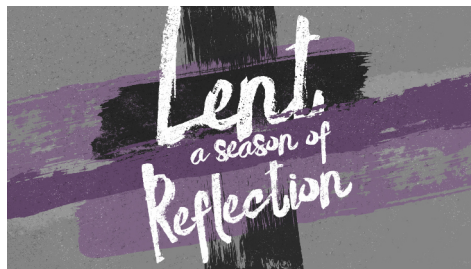




THE WELLBEING JOURNEY continues today. We are approaching wellbeing in a holistic way, covering the themes of mindset, our physical, emotional, spiritual, relational, financial and vocational wellbeing. This journey is part of our online services on Sundays (10.30am-11.15am) with further options to apply the lessons on your own or in a group. You can catch up on all the service on Youtube - find the link below. Sign up to get updates and helpful materials for your journey by going onto our website: www.denhamparish.church/events



You can catch up on our Ash Wednesday Holy Communion service on Youtube (find the link below).

Call FREEFONE 0800 804 8044 for a daily Lent reflection or download the Church of England "Live Lent" app: bit.ly/livelent2020

Read J John's Reflection on "Why Lent?" on our blog: www.denhamparish.church/blog



PAROUSIA

Weekly News and Service Sheet
21st February 2021
The First Sunday of 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*

Do for a few what you can't do for all

Today we are exploring emotional wellbeing and at times I can get overwhelmed by the demands on me - or the demands *I think* are placed on me. Maybe it's the occupational hazard of a pastor but I know other people who feel similar pressures. Thanks to modern communications we are connected with so many people and often feel we are not doing justice to those relationships. Or we keep in touch on a superficial level (Facebook, annual Christmas cards, the end-of-year round-robin circular letter...), but wish we could deepen our friendships.

In our reading today we meet Jesus at the height of ministry success. There is no let-up as the multitudes follow him, clamouring for his attention (and that's a few years before Facebook was invented!). How does the Son of God deal with the situation?

Jesus goes up on a mountain (space to breathe and think!) and calls to him those whom he wants, in particular the twelve disciples who he will share his life with for the remainder of his earthly life.

Isn't that unfair? What about all the other people who wanted to be part of his inner circle?

Jesus is teaching us an essential lesson here: If we spread ourselves too thinly, the fabric of our souls will eventually tear. Much better to invest in a few central, meaningful relationships than to skim through life, always dissatisfied and exhausted.

Of course Jesus had a bigger plan: These twelve disciples (bar Judas) were meant to continue his ministry after his resurrection and ascension. And that's what they did. How do I know that? Because I am writing this article and you are reading it! Two-thousand years later, the message of Jesus is still ringing round this earth and resonating in Denham.

To stay sane, to be effective, and to leave a lasting legacy, we need to be bold enough to do for a few what we can't do for all.

Who are your few? Some choices will be obvious - people whose care God has entrusted you with such as your family. But there will be others. Are you part of a small group in our church (your church)? This is one of the best investments you can make in your emotional and spiritual wellbeing. *Christoph Lindner*

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 God would deepen our trust in him during this time of Lent.
- 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 Celia York, Paul Stapleton and Peter Kirwan.

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

God of feasting and fasting, mountaintop and desert, you gather us together by your Holy Spirit. May we follow Jesus into the wilderness, feeding on your living bread and tasting your water of life. We come hungry and thirsty for more of you, God. **Amen**

HYMN

Forty days and forty nights

you were fasting in the wild;
forty days and forty night
tempted yet undefiled.

Shall not we your trials share,
learn your discipline of will;
and with you by fast and prayer
wrestle with the powers of hell?
Saviour may we hear your voice
keep us constant at your side;
and with you we shall rejoice
at the eternal Eastertide.

CONFESSION (from Psalm 51)

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 in me a willing spirit. 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

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**

BIBLE READING: Mark 3:7 - 19

Jesus departed with his disciples to the lake, and a great multitude from Galilee followed him; hearing all that he was doing, they came to him in great numbers from Judea, Jerusalem, Idumea, beyond the Jordan, and the region around Tyre and Sidon. He told his disciples to have a boat ready for him because of the crowd, so that they would not crush him; for he had cured many, so that all who had diseases pressed upon him to touch him. Whenever the unclean spirits saw him, they fell down before him and shouted, 'You are the Son of God!' But he sternly ordered them not to make him known.

He went up the mountain and called to him those whom he wanted, and they came to him. And he appointed twelve, whom he also named apostles, to be with him, and to be sent out to proclaim the message, and to have authority to cast out demons. So he appointed the twelve: Simon (to whom he gave the name Peter); James son of Zebedee and John the brother of James (to whom he gave the name Boanerges, that is, Sons of Thunder); and Andrew, and Philip, and Bartholomew, and Matthew, and Thomas, and James son of Alphaeus, and Thaddaeus, and Simon the Cananaean, and Judas Iscariot, who betrayed him. Then he went home;
This is the word of the Lord.

Thanks be to God.

REFLECTION (or read page 1)

PRAYERS

Sometimes we feel like we're walking through wilderness:

Jesus we choose to walk with you.

When our spirits feel dry, help us trust in your Spirit:

Jesus we choose to walk with you.

Fasting seems difficult, prayers seem unanswered:

Jesus we choose to walk with you.

The world howls like wild animals all around us:

Jesus we choose to walk with you.

We can choose to worry, or to trust you to provide:

Jesus we choose to walk with you.

Temptation is everywhere, doubts can overwhelm us:

Jesus we choose to walk with you.

You know what it's like to walk through this desert:

Jesus we choose to walk with you.

You long to transform us with wilderness worship:

Jesus we choose to walk with you. Amen

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

HYMN

Great is thy faithfulness,
O God my father,
There is no shadow of turning with thee;
Thou changest not,
Thy compassions, they fail not;
As thou hast been thou for ever wilt be.

Great is thy faithfulness!

Great is thy faithfulness!

Morning by morning

New mercies I see;

All I have needed

Thy hand hath provided,

Great is thy faithfulness,

Lord, unto me!

Pardon for sin

And a peace that endureth,

Thine own dear presence

To cheer and to guide;

Strength for today

And bright hope for tomorrow,

Blessings all mine,

With ten thousand beside.

SENDING PRAYER

Holy Spirit, fill us with your water of life, so that even as we walk through the desert we might know your refreshing and share it with those around us. Lead us, as you led Jesus, to the glory of God the Father. **Amen.**

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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