



Service Sheet

9th October 2022, 10.30am, St Mary's
The Seventeenth Sunday after Trinity
Fast from something for 24 hours

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!*

When through the woods
and forest glads I wander,
and hear the birds
sing sweetly in the trees;
when I look down
from lofty mountain grandeur,
and hear the brook,
and feel the gentle breeze.

And when I think that God,
his Son not sparing,
Sent him to die, I scarce can take it 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 shall I 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.

email: office@denhamparish.church

phone: 01895 832771

CONFESSION

Most merciful God, Father of our Lord Jesus Christ, we confess that we have sinned in thought, word and deed. We have not loved you with our whole heart. We have not loved our neighbours as ourselves. In your mercy forgive what we have been, help us to amend what we are, and direct what we shall be; that we may do justly, love mercy, and walk humbly with you, our God. 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

Gracious God, you call us to fullness of life: deliver us from unbelief and banish our anxieties with the liberating love of Jesus Christ our Lord. Amen

HYMN

(Children will leave for Sunday Club now)

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.

BANNS AND ANNOUNCEMENTS

FIRST READING: Genesis 2. 4-9

These are the generations of the heavens and the earth when they were created. In the day that the Lord God made the earth and the heavens, when no plant of the field was yet in the earth and no herb of the field had yet sprung up—for the Lord God had not caused it to rain upon the earth, and there was no one to till the ground; but a stream would rise from the earth, and water the whole face of the ground— then the Lord God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being. And the Lord God planted a garden in Eden, in the east; and there he put the man whom he had formed. Out of the ground the Lord God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil.

This is the Word of the Lord.

Thanks be to God.

GOSPEL READING: Luke 4. 1-4

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

All: Glory to you, O Lord

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone."'

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

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

Forty days and forty nights
thou wast fasting in the wild;
forty days and forty night
tempted yet undefiled.

Sunbeams scorching all the day,
chilly dew-drops nightly shed,
prowling beasts about thy way,
stones thy pillow, earth thy bed.

Shall not we thy sorrows share,
and from earthly joys abstain;
fasting with unceasing prayer
glad with thee to suffer pain?

Keep, O keep us, Saviour dear
ever constant by thy side
that with thee we may appear
at th' eternal Eastertide.

OFFERTORY PRAYER

Yours, Lord, is the greatness,
the power, the glory, the splendour,
and the majesty; for everything
in heaven and on earth is yours.
**All things come from you,
and of your own do we give you.**

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.

It is indeed right, it is our duty and our joy, at all times and in all places to give you thanks and praise, holy Father, heavenly King, almighty and eternal God, through Jesus Christ your Son our Lord.

For he is your living Word; through him you have created all things from the beginning, and formed us in your own image.

Through him you have freed us from the slavery of sin, giving him to be born of a woman and to die upon the cross; you raised him from the dead and exalted him to your right hand on high.

Through him you have sent upon us your holy and life-giving Spirit, and made us a people for your own possession.

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:

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

Accept our praises, heavenly Father, through your Son our Saviour Jesus Christ, and as we follow his example and obey his command, grant that by the power of your Holy Spirit these gifts of bread and wine may be to us his body and his blood;

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:

Christ has died:

Christ is risen:

Christ will come again.

Accept through him, our great high priest, this our sacrifice of thanks and praise, and as we eat and drink these holy gifts in the presence of your divine majesty, renew us by your Spirit, inspire us with your love and unite us in the body of your Son, Jesus Christ our Lord.

Through him, and with him, and in him, in the unity of the Holy Spirit, with all who stand before you in earth and heaven, we worship you, Father almighty, in songs of everlasting praise:

**Blessing and honour and glory and power be yours for ever and ever.
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

Please follow the directions of our sidesteam. There is no one-way system anymore. Please return to your seat through the middle aisle.

We now take communion in both bread and wine again. Please feel under no compulsion to receive the wine, though.

If you'd like to receive a blessing, please keep your hands at your sides as you come forward.

If you'd like to receive Holy Communion seated in the pew, please let a member of our sidesteam know.

CHOIR: AVE VERUM (Elgar)

English Translation:

Jesus, Word of God incarnate,
of the virgin Mary born
On the cross thy sacred body for us
mortals with nails was torn
From whose pierced side
flowed the water and the blood
Feed us with thy body broken,
be in life and death our food
O mild, o beautiful Jesus, Son of Mary.

