

**Cream Tea & Croquet at the Rectory**  
**Thursday 15<sup>th</sup> August, 4.00–6.00 pm**

A relaxed afternoon in the Rectory garden. Croquet and other sports completely optional! Limited places – please sign up on the clipboard at the back of church.

[prayercourse.org](http://prayercourse.org)

The prayer course we've been running this term is available online. Pete Greig (the author of the course) has also written a book on prayer with the title "How To Pray" – highly recommended!

**We need your consent!**

We are updating our church address book to ensure that it complies with data protection regulations and need your consent to stay in touch with you! Thank you to those of you who have responded to our email of 3rd July headed up 'Consent Request'. If you have not opened the email yet, please 'Review and grant consent'. Alternatively, you can do this after church today by talking to Victoria, Samantha or Kathy. They can also answer any questions you may have.

**Thank you! from Christoph and Edda**

Thank you for all your good wishes for our silver wedding anniversary! We are so thankful for God's faithfulness throughout our married life and to be part of this church family!

**DENHAM WIVES ARE VISITING** "The Vyne" a National Trust property in Hampshire on Tuesday 27th August, leaving Denham Green Garage (by coach) at 9 am and returning from The Vyne at 4pm. There are three seats available. Cost of coach is £15 and an extra £13 entry fee for NON Nat.Trust members. Anyone interested, please ring Ann Collins 833820.

**WEEKLY DIARY**  
**Thursday 15<sup>th</sup> August**

10.00am Holy Communion. BCP. *Vestry*  
 4.00pm Cream Tea & Croquet. *The Rectory*

**Hymn**

**Holy Spirit living Breath of God**

Breathe new life into my willing soul  
 Let the presence of the risen Lord  
 Come renew my heart and make me whole  
 Cause Your word to come alive in me  
 Give me faith for what I cannot see  
 Give me passion for Your purity  
 Holy Spirit breathe new life in me

Holy Spirit come abide within  
 May Your joy be seen in all I do  
 Love enough to cover every sin  
 In each thought and deed and attitude  
 Kindness to the greatest and the least  
 Gentleness that sows the path of peace  
 Turn my strivings into works of grace  
 Breath of God show Christ in all I do

Holy Spirit from creation's birth  
 Giving life to all that God has made  
 Show Your power once again on earth  
 Cause Your church to hunger for Your ways  
 Let the fragrance of our prayers arise  
 Lead us on the road of sacrifice  
 That in unity the face of Christ  
 May be clear for all the world to see



**PAROUSIA**

Weekly News Sheet

11<sup>th</sup> August 2019

8<sup>th</sup> Sunday after Trinity

Welcome to church! If you are here for the first time or visiting, please say hello to the service leader or a member of the welcome team so we can welcome you personally. During the 10.30 service there is Sunday club for children. If your child is under three or if you would like to help him/her settle, you are welcome to join in.  
*Christoph Lindner, Rector*

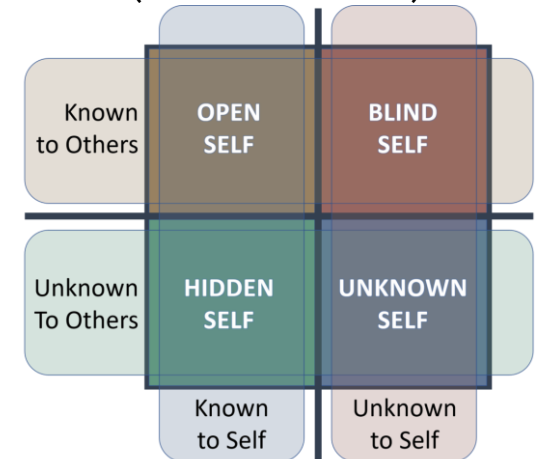
**WISDOM TO LIVE BY: GUARD YOUR HEART**

"Above all else, guard your heart, for it is the wellspring of life." *Proverbs 4:23*

