



Service Sheet

13th February 2022, 10.30am St Mary's
The Third Sunday before Lent

Welcome to St Mary's Church! We are so glad you are here – whether you are in the church building or watching online. If you are here for the first time or visiting, please say hello (in the chat feature online, or to the service leader or a member of the welcome team in church). You can find out more about our church on our website (www.denhamparish.church) or Facebook page (facebook.com/denhamparish.church).

WELCOME

HYMN

O Lord my God,
when I in awesome wonder
Consider all the works
thy hands have made,
I see the stars,
I hear the mighty thunder:
Thy power throughout
the universe displayed.

*Then sings my soul,
my Saviour, God, to thee:
How great thou art, how great thou art!
Then sings my soul,
my Saviour, God, to thee:
How great thou art, how great thou art!*

And when I think that God,
his Son not sparing,
sent him to die, I scarce can take that in
that on the cross
my burden gladly bearing,
he bled and died to take away my sin.

When Christ shall come
with shout of acclamation,
and take me home,
what joy shall fill my heart;
then I shall bow in humble adoration,
and there proclaim:
My God, how great thou art.

SUMMARY OF THE LAW

Our Lord Jesus Christ said: The first commandment is this: 'Hear, O Israel, the Lord our God is the only Lord. You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.' The second is this: 'Love your neighbour as yourself: There is no other commandment greater than these. On these two commandments hang all the law and the prophets. Amen. Lord, have mercy.

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 you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ, our Lord. Amen.

COLLECT

STAY SAFE • STAY CONNECTED • STAY HOPEFUL

Eternal God, whose Son went among the crowds and brought healing with his touch: help us to show his love, in your Church as we gather together, and by our lives as they are transformed into the image of Christ our Lord. **Amen**

SONG

The Lord's my shepherd, I'll not want,
He makes me lie in pastures green.
He leads me by the still, still waters,
His goodness restores my soul.

*And I will trust in You alone,
And I will trust in You alone,
For Your endless mercy follows me,
Your goodness will lead me home.*

He guides my ways in righteousness,
And He anoints my head with oil,
And my cup, it overflows with joy,
I feast on His pure delights.
And though I walk the darkest path,
I will not fear the evil one,
For You are with me,
and Your rod and staff
Are the comfort I need to know.
(Children leave for Sunday Club)

ANNOUNCEMENTS

FIRST READING: 1 Timothy 4. 7-8

Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

This is the word of the Lord.

All: Thanks be to God.

GOSPEL READING: Matthew 11. 28-30

Hear the Gospel of our Lord Jesus Christ according to Matthew.

All: Glory to you, O Lord.

[Jesus said,] 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

This is the Gospel of the Lord.

All: Praise to you, O Christ

SERMON

How have your habits changed over the last two years? Have you adopted any new ones? Experts tell us that 70-80% of our life is habit. Good habits are like a trellis that helps a plant to grow in a healthy way - they are not an end in themselves. We need to be intentional about them just as we are with physical exercise. Small changes in our habits can have a significant impact!

At first sight Jesus' invitation to take his yoke upon us and the promise to give us rest seem like a contradiction. In our modern western culture we have largely understood freedom as the absence of any limitations but the Bible helps us to understand true freedom as the presence of the right limitations.

THE CREED

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord,
Jesus Christ, the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father;
through him all things were made.**

**For us and for our salvation
he came down from heaven,
was incarnate from the Holy Spirit
and the Virgin Mary and was made man.
For our sake he was crucified
under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand
of the Father.**

**He will come again in glory to judge
the living and the dead,
and his kingdom will have no end.
We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father
and the Son, who with the Father and
the Son is worshipped and glorified,
who has spoken
through the prophets.**

**We believe in one holy catholic and
apostolic Church. We acknowledge
one baptism for the forgiveness of
sins. We look for the resurrection of the
dead, and the life of the world to come.
Amen.**

PRAYERS

Merciful Father,
**accept these prayers for the sake of
your Son, our Saviour, Jesus Christ.
Amen.**

THE PEACE

*The peace of the Lord be always with you
and also with you.*

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 EUCHARISTIC PRAYER

The Lord is here.

