



THE WELLBEING JOURNEY continues today. Over the next six 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

Ash Wednesday

This coming Wednesday, 17th February, is Ash Wednesday. There will be an online service, which you can view from 10am (please go to our Youtube page at tinyurl.com/youtube-denham) and our weekly evening prayer at 6pm on Zoom:

Meeting ID: 898 4998 8454
Passcode: 189187176

If you receive Parousia via post or email, you will find an order of service for Ash Wednesday evening prayer is included with this news



PAROUSIA

Weekly News and Service Sheet
14th February 2021
The Sunday next 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*

Your body matters.

This is the second Sunday of our Wellbeing Journey. The Gospel reading references the danger of putting new wine into old wine skins. If the wine skin becomes dry and brittle when the wine is poured in it will burst. The leather wine skin needs to be supple, nourished and flexible. How do we remain fresh, alive, healthy vessels to receive the wine of the spirit? Paul writes in 1 Corinthians 6 19-20, "Do you not know that your bodies are the temples of the Holy Spirit, which you have from God? You are not your own, you are bought with a price. Therefore glorify God in your body." Since our bodies are the dwelling place of the Spirit we really need to take care of them.

To eat well, sleep well and exercise are all essential for our health. They are no guarantee - illness can come out of nowhere. But they give us the best chance of being a healthy, fully alive, dwelling place for the Holy Spirit. St. Jerome said, "The glory of God is the human person fully alive." That is a holistic vision of health.

St. John writes in 3 John verse 2 "Beloved, I pray above all things that you may prosper and be in health, even as your soul prospers." John's concern is that the friends to whom he writes should enjoy both physical and spiritual well being.

I still run almost daily albeit slowly, sometimes really slowly. Recently I was running in a park when a young man was coming towards me with his dog. He laughed at me and said loudly, "Are you struggling pal?" I was running really slowly as there was frost underfoot. I laughed but replied, "Well I am 74, maybe you'll be struggling when you get to my age!" I couldn't resist making that comment. The following week I was in the same park at the same time when the same man with the same dog came walking towards me. I thought I would hear more patronising sarcasm but he simply smiled and said, "Good morning!" Maybe he had taken the lesson to heart.

1 Timothy 4: 8 says, "Bodily exercise profits a little but godliness is always profitable having the promise of life now and life to come." I used to hear that verse as an excuse for not taking exercise seriously but this is about relative values. Of course spiritual exercise eclipses everything as it leads to life eternal but being as physically healthy as we can is hugely important. This is where we live - in these physical bodies and we are the dwelling place of the Spirit - so, "glorify God in your body and in your spirit which are's God's."
Ian Jennings

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.

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.

email: office@denhamparish.church

phone: 01895 832771

STAY SAFE • STAY CONNECTED • STAY HOPEFUL

WELCOME

OPENING PRAYER

HYMN

Sing to God new songs of worship,

All his deeds are marvellous;

He has brought salvation to us

With his hand and holy arm:

He has shown to all the nations

Righteousness and saving pow'r;

He recalled his truth and mercy

To his people Israel.

Sing to God new songs of worship,

Earth has seen his victory;

Let the lands of earth be joyful

Praising him with thankfulness:

Sound upon the harp his praises,

Play to him with melody;

Let the trumpets sound his triumph,

Show your joy to God the King!

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

Holy God, you know the disorder of our sinful lives: set straight our crooked hearts, and bend our wills to love your goodness and your glory in Jesus Christ our Lord. **AMEN**

BIBLE READING: Mark 2. 18-3.6

Now John's disciples and the Pharisees were fasting; and people came and said to him, 'Why do John's disciples and the disciples of the Pharisees fast, but your disciples do not fast?' Jesus said to them, 'The wedding-guests cannot fast while the bridegroom is with them, can they? As long as they have the bridegroom with them, they cannot fast. The days will come when the bridegroom is taken away from them, and then they will fast on that day.

'No one sews a piece of unshrunk cloth on an old cloak; otherwise, the patch pulls away from it, the new from the old, and a worse tear is made. And no one puts new wine into old wineskins; otherwise, the wine will burst the skins, and the wine is lost, and so are the skins; but one puts new wine into fresh wineskins.'

One sabbath he was going through the cornfields; and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, 'Look, why are they doing what is not lawful on the sabbath?' And he said to them, 'Have you never read what David did when he and his companions were hungry and in need of food? He entered the house of God, when Abiathar was high priest, and ate the bread

of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions.' Then he said to them, 'The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath.'

Again he entered the synagogue, and a man was there who had a withered hand. They watched him to see whether he would cure him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, 'Come forward.' Then he said to them, 'Is it lawful to do good or to do harm on the sabbath, to save life or to kill?' But they were silent. He looked around at them with anger; he was grieved at their hardness of heart and said to the man, 'Stretch out your hand.' He stretched it out, and his hand was restored. The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

This is the word of the Lord.

Thanks be to God.

REFLECTION (or read page 1)

PRAYERS

(Reflect prayerfully on the words of this song and use prayer suggestions on p. 4)

You say the things in the past are gone, there's no need for shame.

I feel it's easier said than done,

so help me today.

You say there's nothing I need to fear,

you're making a way,
around me sorrow is drawing near,
Lord help me to pray:

*You are my way in the wilderness
my streams in the wasteland.*

*And when the waves seem to cover me,
Lord you take my hand.*

*And as I walk through the blazing fire,
your love refines me,*

*You are my way in the wilderness,
my faithful God.*

You say I'm precious before your eyes,
you say that I'm loved.

I soon forget that you're by my side
so help me to trust.

You say a new thing is rising up,
you're bringing new life.

Right here, this moment it's feeling tough,
I'm longing for light:

You are my way in the wilderness...

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

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.**

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