



Service Sheet

13th March 2022, 9.00am St Mary's
The Second Sunday of 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

SONG

Strength will rise as we wait upon the Lord,
we will wait upon the Lord,
we will wait upon the Lord.
(Repeat)

Our God, you reign forever.
Our hope, our Strong Deliverer.

You are the everlasting God,
the everlasting God.
You do not faint, you won't grow weary.
You're the defender of the weak,
you comfort those in need.
You lift us up on wings like eagles.

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

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**

BE STILL - BE PRESENT!

STAY SAFE • STAY CONNECTED • STAY HOPEFUL

HYMN

Be still, for the presence of the Lord,
The holy One, is here;
Come bow before him now
With reverence and fear
In him no sin is found
We stand on holy ground.
Be still, for the presence of the Lord,
The holy One, is here.

Be still, for the glory of the Lord
Is shining all around;
He burns with holy fire,
With splendour he is crowned:
How awesome is the sight
Our radiant king of light!
Be still, for the glory of the Lord
Is shining all around.

Be still, for the power of the Lord
Is moving in this place:
He comes to cleanse and heal,
To minister his grace -
No work too hard for him.
In faith receive from him.
Be still, for the power of the Lord
Is moving in this place.

(Children leave for Sunday Club)

ANNOUNCEMENTS

FIRST READING: Psalm 46. 10-11

‘Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth.’ The Lord of hosts is with us; the God of Jacob is our refuge.

This is the word of the Lord.

All: Thanks be to God.

GOSPEL READING: Matthew 6. 25-34

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

All: Glory to you, O Lord.

‘Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at

the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, “What will we eat?” or “What will we drink?” or “What will we wear?” For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

‘So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today..

This is the Gospel of the Lord.

All: Praise to you, O Christ

SERMON

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

*Response: God of love,
Rain down your peace.*

**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.*

SONG

**Christ be in my waking,
As the sun is rising,
In my day of working,
With me every hour,
Christ be in my resting,
As the day is ending,
Calming and refreshing,
Watching through the night.**

Christ be in my thinking,
And my understanding,
Guarding me from evil,
Walking in the light.
Christ be in my speaking,
Every word a blessing,
Pure and not deceiving,
Grace to all who hear.

*Jesus, this is my devotion,
All my life to know You,
Every day to walk with You.
Saviour, You’re my deepest longing,
You’re the One I live for,
Teach me, Lord, to walk with You.*

Christ be in my gladness
For the joy of living,
Thankful for the goodness
Of the Father's hand.
Christ be in my sorrow,
In my day of darkness,
Knowing that I follow
In the steps He trod.

Christ when hope has faded,
Nothing left to cling to,
Every pleasure jaded,
Every well is dry.
Christ the loving Shepherd
Draws me with His kindness,
Leads me from the desert
To the streams of life.

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.

Therefore, heavenly Father, we remember his offering of himself made once for all upon the cross; we proclaim his mighty resurrection and glorious ascension; we look for the coming of your kingdom, and with this bread and this cup we make the memorial of Christ your Son our Lord.

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 you hands at your sides as you come forward. Please walk back to your pew after you receive the wafer and consume it there.

HYMN

(during communion)

When I fear my faith will fail
Christ will hold me fast
When the tempter would prevail
He will hold me fast
I could never keep my hold
Through life's fearful path
For my love is often cold
He must hold me fast

*He will hold me fast, he will hold me fast
For my Saviour loves me so
He will hold me fast*

Those He saves are His delight
Christ will hold me fast
Precious in His holy sight
He will hold me fast
He'll not let my soul be lost
His Promises shall last
Bought by Him at such a cost
He will hold me fast

For my life He bled and died
Christ will hold me fast
Justice has been satisfied
He will hold me fast
Raised with Him to endless life
He will hold me fast
Till our faith is turned to sight
When He comes at last

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.

HYMN

Lord of all hopefulness, Lord of all joy,
Whose trust, ever childlike,
no cares could destroy,
Be there at our waking,
and give us, we pray,
Your bliss in our hearts,
Lord, at the break of the day.

Lord of all eagerness, Lord of all faith,
Whose strong hands were skilled at
the plane and the lathe,
Be there at our labours,
and give us, we pray,
Your strength in our hearts,
Lord, at the noon of the day.

Lord of all kindness, Lord of all grace,
Your hands swift to welcome,
your arms to embrace,
be there at our homing,
and give us, we pray,
Your love in our hearts,
Lord, at the eve of the day.

