

Welcome

Sunday, 10 March, 2019

The First Sunday of Lent (purple)

EAST BARNET 
PARISH CHURCH
St Mary the Virgin

www.smeb.org.uk

Lent lasts for forty days in commemoration of the forty days Jesus spent fasting in the desert before beginning his public ministry. During Lent we prepare ourselves for service through prayer, repentance of sins, almsgiving and fasting, reading devotional books and studying the Bible more closely.

10.00am **Parish Eucharist with Prayers for Healing, and Sunday Club**

This service will be led by the Rev'd Guy Buckler, Assistant Priest at the parish of Abbots Langley

10.00am **Parish Eucharist**

¶ Lent Prose

Please see the order of service

¶ Collect

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin; give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen**

¶ First Reading

Deuteronomy 26.1-10

¶ Psalm 91

- 1 Whoever dwells in the shelter of the Most High and abides under the shadow of the Almighty,
2 **Shall say to the Lord, 'My refuge and my stronghold, my God, in whom I put my trust.'**
9 Because you have made the Lord your refuge and the Most High your stronghold,
10 **There shall no evil happen to you, neither shall any plague come near your tent.**
11 For he shall give his angels charge over you, to keep you in all your ways.
12 **They shall bear you in their hands, lest you dash your foot against a stone.**
13 You shall tread upon the lion and adder; the young lion and the serpent you shall trample underfoot.
14 **Because they have set their love upon me, therefore will I deliver them; I will lift them up, because they know my name.**
15 They will call upon me and I will answer them; I am with them in trouble, I will deliver them and bring them to honour.

16 **With long life will I satisfy them and show them my salvation.**

¶ Second Reading

Romans 10.8b-13

¶ Gospel

Luke 4.1-13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone." '

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him." '

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to protect you", and "On their hands they will bear you up, so that you will not dash your foot against a stone." ' Jesus answered him, 'It is said, "Do not put the Lord your God to the test." '

When the devil had finished every test, he departed from him until an opportune time.

¶ Offertory Hymn

During this hymn a collection will be taken

144 Forty days and forty nights

¶ Communion and Prayers for Healing

There will be no music during Communion. If you would like prayer for yourself or someone else, please make your way to the Sanctuary after you have received Communion or a blessing, and speak to the Healing Team.

¶ Choir Anthem

"O for a closer walk with God."

C V Stanford, words by William Cowper

Post Communion Prayer

Lord God, you have renewed us with the living bread from heaven; by it you nourish our faith, increase our hope, and strengthen our love; teach us always to hunger for him who is the true and living bread, and enable us to live by every word that proceeds from out of your mouth; through Jesus Christ our Lord. **Amen**

¶ Closing hymn

312a Lord Jesus think on me

¶ Please pray for

Our Wardens, Associate Priest, Reader, Parish Administrator and PCC, and all those involved in caring for us in the vacancy. The Rev'd Dr Alec Corio, Sam, Nathaniel and Josiah as they prepare for his ministry here.

The parish of Abbots Langley, its people and clergy.

All victims of war, natural disasters, famine, and refugees; the emergency services.

Those who have asked for our prayers

Trevor and Luke; Janet; Don, Jilly and family; Deborah and family; Joan; Janet; Carmen; Audrey and Frank; Emma and Max; Maria and Edward; Barbara, Lizzy, Jonathan and their families; Glyn

Rest in Peace

David Howard, Peter Smith, Victor Porter

Anniversary of Death

Arthur Perks, Gladys Watson

Those living in

Doggets Close, East Barnet Road, East Walk

Those whose Banns of Marriage we call today

Andrew William Earwaker and Dinah May-Rose O'Brien



¶ The Vacancy Prayer

God of our past, present and future, you call us to follow in faith, with confidence in your abiding presence. Be with us in this time of vacancy, and prepare us for a new chapter in our ministry together in Christ's name. Give wisdom and discernment to those who act on our behalf, that your will may be done to the glory of Jesus Christ, our risen Lord. **Amen**

¶ Chipping Barnet Food Bank

Currently, the food bank has the following shortages:

Pasta sauce, sugar, tinned fruit, tinned or packet potatoes, tinned vegetables.

They have plenty of biscuits and cakes, tinned spaghetti and pasta, pulses and cereal. Donations can be left in the box in the South Aisle and in the atrium at Brookside.

Thank you for your kind help to local people in crisis.

¶ Breathe - Drop in session for parents of 11-18 year olds

Today, Sunday 10th March from 17:00 - 18:30pm.

Come to listen and share different parenting strategies in a relaxed and supportive environment. Snacks will be provided. Meeting in the East Barnet Baptist Church FIN lounge. Further details from 020-8449-5320 or mail@ebarnetbaptist.org.uk

¶ Cherry Lodge Cancer Care

As we did last year, we will be donating what is given for refreshments after our services during Lent to Cherry Lodge Cancer Care. You may like to put some extra money in the bowl for this very worthy cause.

Notices & Information

¶ Men's Evening and Women's Evening

These social events will be making a welcome return to St Mary's. There will be a **Men's Evening on Friday 15 March** and a **Women's Evening on Monday 1 April**. More details of the Men's Evening are at the back of church.