**The Guarded Heart?**



**Knowing our own heart  
 (The "Johari Window")**



*Psalm 51.10-12*

**Create in me a clean heart, O God,  
 and put a new and right spirit within me.  
 Do not cast me away from your presence,  
 and do not take your holy spirit from me.  
 Restore to me the joy of your salvation,  
 and sustain me in a willing spirit.**

## Worship today



**11<sup>th</sup> August 2019**  
**8<sup>th</sup> Sunday after Trinity**

8.00am Holy Communion St Mary's

**Sidesman:** Philip Constable  
**Reader:** Roger Gage  
**Readings:** Romans 8. 12-17  
Matt. 7.15-21

**9.55-10.00am Pre-Service Prayer**  
*St Mary's, front of church*

10.30am Sung Communion St Mary's:

**WISDOM TO LIVE BY (part 2):**  
**Guard Your Heart (Prov. 4.23)**

**Sidesteam:**  
Maurice Litchmore & Sharon Williams

**Readings and Readers:**  
Deut 6:4-9 Sharon Williams  
Matt 11.25-30 Carole Wadlow

**Prayers:** Carole Wadlow

**Servers:** Carlene Litchmore & Clergy

**Sunday Club Leader:** Edda Lindner

### Collect

Lord God, your Son left the riches of heaven and became poor for our sake: when we prosper save us from pride, when we are needy save us from despair, that we may trust in you alone; through Jesus Christ our Lord.

## Deut 6. 4-9

<sup>4</sup>Hear, O Israel: The Lord is our God, the Lord alone. <sup>5</sup>You shall love the Lord your God with all your heart, and with all your soul, and with all your might. <sup>6</sup>Keep these words that I am commanding you today in your heart. <sup>7</sup>Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. <sup>8</sup>Bind them as a sign on your hand, fix them as an emblem on your forehead, <sup>9</sup>and write them on the doorposts of your house and on your gates.

This is the word of the Lord.

**All: Thanks be to God**

### Post Communion Prayer

Strengthen for service, Lord, the hands that have taken holy things; may the ears which have heard your word be deaf to clamour and dispute; may the tongues which have sung your praise be free from deceit; may the eyes which have seen the tokens of your love shine with the light of hope; and may the bodies which have been fed with your body be refreshed with the fullness of your life; glory to you for ever.

## Matt 11.25-30

Hear the Gospel of our Lord Jesus Christ according to Matthew.

**All: Glory to you, O Lord.**

<sup>25</sup>At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; <sup>26</sup>yes, Father, for such was your gracious will. <sup>27</sup>All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

<sup>28</sup>'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup>Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy, and my burden is light.'

This is the Gospel of the Lord.

**All: Praise to you, O Christ.**

## Worship next week



**18<sup>th</sup> August 2019**  
**9<sup>th</sup> Sunday after Trinity**

8.00am Holy Communion St Mary's

**Sidesman:** Carlene Litchmore  
**Reader:** Alison Barrett  
**Readings:** 1 Cor. 10. 1-13  
Luke 16. 1-9

**9.55-10.00am Pre-Service Prayer**  
*St Mary's, front of church*

10.30am Morning Worship St Mary's:  
**WISDOM TO LIVE BY (part 3)**  
**The Happy Heart as Healer**  
**(Prov. 15.13,15; Prov. 7.22)**

**Sidesteam:**  
Robin Doran & Pam Montgomery

**Readings and Readers:**  
Acts 2: 42-47 Sandy Wickenden  
John 16 : 17-24 Jenny Ashe  
**Prayers:** Michael Carmody  
**Sunday Club Leader:** Sonja Clements

In your prayers this week, please remember **Jo Beal, Sean Ryde and Christine Willson**. Also anyone known to us who is sick or suffering the pain of bereavement at this time especially the family of **Peter Sedgwick, Roy Ougham Joan Rusiecki**.