Lord of all gentleness, Lord of all calm,
Whose voice is contentment,
whose presence is balm,
be there at our sleeping,
and give us, we pray,
Your peace in our hearts, Lord,
at the end of the day.

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 you and remain with you
always. **Amen.**

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

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THE WELL: Mon 14th March, 8pm

Please join us at **St Mark's Hall** for our monthly prayer gathering.

The Well: praying for God to renew our lives, our church, our community, our world.



Family Service: 27th March, 10.30am

Please join us at **St Mary's Church** for **Mothering Sunday** and spread the word to neighbours, friends and family!



THIS FRIDAY: THE HAVEN

A place of safety, welcome and hope renewed.

This monthly get-together is a safe space for all who are living through pain of bereavement and the heartache of loss. It is facilitated by Rev Ian Jennings, Associate Minister of St Mary's, and author of *By a Departing Light* and *What is Life without my Love?* Do join us monthly in a relaxed and welcoming atmosphere over a cup of tea or coffee and light refreshments.

St Marks Hall, Denham Green

Friday March 18th 4pm

Also on April 22nd, May 20th, June 17th

email: office@denhamparish.church

Weekly Diary

Today 4pm - Destiny at St Mark's

Mon 14th, 8pm - The Well, St Mark's

Weds 16th, am - Little Lions toddler group
Contact Edda: eddalindner18@gmail.com

Thurs 17th 7pm - Alpha at The Rectory

Fri 18th, 4pm - The Haven, St Mark's

Sun 20th, 10.30am - Mothering Sunday
Family Service, St Mary's Church



DIARY DATE:

APCM 8th May

Our Annual Church

Meeting will take place on

Sunday 8th May in the morning (exact time TBC). Please make a note in your diary!



DONATE: Our mission partner Tearfund is a member of the Disasters Emergency Committee. You can give to their Ukraine appeal here: www.dec.org.uk

