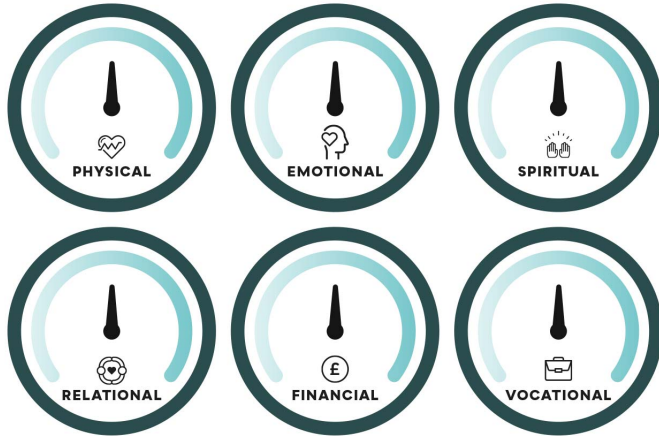


Welcome to **THE WELLBEING JOURNEY**, which is starting today. Over the next seven weeks we will be approaching wellbeing in a holistic way, covering the themes of mindset, our physical, emotional, spiritual, relational, financial and vocational wellbeing. This journey will be part of our online services on Sundays (10.30am-11.15am) with further options to apply the lessons on your own or in a group. Sign up to get updates and helpful materials for your journey by going onto our website: www.denhamparish.church/events



Self-assessment: How would you gauge your wellbeing in these six areas?

Make a mark on each gauge and then turn to God in prayer.

SUNDAY WORSHIP: ON SITE

St Mary's Church:

During the renewed lockdown there will be no services at St Mary's Church.

Online: Sundays 10.30am
Stream any time afterwards:
tinyurl.com/youtube-denham



ONLINE AND ON THE PHONE

Church Coffee Online:

Sundays, 11.15 on our Youtube channel.
tinyurl.com/youtube-denham

Telephone: Available any time for a week, Sun to Sat: **01895 714013**



Let's pray together ...

- pray with thanksgiving for the world God has entrusted to our care.
- For medical experts, politicians and public leaders – for wisdom, compassion and integrity.
- those who are sick and those suffering from bereavement, especially the family of Geoff Newell, John Stanley, Paul Stapleton.

email: office@denhamparish.church

phone: 01895 832771

ONLINE DONATIONS



If you wish to make a donation to Denham Parish Church, please scan this code with the camera or QR app on your smartphone and follow instructions.



PAROUSIA

Weekly News and Service Sheet

7th February 2021

The Second Sunday before Lent

Welcome! To protect one another and help fight the COVID pandemic we are not restarting services at St Mary's Church for the time being. But the life of our church is not being put on hold and God remains active in his world! This news and service sheet provides you with a simple service so you can worship at home. Please contact our church office if we can help in any way. *Christoph Lindner*

The Wellbeing Journey

There is a word in the Bible that beautifully describes what true wellbeing looks like. It is the word *shalom*, often translated as 'peace'. Here is how the *Oxford Companion to the Bible* explains it:

"The Hebrew word translated 'peace,' šālôm, occurs more than 250 times in the Bible, and its richness is shown in its many usages. It is used as a courteous greeting, and also to refer to health or to restoration to health, to general well-being such as sound sleep, length of life, a tranquil death, and even to the physical safety of an individual."

As we embark on *The Wellbeing Journey* over the next weeks, let's pause and rate our wellbeing in six areas of our life (see back page). We cannot compartmentalise wellbeing! I had a very painful eye last week for a couple of days and my whole body, mind and spirit suffered as a consequence. God's purpose for us is comprehensive wellbeing.

Where do we look for a model of holistic wellbeing? We look to Jesus, who shows us what being fully human truly looks like. In our Bible reading today, we learn a few crucial lessons:

(1) Wellbeing starts by admitting to ourselves and others that we are not ok. "It's ok not to be ok". Jesus said that he had come for those who know that they are sick and need a doctor. Do take some time for the self assessment on the back page and then turn it into prayer. Matthew knew he wasn't ok. He was a tax collector, regarded by many in Israel at the time as scum, thieves and collaborators. Jesus once asked a blind man "What do you want me to do for you?" It seems a superfluous question but God wants us to recognise our illness and express our need to him.

