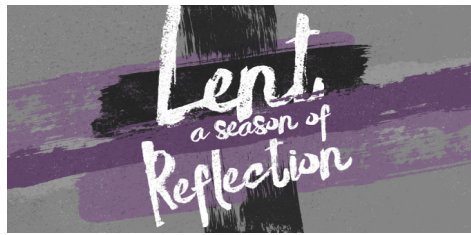




THE WELLBEING JOURNEY continues today. We are approaching wellbeing in a holistic way, covering the themes of mindset, our physical, emotional, spiritual, relational, financial and vocational wellbeing. This journey is part of our online services on Sundays (10.30am-11.15am) and our telephone service, 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



LENT APPEAL

Samuel Kpagheri is one of our mission partners - he works with Wycliffe Bible Translators in Togo and West Africa. The bible in Ncam, the local language, to which Samuel contributed was completed in 2015. Alongside it runs a literacy programme. Many people do not have the resources to buy their own Bible in Ncam. This Lent, can you make a contribution towards free and subsidised Bibles? You can give online by using the QR code below or by putting an envelope (marked BIBLES) through the church office letter box. Thank you!



PAROUSIA
Weekly News and Service Sheet
28th February 2021
The Second 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*

Spiritual wellbeing

Our spiritual wellbeing is of critical and central importance to every other area of our lives. In the early church and during the Reformation (around 500 years ago) there was a marked concentration on building Christian character and developing a distinctive lifestyle. It means developing qualities of love, patience, generosity, forgiveness, grace and so on, fruits from a seed sown on a fertile soil by a sower. The qualities are the very ones that will enable you to build a strong marriage, give generously to those who need it even when it is not convenient, react with grace and kindness to someone who offends you, or remain patient with an infuriating and unfair colleague at work. We all desire a sense of inner peace and rest, and one of the things I enjoyed most during my theological training was regular retreats. Spiritual rest and wellbeing can help us find the deep refreshment and rest we so much desire.

St Augustine famously said, 'Lord, you have made us for yourself and our hearts are restless until they find rest in you.' Empty spaces do not want to remain empty – even nature abhors a vacuum. Selwyn Hughes says that "God has built into us a desire for relationship with him which if not satisfied leaves us open and vulnerable to other sources such as alcohol, sex, gambling etc. which never satisfy." Nothing can satisfy that vacuum except God. Ruth Barton says that God created us with a desire for him that groans and yearns in the very fibre of our being. This promise of being made spiritually new and alive through accepting Christ's death and resurrection is for all of us. It is not a one-off experience, but fed by daily spending time with Him and allow the presence of the Holy Spirit to fill and refill us. Why? Because in the words of John Wimber, 'we leak!'. We should regularly refill our spiritual tank, never allow our petrol gauge to get into the red zone, as this can damage the engine.

How can we avoid being spiritually defeated and deflected? We can avoid this by spending time with God in prayer, fellowship, worship, reading and listening to His words. May God help us to always be aware of the reality of His presence in and with us. We have a living hope, found in Jesus Christ our Lord.

Nnamdi Maduka

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**



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.

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.

email: office@denhamparish.church

phone: 01895 832771

STAY SAFE • STAY CONNECTED • STAY HOPEFUL

WELCOME

OPENING PRAYER

We come to you, faithful Father, slowing down, taking a deeper breath. Thank you that we do not need to earn our way into your presence, but that we can come simply, through Jesus, by your Holy Spirit.

We pause.

We acknowledge your presence.

We trust you to feed us by your Word.

Amen.

HYMN

I cannot tell

how he whom angels worship should stoop to love the peoples of the earth, or why as shepherd he should seek the wand'rer with his mysterious promise of new birth. But this I know, that he was born of Mary, when Beth'lem's manger was his only home, and that he lived at Nazareth and laboured, and so the Saviour, and so the Saviour, Saviour of the world, is come.

I cannot tell how silently he suffered, as with his peace he graced this place of tears, or how his heart upon the cross was broken, the crown of pain to three and thirty years. But this I know, he heals the broken-hearted, and stays our sin, and calms our lurking fear, and lifts the burden from the heavy laden, for yet the Saviour, Saviour of the world, is here.

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, by the prayer and discipline of Lent may we enter into the mystery of Christ's sufferings, and by following in his Way come to share in his glory; through Jesus Christ our Lord.

AMEN

BIBLE READING: Mark 4.1-9,13-20

Again he began to teach beside the lake. Such a very large crowd gathered around him that he got into a boat on the lake and sat there, while the whole crowd was beside the lake on the land. He began to teach them many things in parables, and in his teaching he said to them: 'Listen! A sower went out to sow. And as he sowed, some seed fell on the path, and the birds came and ate it up. Other seed fell on rocky ground, where it did not have much soil, and it sprang up quickly, since it had no depth of soil. And when the sun rose, it was scorched; and since it had no root, it withered away. Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain. Other seed fell into good soil and brought forth grain, growing up and increasing and yielding thirty and sixty and a

hundredfold.' And he said, 'Let anyone with ears to hear listen!'

And he said to them, 'Do you not understand this parable? Then how will you understand all the parables? The sower sows the word. These are the ones on the path where the word is sown: when they hear, Satan immediately comes and takes away the word that is sown in them. And these are the ones sown on rocky ground: when they hear the word, they immediately receive it with joy. But they have no root, and endure only for a while; then, when trouble or persecution arises on account of the word, immediately they fall away. And others are those sown among the thorns: these are the ones who hear the word, but the cares of the world, and the lure of wealth, and the desire for other things come in and choke the word, and it yields nothing. And these are the ones sown on the good soil: they hear the word and accept it and bear fruit, thirty and sixty and a hundredfold.'

This is the word of the Lord.

Thanks be to God.

REFLECTION (or read page 1)

PRAYERS

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

HYMN

God is working his purpose out

as year succeeds to year.
God is working his purpose out,
and the day is drawing near.
Nearer and nearer draws the time,
the time that shall surely be,
when the earth shall be filled
with the glory of God
as the waters cover the sea.

March we forth in the strength of God,
his banner is unfurled;
let the light of the gospel shine
in the darkness of the world:
strengthen the weary, heal the sick
and set ev'ry captive free,
that the earth shall be filled
with the glory of God
as the waters cover the sea.

All our efforts are nothing worth
unless God bless the deed;
vain our hopes for the harvest tide
till he brings to life the seed.
Yet ever nearer draws the time,
the time that shall surely be,
when the earth shall be filled
with the glory of God
as the waters cover the sea.

SENDING PRAYER

God, as we go into this week,
make us a people who are content in all
circumstances: in crowds or alone,
with much or with little, well-fed or
hungry. May your presence, your provision
and your bread of life be enough for us.
Amen.

THE BLESSING

May God's Spirit fill you with the water of
life, so that even though you walk through
the desert, you will know his refreshing
and share it with those around you. And
the blessing of God almighty, the Father,
the Son, and the Holy Spirit, be among us
and remain with us always. **Amen.**