¶ Spring into Summer

This very popular series of varied concerts will be taking place again this year in church, on Sundays at 3pm. Admission with programme costs £5 on the door and refreshments are available. Please use the yellow flyers at the back of church to publicise the concerts.

NEXT WEEK

17 March - Art Deco Orchestra. Popular music of the 20's and 30's. Come and enjoy the music of song writers such as George Gershwin, Cole Porter and Irving Berlin.

28 April - The Arbory String Quartet with music by Brahms, Haydn ... and the Rolling Stones(!)

19 May - The Spiral Saxophone Quartet

23 June - Jonathan Eyre - organ recital

21 July - Enfield Brass Band will play a wide variety of music written or arranged for brass band. A great finale to the series.

You can now follow our new Twitter page @smebconcerts, and we are on Facebook!

¶ Revision of the Electoral Roll

This year, we need to completely redo our Electoral Roll - the list of people who are entitled to vote at our Annual Church Meetings, this year on 28 April, and stand for election. There are other benefits too - we can have more members on our church council if we have more on the Roll. If you have not already done so, please pick up a form and complete it, returning it to the back of church or the parish office. We don't want anyone to "disappear"! If you have any questions about the Electoral Roll, please speak to the Wardens.

¶ Lent Resources

The Church of England has an online Lent Pilgrim course, based on the Beatitudes (great minds think alike!) Sign up for daily emails exploring the reflections; each containing a short **Bible reading**, an invitation to **reflect**, a suggestion for **prayer** and a prompt to **act**. You can sign up here: <https://www.churchofengland.org/pilgrim>

¶ Church School admission

Parents and guardians of children who will be applying for admission to church schools should sign in the book confirming their attendance at our Sunday services, to support their application. The book is available from a Churchwarden.

¶ Partnership Lent Groups

These will take place on Thursdays during Lent, starting this week, in the coffee lounge at Brookside Methodist Church, at 2.00pm and 8.00pm. The course this year is "Life attitudes: a five session course on the Beatitudes" by Robert Warren and Sue Mayfield, and a booklet is available.

14 March - Living Well - introducing the Beatitudes

21 March - Living Openly (Matthew 5.3-4)

28 March - Living Purposefully (Matthew 5.5-6)

4 April - Living Lovingly (Matthew 5.7-8)

11 April - Living Differently (Matthew 5.9-10)

The afternoon and evening sessions each week will be dealing with the same material - do feel free to come to any of the sessions.

¶ Lent and Holy Week

Sunday 31 March - Mothering Sunday

10.45am Partnership service at Brookside Methodist Church

6.30pm Parish Eucharist at St Mary's

Sunday 14 April - Palm Sunday

10.00am - Procession and Eucharist

Monday 15 and Wednesday 17 April

8.00pm Informal worship at St Mary's

Tuesday 16 April

8.00pm Informal worship at Brookside

Thursday 18 April - Maundy Thursday

8.00pm - Parish Eucharist with washing of feet, stripping of the sanctuary and vigil

Friday 19 April - Good Friday

Starting at 10.00am, a three part Good Friday service at East Barnet Baptist Church, Brookside Methodist Church (11.00am) and then St Mary's (12 noon).

Saturday 20 April - Easter Eve

8.00pm - Partnership Service of Light at Brookside

Notices & Information

¶ Next Sunday, 17 March, 2019

The Second Sunday of Lent (purple)

10.00am Parish Eucharist and Sunday Club

¶ Help with Herald Sorting

We need help with sorting the Heralds into bundles at Brookside on Saturday 23rd March, and with driving and dropping the bundles off to the distributors.

If you could help, please contact Matthew Eade (07958268899/editor@eastbarnherald.org.uk).

Some paper copies of the new Herald are at the back of church, or you can see it in full colour at bit.ly/ebherald. Many thanks to Matthew and all involved in the Herald.

¶ Giving things up for Lent

According to **Christianity Today**, Twitter users identified various things they were giving up for Lent.

Top of the list was social networking, followed by alcohol and chocolate, meat, swearing and coffee. 25th on the list was plastics, with single use plastics at 66th ...

By category the highest thing identified was food items, followed by technology, habits, and smoking/drugs/alcohol.

Food for thought...

¶ This week

Monday 11 March

9.30am Staff prayers and meeting
1.30pm Monday Club at Brookside

Tuesday 12 March

8.00pm Adult choir practice

Wednesday 13 March

4.00pm Children's choir practice

Thursday 14 March

10.00am Little Tots group at Brookside
10.45am Holy Communion at Brookside
2.00pm Lent Group at Brookside
5.45pm Brownies at Brookside
7.30pm Guides at Brookside
8.00pm Lent Group at Brookside

Friday 15 March

9.30am School service at school
8.00pm Men's Group evening



Rector Vacant

Associate Priest The Rev'd Dr Jenny King
(contact via the Parish Office)

Reader David Griffin
(contact via the Parish Office)

Pastoral Visiting Team
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St Mary's is a registered charity, number 1143134

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Twitter @smaryeastbarnet

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