POST-COMMUNION PRAYER
**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

Guide me, O thou great Redeemer,
Pilgrim through this barren land;
I am weak, but thou art mighty,
Hold me with thy powerful hand:
Bread of heaven, Bread of heaven,
Feed me now and ever more,
Feed me now and ever more.

Open now the crystal fountain
Whence the healing stream doth flow;
Let the fiery, cloudy pillar
Lead me all my journey through:
Strong deliverer, strong deliverer,
Be thou still my strength and shield,
Be thou still my strength and shield.

When I tread the verge of Jordan
Bid my anxious fears subside;
Death of death, and hell's destruction,
Land me safe on Canaan's side:
Songs of praises, songs of praises,
I will ever give to thee,
I will ever give to thee.

THE BLESSING

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

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PATHWAYS

Please take a copy of the latest issue of Pathways, the magazine for people in the Diocese of Oxford. It explores the theme "A people of hope: Together with God in tough times."

HARVEST THANKSGIVING: THANK YOU!

Thank you for all your gifts last Sunday! Nnamdi has delivered our food gifts to the foodbank in New Denham.

We have also received a total of £590 in vouchers for supermarkets and £90 in cash, which will support local people and families through direct gifts and through Give & Share.

COST OF LIVING CRISIS

The Dioceses of Oxford has pulled together resources to support people struggling with the Cost of Living crisis.

Find out more with the link or scan the QR code: tiny.cc/costofliving



Let's pray together ...

- For those who are anxious about rising costs of food, energy, mortgages. For generosity to share our wealth equitably. For wisdom for those in government.
- For conflicts and wars in our world: For people of peace to find ways of making peace.
- For those who are unwell.
- For those who have lost loved ones, especially the family of Nicholas Maris.

Weekly Diary

TODAY 4pm. Churches together choir Concert. St Mary's.

Mon 10th 8pm - The Well St Mark's.

Weds 12th - Little Lions toddler group. St Mark's. Contact eddalindner18@gmail.com



THE WELL

Worship | Pray | Listen

Join us tomorrow, Mon 10 Oct, at 8.00pm at St Mark's Church Hall.

Once a month we set aside time to let God speak to us and to bring our needs and the needs of the world to him. Just turn up.

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.

WEEKLY HABIT 3: Fasting from something for 24 hours

The Habit at a Glance

We constantly seek to fill our emptiness with food and other comforts. We ignore our soul and our neighbour's need by medicating with food and drink. Regular fasting exposes who we really are, reminds us how broken the world is, and draws our eyes to how Jesus is redeeming all things.

Three Ways to Start

Pick something to fast from. The first step is choosing something that's helpful to fast from. For regular fasting, you can simply fast from all food (if you are not sure whether fasting is possible for you, check with your GP first!) But fasting from sugar, meat, alcohol, caffeine, social media, TV, radio, internet, or something else may be a good way for you to begin regular fasting.

Sundown to sundown. Justin Whitmel Earley (on whose book "The Common Rule" this series is based, begins fasting on Thursday evening and ends with a communal breaking of the fast on Friday evening. This is a great way to do a twenty-four-hour communal fast with friends.

Start with a meal. If fasting intimidates you, a great place to start is just skipping a meal - maybe lunch - and replacing it with prayer. If you do it with family, skip your family meal so you can pray together. If you do it with friends at work, choose lunch. Being in this rhythm with someone else makes it easier to try fasting, and the communal nature of it changes the experience.

Two Considerations

Communal Fasting. Fasting can be richer in community – it also makes it easier to muster the discipline. Consider having a text or email chain going among people who are fasting so you can share encouragements and prayers. Also consider doing an initial prayer time together and/or breaking the fast together. If you are part of a lifegroup or Bible Book Club, consider trying it together.

Prayer. Usually, just skipping meals doesn't lead to prayer. Maybe you need to take walks instead of eating to actually pray. Whatever you do, make sure you replace meals with prayer.

To live without fasting is to live without knowing who you truly are.

AS YOU PRACTISE THESE HABITS, DON'T FORGET:

Your habits will not change God's love for you, but God's love for you can and should change your habits!



TODAY!

St Mary's Denham
is inviting you to a
CONCERT
with the
Churches Together Choir



Sunday 9 October 2022, 4pm
St Mary's Church Denham

*Great music from a combined choir
led by Richard Cottle*

Free Entry

FIND OUT MORE:

www.denhamparish.church/concert