All: His Spirit is with us.

Lift up your hearts.

All: We lift them to the Lord.

Let us give thanks to the Lord our God.
All: It is right to give thanks and praise.

Father, we give you thanks and praise
through your beloved Son Jesus Christ,
your living Word, through whom you
have created all things; who was sent
by you in your great goodness to be
our Saviour.

By the power of the Holy Spirit he took
flesh; as your Son, born of the blessed
Virgin, he lived on earth and went
about among us;

he opened wide his arms for us on the cross; he put an end to death by dying for us; and revealed the resurrection by rising to new life; so he fulfilled your will and won for you a holy people.

Therefore with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you and saying:

**All: Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.**

Lord, you are holy indeed, the source of all holiness; grant that by the power of your Holy Spirit, and according to your holy will, these gifts of bread and wine may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed, took bread and gave you thanks; he broke it and gave it to his disciples, saying: Take, eat; this is my body which is given for you; do this in remembrance of me.

In the same way, after supper he took the cup and gave you thanks; he gave it to them, saying:

Drink this, all of you; this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me.

Great is the mystery of faith:

All: Christ has died:

Christ is risen:

Christ will come again.

And so, Father, calling to mind his death on the cross, his perfect sacrifice made once for the sins of the whole world; rejoicing in his mighty resurrection and glorious ascension, and looking for his coming in glory, we celebrate this memorial of our redemption. As we offer you this our sacrifice of praise and thanksgiving, we bring before you this bread and this cup and we thank you for counting us worthy to stand in your presence and serve you.

Send the Holy Spirit on your people and gather into one in your kingdom all who share this one bread and one cup, so that we, in the company of all the saints, may praise and glorify you for ever, through Jesus Christ our Lord;

by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be yours, almighty Father, for ever and ever.

All: Amen.

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever. Amen.**

We break this bread
to share in the body of Christ.

**Though we are many,
we are one body,
because we all share in one bread.**

GIVING OF COMMUNION

At present we receive Holy Communion in one kind (bread) only.

We have devised a one-way system for receiving the bread and then returning to your place through the empty first pew. Please refer to the diagram on page 7. We are inviting people to come forward by pew number starting with pew No. 1.

Please follow the directions of our sidesteam and keep a distance of two meters to the person in front of you. If you'd like to receive a blessing, please keep your hands at your sides as you come forward. Please walk back to your pew after you receive the wafer and consume it there.

HYMN

(sung by choir during communion)

Here is bread, here is wine
Christ is with us, He is with us
Break the bread, drink the wine
Christ is with us here

Here is grace, here is peace
Christ is with us, He is with us
Know His grace, find His peace
Feast on Jesus here

*In this bread there is healing
In this cup there's life forever
In this moment by the Spirit
Christ is with us here*

Here we are joined in one
Christ is with, us He is with us
We'll proclaim 'til He comes
Jesus crucified

**Almighty God, we thank you for
feeding us with the body and blood of
your Son Jesus Christ. Through him
we offer you our souls and bodies to
be a living sacrifice. Send us out in the
power of your Spirit to live and work
to your praise and glory. Amen.**

SONG

My hope is built on nothing less
than Jesus' blood and righteousness
I dare not trust the sweetest frame
but wholly trust in Jesus' name.

(REPEAT)

*Christ alone, Cornerstone
Weak made strong in the Saviour's love
Through the storm. He is Lord, Lord of all.*

When darkness seems to hide His face
I rest on His unchanging grace
In every high and stormy gale
my anchor holds within the veil.
my anchor holds within the veil.

