

ST. MARY OF NAZARETH /ST. FRANCIS OF ASSISI – WEST WICKHAM

14th February 2021: Sunday before Lent

Hazel writes:

I hope that you survived the cold weather this past week. I did think that the snow looked really pretty. This coming week is the start of Lent with **Ash Wednesday** on 17th February. We will have a **service of Holy Communion and Ashing** on Zoom at 10.45am. There is an invitation being sent with this pew sheet and the readings and additional liturgy that you will need are included below. The **church buildings will be open for private prayer** in the afternoon: St Mary's from 1.30 – 2.30pm and St Francis' from 3 – 4pm. Then a recording of the service from the morning will premiere live on our YouTube channel at 8pm in the evening. Please do use these opportunities for some reflection on how you might mark Lent, using the guidance that I will be giving in our Sunday morning service this week.

Next Sunday, 21st February there will be a **service of Holy Communion** on our YouTube Channel at 10am.

One of the opportunities that will be available during **Lent** will be meeting with others in Home Groups. Currently we cannot do this face to face, but three groups are meeting on-line on Zoom and have agreed to open up their meetings each week to others. They will all be following the same material from a book 'The Nail' by Stephen Cottrell. This follows Christ's crucifixion from the point of view of different people and we will be exploring this in our sermons, so that each week the groups pick up on the character who was the subject of the sermon on the previous Sunday. This will also enable us to possibly look at clips from the video of 'The Passion' which we didn't watch all the way through last year.

If you would like to join one of the groups, please would you contact the relevant leader who will let you know the relevant link for accessing the meetings:

- Richard Ford (richard.ford73@gmail.com or 020 8289 2432) if you'd like to meet on a Monday evening at 8pm;
- Nicky Nightingale (nicholanightingale@hotmail.co.uk or 07771 782914) if you'd like to meet on a Wednesday evening at 8pm;
- Ken Bryan (kennethabryan@aol.com or 07939 535996) if you'd like to meet on a Friday morning at 10.30am.

You can join different meetings each week if we know about this in advance.

If you'd rather pray and reflect on your own during Lent (or if you'd like some resources to use in addition to 'The Nail'), we have some paper copies of the Church of England's Lent material – God's Story, Our Story. This includes a reading, reflection and prayer for each day during Lent. There is also an app available from the Church of England website at <https://www.churchofengland.org/resources/livelent-2021-church-resources-gods-story-our-story>. If you would like a copy of the booklet, please contact Hazel. There will also be some available to pick up in the churches on Ash Wednesday.

If you want something a bit more active for Lent, there's a calendar of activities that you might undertake on page 4 – one for each day of Lent. How many can you do? Please do email with stories of your experiences.

The **Bishop of Southwark's Lent Call** this year focuses on food insecurity. Each week there will be details of a project being supported by the Lent Call in the pew sheet and a link to where on-line donations can be made. We are anticipating that you will also be able to make cash donations at each church on Easter Sunday.

Resources and updates for the week ahead – This week's service will be livestreamed from St Mary's Church at 10am and will focus on preparing for Lent, including a demonstration of preparing ash for the service on Wednesday and a look at all the resources you might want to think about using during Lent.

Other worship and resources that you might want to listen to or look at on Sunday:

The Church of England's national virtual service will be available on their website at www.churchofengland.org.

The BBC have the following programmes to watch and listen to:

- Sunday Worship at 8.10am on Radio 4- Facets of Love with Baptist Minister Rev. Richard Littledale.
- Choral Evensong at 3pm on Radio 3 from Chapel at Clare College, Cambridge.
- On BBC 1: Songs of Praise at 1.15 p.m. from Ripon Cathedral – Shaun Fletcher marks the start of Lent & St. Valentine's Day.

Please bring **Foodbank donations** to the Vicarage or St Francis' Church. Currently they need UHT Milk (Urgent) Fruit Juice (Urgent), cold meat, vegetables (particularly carrots), desserts, shaving gel/razors. There are large stocks of Pasta, rice, beans,

soup, cereals, tea and toilet rolls and these items are politely discouraged at the present time. Thank you for your continuing support.

Each week our “**coffee/tea & chat**” on Thursday at 2.30 pm is an opportunity to share with others. It is just 40 minutes and you don't need to commit to joining each week. Please let Rowena (rowena.griff19@btinternet.com /020 8777 6112) know if you would like the log-in details.

