

WEEKLY DIARY

Monday 2nd March

- 10.00am Women's Lifegroup *The Rectory*
7.30pm Lifegroup *Call office for location*
7.30pm Alpha *St Mark's*

Tuesday 3rd March

- 10.00am Service with Discussion *St Francis*

Wednesday 4th March

- 10.00am Little Lions Toddler Group *St Mark's*
8.00pm Lifegroup *Call office for location*

Thursday 5th March

- 10.00am Holy Communion *Vestry*

DENHAM PARISH NEWS

Magazines with a 'Complimentary Copy' sticker are available at the back!

Praying for Christians in Nigeria

By Nnamdi Maduka

There is a growing appeal for action as Christians continue to be persecuted in Nigeria.

"Every day," says Father Joseph Bature Fidelis, of the Diocese of Maiduguri, "our brothers and sisters are slaughtered in the streets."

In a dramatic appeal to the charity, "Aid to the Church in Need", Father Fidelis says the situation in northern Nigeria continues to deteriorate for Christians who are under attack by fundamentalist Islamic militants. His latest appeal follows the abduction of four young seminarians in the city of Kaduna, in north western Nigeria. An estimated 1000 Nigerian Christians were murdered in 2019 alone for their faith. Some 6000 of them have been killed since 2015.

Although the government of Muhammadu Buhari says it has put a number of security measures in place, it appears incapable of preventing continued violence. Father Fidelis appeals on behalf of Nigerian Christians, 'please help us not be silent in the face of this immense persecution'.

CORONAVIRUS AND THE CHURCH

Find the latest Church of England advice at [tinyurl.com/corona-churches](https://www.churchofengland.org/coronavirus)

LENT RESOURCES

How will you mark Lent? The Church of England's #LIVELENT programme (which includes an app) will focus on Care for God's Creation: [www.churchofengland.org/liveLent](https://www.churchofengland.org/live Lent)

Tearfund's Lent devotional ALIVE (prayers, poems, reflections) can be ordered here (as daily email or booklet):

https://www.tearfund.org/en/len t_2020

Gardening Help Needed

Would you have a couple of hours you could offer to help with gardening and simple maintenance tasks in the churchyard? We want to put a small team together. If so, please contact Dexter Brown: dexterjane@btinternet.com or 07903476535

DIARY DATE!

Annual Parochial Church Meeting (APCM) 26 April 2020 – 11.45am

This is an important date in our church's calendar, when we look back to thank God for all his blessings in 2019 and look forward with hope and faith to step into his mission for us. The meeting will take place after our morning service. *Please try to be there!*

Electoral Roll 2020

This year's Electoral Roll registration will be a revised version of 2019. If there are any changes to your details, please complete a new form which is available at the main entrance (by the internal post tray) of the Church or from Maurice Litchmore at maurl@btinternet.com. Anyone who has been attending St Mary's for at least 6 months may apply to become a member of the Church which will enable you to vote at the APCM. Completed application forms should be returned by 27 March 2020.



PAROUSIA

Weekly News Sheet

1st March 2020

1st Sunday of Lent

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. Today's service is a family service with a special activity for children during the talk. 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



How to fast

In Matthew 6, Jesus reminds us that fasting is a way of putting God back at the centre of our lives, which in turn means loving God, our neighbour and ourselves better.

Like prayer and giving, fasting may be practised corporately or individually depending on the context. What remains vital is that those who fast, whether together or alone, do so with their hearts turned towards God.

Fasting is often associated with abstaining from food and drink, and yet as we begin to take more seriously Jesus' invitation to fast, we may discover that as we start our preparation he is inviting us to think more broadly about incorporating regular fasts from things such as using social media, driving when we could walk, working on our day off or avoiding a difficult relationship.

When we fast, we may choose to redistribute the money we save on food and fuel to those less fortunate. We can also choose to give time, that would have been spent overworking or on social media, to self-care and other relationships.

Ultimately the sweetest fruit of regular fasting is the growing freedom to love God, our neighbour and ourselves.