When He shall come with trumpet sound
Oh may I then in Him be found
Dressed in his righteousness alone
Faultless stand before the throne

THE BLESSING

The Lord bless and watch over you,
the Lord make his face shine upon you
and be gracious to you,
the Lord look kindly on you
and give you peace;
and the blessing of God almighty,
the Father, the Son,
and the Holy Spirit,
be among us and remain with us
always.

Amen.

Go in peace to love and serve the Lord
In the name of Christ. Amen

ASH WEDNESDAY: 2 March

Please join us for a service of Holy Communion (BCP) on Ash Wednesday at 10am at St Mary's.

THE LENT ENCOUNTER

Bible Society is offering a daily email throughout Lent to journey through Jesus' life and ministry. With Andrew Ollerton's videos of the Holy Land and weekly 'Wonder Walks' to help you reflect and pray as you walk. Find out more: bit.ly/lelencounter

DOROTHY HONE

Dot's funeral will be on Wednesday 23rd February at 1.30pm at Breakspear Crematorium (East Chapel).

ONLINE DONATIONS



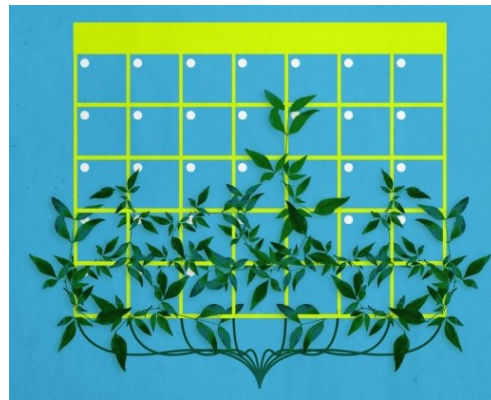
If you wish to make a donation to Denham Parish Church, please scan this code with the camera or QR app on your smartphone and follow instructions.

Let's pray together ...

- For joyful courage as we live out the good news of Jesus in our daily lives.
- For those who live under oppressive regimes or suffer the consequences of natural disasters.
- For our health service, the vulnerable and those who are unwell in body, mind or spirit.
- For peace in war-torn countries and those threatened by war.
- For the families and friends of Dot Hone and all those who have lost loved ones.