(2) True wellbeing is found when we follow Jesus, the healer, and hold nothing back. When Levi heard Jesus' call to follow him, he got up and did just that. What will it take for you to respond to Jesus' call today and this week? How will you stay close to Jesus as he teaches you what true wellbeing looks like? What is holding you back?

Here is one way to stay close to Jesus: If you receive this Parousia through the post or on email, we are including "Mark's Gospel in forty readings". Why not set yourself the goal of using this reading plan between now and Easter? *Christoph Lindner*

STAY SAFE • STAY CONNECTED • STAY HOPEFUL

WELCOME

OPENING PRAYER

(Proverbs 3.13-18)

Blessed are those who find wisdom, those who gain understanding, for she is more profitable than silver and yields better returns than gold. She is more precious than rubies; nothing you desire can compare with her. Long life is in her right hand; in her left hand are riches and honor. Her ways are pleasant ways, and all her paths are peace. She is a tree of life to those who take hold of her; those who hold her fast will be blessed.

HYMN

Lord, for the years
your love has kept and guided,
urged and inspired us,
cheered us on our way,
sought us and saved us,
pardoned and provided,
Lord of the years,
we bring our thanks today.

Lord, for that word,
the word of life which fires us,
Speaks to our hearts
and sets our souls ablaze,
Teaches and trains,
rebukes us and inspires us:
Lord of the word,
receive Your people's praise.

Lord, for our world
where men disown and doubt you,
Loveless in strength,
and comfortless in pain,
Hungry and helpless,
lost indeed without you:
Lord of the world,
we pray that Christ may reign.

Lord, for ourselves;
in living power remake us,
self on the cross
and Christ upon the throne;
past put behind us,
for the future take us,
Lord of our lives,
to live for Christ alone.

CONFESSION

Almighty God, our heavenly Father, we have sinned against you and against our neighbour, in thought and word and deed through negligence, through weakness, through our own deliberate fault. We are truly sorry and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past and grant that we may serve you in newness of life to the glory of your name. Amen

Almighty God, who forgives all who truly repent, have mercy upon us, pardon and deliver us from all our sins, confirm and strengthen us in all goodness, and keep us in life eternal; through Jesus Christ, our Lord. **Amen.**

COLLECT

Almighty God, give us reverence for all creation and respect for every person, that we may mirror your likeness in Jesus Christ our Lord. **Amen.**

BIBLE READING: *Mark 2. 13-17*

Jesus went out again beside the lake; the whole crowd gathered around him, and he taught them. As he was walking along, he saw Levi son of Alphaeus sitting at the tax booth, and he said to him, 'Follow me.' And he got up and followed him. And as he sat at dinner in Levi's house, many tax-collectors and sinners were also sitting with Jesus and

his disciples—for there were many who followed him. When the scribes of the Pharisees saw that he was eating with sinners and tax-collectors, they said to his disciples, 'Why does he eat with tax-collectors and sinners?' When Jesus heard this, he said to them, 'Those who are well have no need of a physician, but those who are sick; I have come to call not the righteous but sinners.'

This is the word of the Lord.

Thanks be to God.

REFLECTION (or read page 1)

A PRAYER FOR SHALOM (PEACE)

Attributed to St Francis of Assisi

Lord, make me an instrument
of Your peace.

Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O, Divine Master,
grant that I may not so much seek
to be consoled as to console;
to be understood as to understand;
to be loved as to love;
For it is in giving that we receive;
it is in pardoning that we are pardoned;
it is in dying that we are born again
to eternal life.

**We pray the Lord's Prayer:
Our Father...**

HYMN

May the mind of Christ, my Saviour,
Live in me from day to day,
By His love and pow'r controlling
All I do and say.

May the Word of God dwell richly
In my heart from hour to hour,
So that I may triumph only
in his saving pow'r.

May the peace of God my Father
Rule my life in everything,
That I may be calm to comfort
Sick and sorrowing.

May the love of Jesus fill me
As the waters fill the sea;
Him exalting, self abasing,
This is victory.

May I run the race before me,
strong and brave to face the foe,
looking only unto Jesus
as I onward go.

May His beauty rest upon me,
as I seek the lost to win,
and may they forget the channel,
seeing only Him.

THE BLESSING

The peace of God, which passes all understanding, keep our hearts and minds in the knowledge and love of God and of his Son, Jesus Christ, our Lord. And the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among us and remain with us always. **Amen.**