 LENT IV Laetare or Refreshment Sunday

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 (14 March: Lent IV) at 11 am
there will be Mass in church with a cantor

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

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

There will be Mattins at 9.30 and **Mass** at 10 am on Wednesday March 17 (S. Patrick) in church, and also streamed on the [S. Michael's Facebook page](#)
Sunday Worship will continue in church

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.stmichaelsmountdinhams.org.uk

twitter: @StMikes_Exeter

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

There will be a cantor at Sunday Mass, but no congregational singing.

Below are details of the music that will be sung on Sunday and [in square brackets] the hymns we might have sung with recordings for you to enjoy at home

HYMNS:

Introit: [Sing we of the Blessed Mother]

<https://www.youtube.com/watch?v=AtnEv8F6dN4>

Offertory: [Songs of praise the angels sang]

<https://www.youtube.com/watch?v=3YEjifGr2As>

Recessional: [Our Father by whose name]

<https://www.youtube.com/watch?v=MimsQtU-ccQ>

Mass Setting:

Missa de Angelis

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

Motet:

Bohemian Antiphon to Our Lady

PROPER:

Introit Psalm: Rejoice ye with Jerusalem, and be ye glad for her all ye that delight in her: **exult and sing for joy with her all ye that in sadness mourn for her, that ye may suck and be satisfied with the breasts of her consolations.** I was glad when they said unto me: **We will go into the house of the Lord.** Glory be and to the Holy Ghost. **As it was ... and ever shall be world without end Amen. Rejoice ye with Jerusalem...**

Gradual and Tract: I was glad when they said unto me: **We will go into the house of the Lord.** Peace be within thy walls: **and plenteousness within thy palaces.** They that put their trust in the Lord shall be even as the mount Syon: which may not be removed, but standeth fast for ever. **The hills stand about Jerusalem: even so standeth the Lord round about his people, from this time forth for evermore.**

Offertory Psalm: O praise the Lord for the Lord is gracious, O sing praises unto his Name for it is lovely: **whatsoever the Lord pleased, that did he in heaven and in earth.**

Communion Psalm: Jerusalem is built as a city that is at unity in itself: **for thither the tribes go up even the tribes of the Lord, to give thanks unto the Name of the Lord.**

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, Ruth Vigor Barker

YEAR'S MIND: Albert Taylor Nicolás Lopez-Lorca
Nicholas Hampson Celia Read Annie Jackson
Ben Grimsey

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 the two children injured and bereaved in the Clayton Road house fire

In the Parish Cycle of Prayer please pray for **Esther Community** and for Donna who leads the work there providing a home for homeless people aged 16-25

In the **Deanery** our prayers are asked for Retired clergy, S. David with S. Michael (Mount Dinham), Hospice Chaplaincy, S. James, Exeter Street Pastors, Central Parishes, Deaf Church

In the **Diocese** our prayers are asked for mothers, for the Home for Good adoption and fostering charity, for Bayeux Cathedral and the new bishop there, for young people caring for parents and siblings, for Axe Valley Mission Community, Barnstaple Mission Community,

for the homeless, the hungry, those suffering from domestic abuse and mental ill-health, and for rural deans.

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
In the first week of March the Food Bank fed 106 people

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

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

A **Zoom Lent Group on Persecution and the Early Church**
will meet for the last time from 7 to 8 pm on Thursday 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](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**
Nominations are sought for a Chapel Warden
and a member of the PCC

There will be a **Virtual Men's Breakfast** by Zoom
on Saturday 27 March at 9am