DIARY DATE: Church Army, 20 Feb

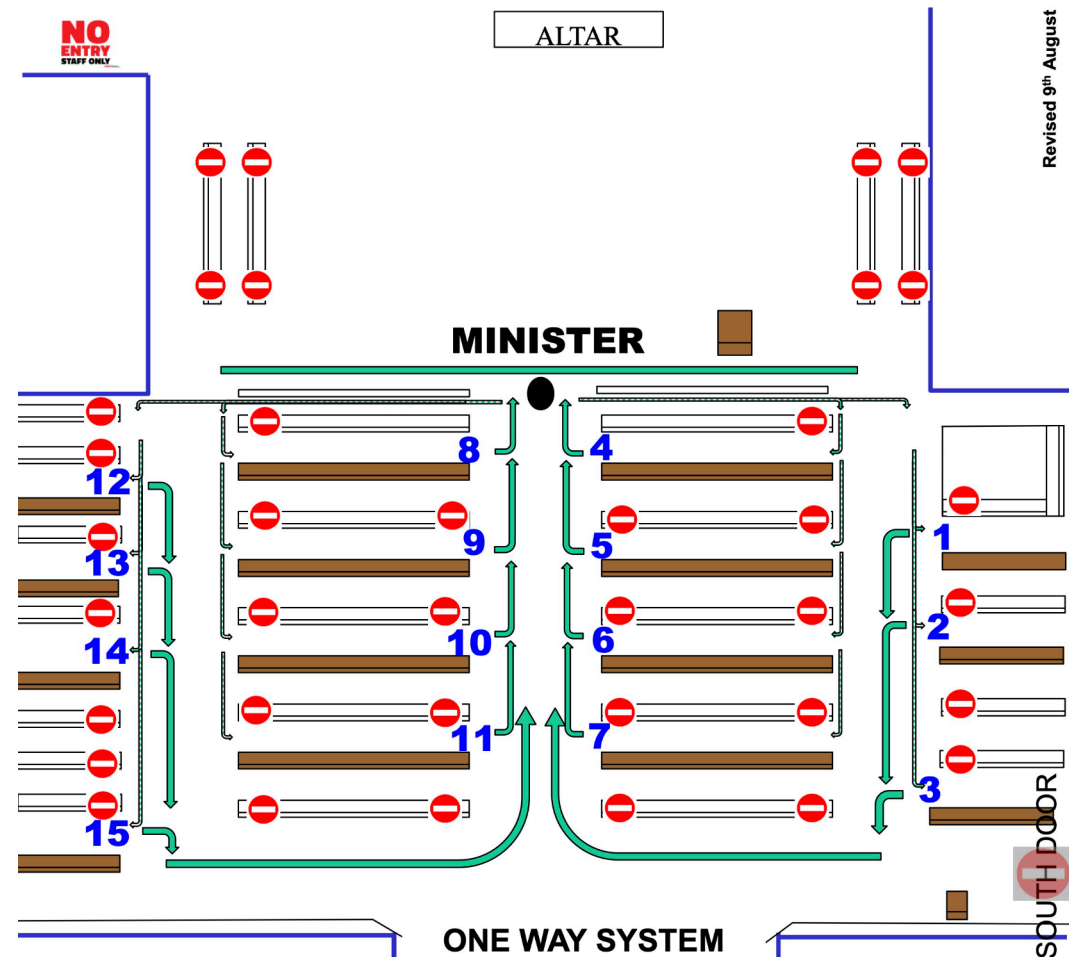
Next Sunday, 20 February, we will welcome Michael Cooper from The Church Army as our guest speaker. Church Army is one of our long-standing mission partners. Here is what they are about: "We strive to help those most in need. Through partnership and collaboration, we aspire to empower lives and nurture a sense of belonging in communities across the UK and Ireland."



HEALTHY HABITS: THE COMMON RULE

Today we are starting a series of talks on shaping healthy daily and weekly habits and on doing it together. The talks are based on the book by Justin Earley. Healthy habits are like a trellis that helps a plant grow in a healthy way. You are invited to try some or all of these habits during the season of Lent.

Watch short introductory videos here: thecommonrule.org/video-series



HOLY COMMUNION

ONE WAY SYSTEM

Starting with pew 1, follow the bolder arrows to the front.

Once you have received the bread, please follow the circular route back through the empty 1st pew) to your seat and consume your bread there. Thank you

Route TO take Communion

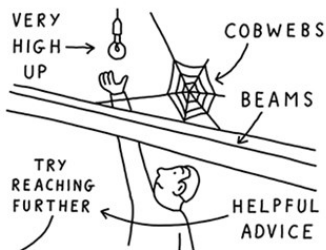
Route BACK to your pew/seat



Van Gogh's "Starry Night": Which buildings in the valley are lit?

CHURCHWARDEN OF THE YEAR

HOW THE COMPETITION IS DECIDED



ROUND ONE: LIGHT-BULB CHALLENGE



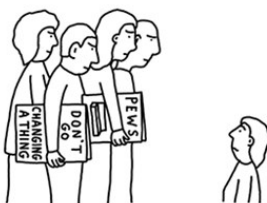
ROUND TWO: FACULTY-REGULATIONS EXAM



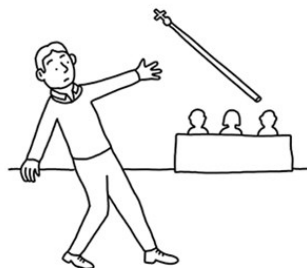
ROUND THREE: EMERGENCY LESSON-READING



ROUND FOUR: KEEPING ORDER IN THE CHURCHYARD



SEMI-FINAL: ABILITY TO WITHSTAND THE MIGHT OF HERITAGE ORGANISATIONS



FINAL: STAVE-TWIRLING