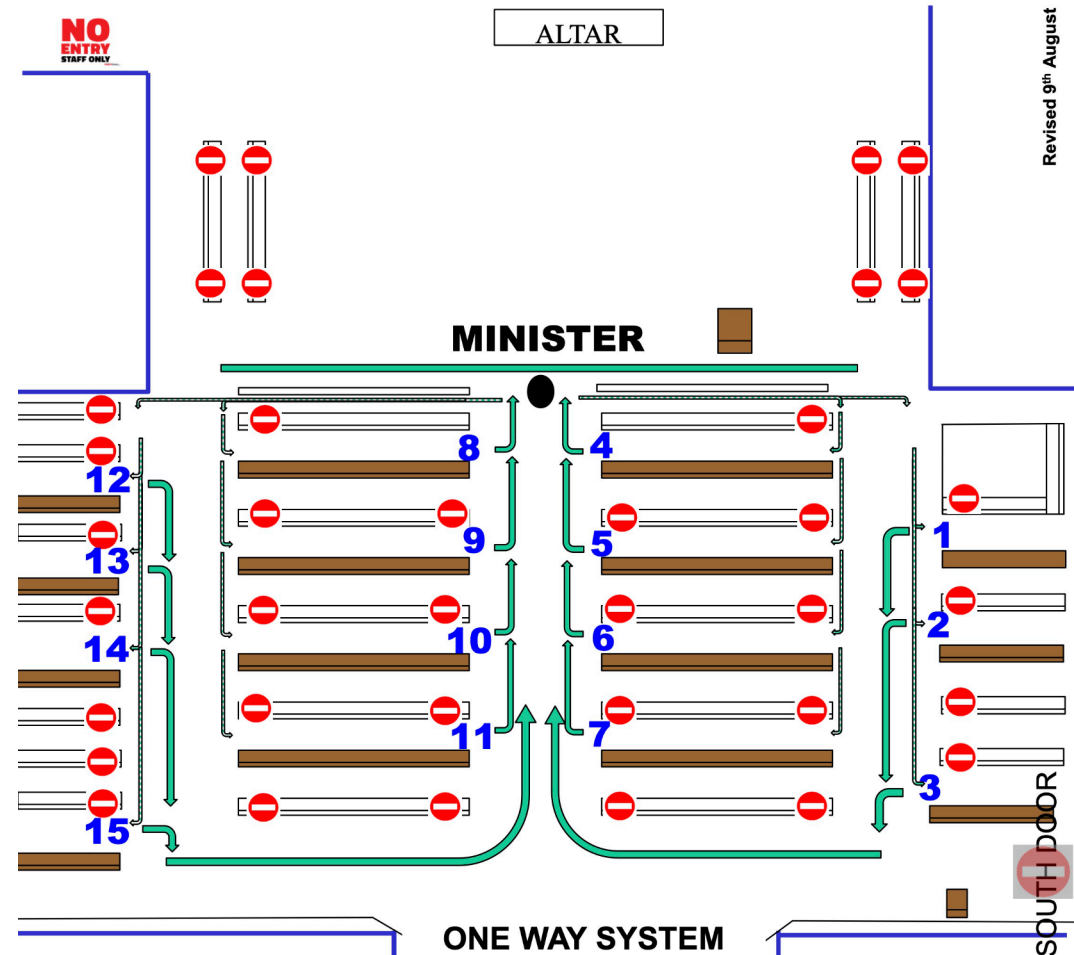


Sanctuary Foundation

WELCOME: Sanctuary Foundation is supporting new arrivals from Ukraine. You can pledge your support here: sanctuaryfoundation.org.uk

Let's pray together ...

- For joyful courage as we live out the good news of Jesus in our daily lives.
- For everyone affected by the war in Ukraine and those working for peace. For generosity in welcoming refugees.
- For those who are unwell in body, mind or spirit.
- For the families and friends of Rita Lines, John Ullman and all those who have lost loved ones.



HOLY COMMUNION

ONE WAY SYSTEM

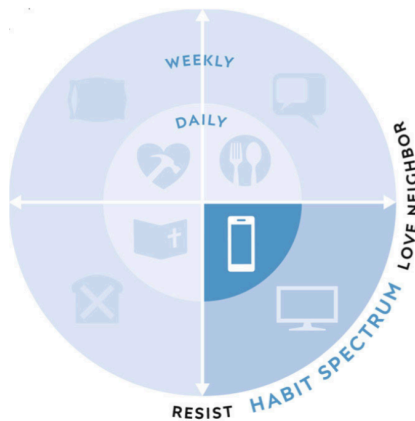
Starting with pew 1, follow the bolder arrows to the front.

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

DAILY HABIT 3: ONE HOUR WITH PHONE OFF



The Habit at a Glance

We were made for presence, but so often our phones (or: TV, radio) are the cause of our absence. To be in two places at a time is to be no place at all. Turning off our phone (TV, radio) for an hour a day is a way to turn our gaze up to each other, whether that be children, coworkers, friends, or neighbours. Our habits of attention are habits of love. To resist absence is to love neighbour.

Three Ways to Start

Hour at home. Having the same hour every day goes a long way towards creating a rhythm of presence at home. This could be for time with family or friends around the dining table, or an hour for bath time and bedtime stories for young families.

Hour at work. Picking an hour every morning at work to keep your phone off may be the way to start for you. Choose a time when you know it's okay to be unavailable or a time when you need to concentrate or get creative work done. An hour of concentrated work without distractions can bear great fruit, whatever your work, whether you are at home, in the office, employed or retired.

Hour for silence. You may choose the first or last hour of your day to turn your phone off. This can create meaningful space for solitude and silence. Consider using *Do Not Disturb* or similar setting on your phones to set up regular phone-free hours. Better yet, in his excellent book on the topic, *The Tech-Wise Family*, Andy Crouch suggested putting your phone to bed before you go to bed, and waking up before your phone wakes up.

Three Considerations

The art of communication. So much is solved by communicating well. If you have a demanding job that you think makes an hour without your phone seem impossible, think hard about whether that is really the case every day. Similarly, if you think you need to be 'always on' so your spouse, children, grandchildren can contact you at all times. Often it's just hard, especially if we're scared of communicating what we're doing. It might mean telling your family or coworkers you'll be unavailable. Either way, telling people is key.

Mastering devices. Beyond turning your phone off, there's a lot you can do through settings to shape your phone into being a device that is more likely to communicate your presence instead of divide your presence. Try turning off all notifications, and then over a week, turn the ones you truly miss or need back on. Also use voice controls whenever possible. This often will keep you from opening the phone and then getting distracted by ten things when you only needed to do one thing.

A place for phones. Whether at work or home, consider having a place for your phone. Set up a charger, put your phone there, and leave it there. At work keep it across the room, where you can't reach it or see it. At home, put it up on the mantle piece or in a drawer. Consider having a charging station at the front door, so when your friends come over, you can offer a place where they can leave their phones. Having a place for phones goes a long way toward putting them in their place.

"But I don't have a smartphone!" Reflect on what the biggest distractions are for you (maybe TV, radio). How can you be present by setting boundaries on those distractions?

The smartphone is a tool that enables many things, but it will never multiply our presence.