(Words: Revd Joanna Gallant Photo: Jo Duckles)

This is a shorter version of an article in the latest Pathways magazine, available at the back of church. You can also read the full article online: <https://www.oxford.anglican.org/how-to-fast/>

Worship today



1st March 2020
1st Sunday of Lent

8.00am Holy Communion *St Mary's*

Sidesman: Philip Constable
Reader: Mary Gage
Readings: 2. Cor. 6. 1-10
Matt. 4. 1-11

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

10.30am Family Service *St Mary's*
40: God's Number for Life Change

Sidesteam:
Robin Doran & Jane Brown
Readings:
Psalm 32
Matt 3. 16-4.11
Sunday Club Activity: Kath Sole

3.30pm Café Church *St Mark's*
"The God Who Heals"

How can we receive the healing work of God in our lives? This will be a **Holy Communion** service with an opportunity to receive **prayer and anointing with oil**.

Collect

Heavenly Father, your Son battled with the powers of darkness, and grew closer to you in the desert: help us to use these days to grow in wisdom and prayer that we may witness to your saving love in Jesus Christ our Lord. **AMEN.**

Matt. 4. 1-11 ("The Voice" Translation)

Jesus emerged from His baptism; and at that moment heaven was opened, and Jesus saw the Spirit of God descending like a dove and coming upon Him, alighting on His very body.

Voice from Heaven: This is My Son, whom I love; this is the Apple of My eye; with Him I am well pleased.

The Spirit then led Jesus into the desert to be tempted by the devil. Jesus fasted for 40 days and 40 nights. After this fast, He was, as you can imagine, hungry. But He was also curiously stronger, when the tempter came to Jesus.

Devil: If You are the Son of God, tell these stones to become bread.

Jesus: It is written, "Man does not live by bread alone. Rather, he lives on every word that comes from the mouth of the Eternal One."

Then the devil took Jesus to the holy city, Jerusalem, and he had Jesus stand at the very highest point in the holy temple.

Devil: If You are the Son of God, jump! And then we will see if You fulfil the Scripture that says, He will command His heavenly messengers concerning You, and the messengers will buoy You in their hands, so that You will not crash, or fall, or even graze Your foot on a stone. >>>

Jesus: That is not the only thing Scripture says. It also says, "Do not put the Eternal One, your God, to the test."

And still the devil subjected Jesus to a third test. He took Jesus to the top of a very high mountain, and he showed Jesus all the kingdoms of the world in all their splendour and glory, their power and pomp.

Devil: If You bow down and worship me, I will give You all these kingdoms.

Jesus: Get away from Me, Satan. I will not serve you. I will instead follow Scripture, which tells us to "worship the Eternal One, your God, and serve only Him."

Then the devil left Jesus. And heavenly messengers came and ministered to Him.

The latest *Pathways* magazine from the Diocese of Oxford is available at the back of church.

Last Sunday Christoph mentioned the life story of **Corrie ten Boom**. Her books are immensely faith-building and inspiring. ***The Hiding Place*** (book and movie) follows the first part of her life until her release from concentration camp. ***Tramp for the Lord*** is the sequel, about her life and ministry after the war. Both books are still available.

You can now listen to all the talks from our **Healthy Family** sermon series on our website. Click on "The Latest" in the menu. We have now integrated a calendar with all events on our website. In the menu go to *community/calendar of events* or go straight to: www.denhamparish.church/events/

Worship next week



8th March 2020
2nd Sunday of Lent

8.00am Holy Communion *St Mary's*

Sidesman: Carlene Litchmore
Reader: Stephen Barrett
Readings: 1 Thes. 4. 1-8
Matt. 15. 21-28

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

10.30am Sung Communion *St Mary's*

Sidesteam:
Victoria Lucas & Mike Stewart
Readings:
Psalm 121 Carole Wadlow
John 3.1-17 Sharon Williams
Prayers: Chinwendu Maduka
Servers: Sam Carter & Clergy
Sunday Club: 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.