The Rotary Club is offering FREE **Work Club workshops** to help with a job search on-line via Zoom. They all run from 10-11am on the following dates:

- Weds 17th Feb – Ace your LinkedIn profile
- Thur 25th Feb – Start your own business

To book your place, email rotaryworkclub@gmail.com

On Thursday 23rd February at 8pm we have an **open meeting** with Bromley Civic Society, who will be giving a virtual tour and history of Bromley's Seven Town Centre **Parks and Gardens**. Followed by the opportunity to ask questions and talk about gardens. The meeting will be on Zoom and details will be sent round in a flyer during the weekend before the meeting.

Locks on doors in both church buildings have had to be replaced. If you have not been given a new key for the main door at St Mary's but need one, please contact Bob West. If you need a replacement key for the kitchen door at St Francis', please contact Barry Burford.

More than 13 million people have already been vaccinated and now anyone aged 70 and over, or who are on the Shielded Patients List, will be able to use the National Booking System to book an appointment without first needing a letter, provided they are registered with a GP. Members of the public not in these groups will still need to wait to be contacted. Here is a link to book an appointment: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/> You can also find detailed information here <https://selondonccg.nhs.uk/what-we-do/covid-19/covid-19-vaccine/>. Anyone unable to book online can call **119** free of charge, anytime between **7am and 11pm seven days a week**.

Any items for the joint pew sheet to Beryl bbolton@ntlworld.com and items for the websites to brian.griff19@btinternet.com or Gifty office@stmarywestwickham.co.uk.

LENT CALENDAR

These daily activities are just suggestions – if you have better ideas, go ahead! The middle section is not dated, so use them in any order. You could tick them off if you like. If you want to miss some and repeat others, that's fine! Just enjoy counting down the days to Easter.

SUNDAY

- BE THANKFUL -

21ST FEB Say thank you to someone.

28TH FEB Make a list of things in your home you are thankful for.

7TH MAR Think about what you are most thankful for in the past week. Does this tell you anything?

MOTHERING SUNDAY

Remember those who have nurtured you.

21ST MAR **GENSUS DAY**
Make a list of people you are thankful for.

MONDAY

- CONNECT -

○ Phone a friend you haven't spoken to for a while.

○ Send a card or letter to someone who might need encouragement.

○ Write to someone through a charity such as Prison Fellowship or Amnesty International (see back page for contact details)

○ Check in with your extended family – is there anyone you have lost touch with?

○ Read about what's happening in the world today.

29TH MAR

Mary gave her time, wealth and reputation to connect with Jesus and show her love by anointing him with oil. Is there someone you can connect deeply with today?

JOHN 12:1-11

TUESDAY

- CREATE -

16TH FEB SHROVE TUESDAY

'Pancake Day!' The day before Lent begins is traditionally a day for enjoying treats. Make pancakes or something else you enjoy eating.

○ Take some photos on the theme of creation or creativity.

○ Bake something (if you often bake maybe try a new recipe)

○ Write a poem, letter or story about something good in the past year (poem ideas on the back page)

○ Make something as a gift to give away tomorrow.

○ However you're feeling today, express it in some sort of creativity – art, music, writing, flower arranging....

30TH MAR

Jesus spoke about a grain of wheat that dies to grow a harvest. Is there something you could start today that will grow or multiply – bread, knitting, kindness, a veg patch?

JOHN 12:20-36

WEDNESDAY

- GIVE -

17TH FEB ASH WEDNESDAY

Phone someone and make a point of listening to what they want to talk about – give them your full attention.

○ Give a smile to someone (with your eyes if you're wearing a mask)

○ Contribute to a foodbank (details on the back page)

○ Feed the birds – they're hungry in winter!

○ Find something you already own that would be a good gift for a friend, and give it to them.

○ Give away as many compliments as you can today.

31ST MAR

Even though Judas had travelled with Jesus for three years, he betrayed him instead of supporting him. How can you give support to someone today?

JOHN 13:21-32

THURSDAY

- CREATION CARE -

18TH FEB

Plant some seeds (or plan your plantings) – whether flowers, veg or something else, they all help bees and other insects.

○ Instead of buying something new, can you repair an old one, or buy second hand?

○ Decide on one type of single-use plastic you can stop using.

○ If you're going out and about, can you collect a bag full of litter?

○ Find out what foods are seasonal at the moment – buy more local, seasonal foods.

○ Did you know electronic storage has a significant carbon footprint? Delete some emails!

1ST APR MAUNDY THURSDAY

Today is also April Fools' Day. It seemed foolish for Jesus to wash his friends' feet but it was an act of love and service. How might you love and serve God's creation today?

JOHN 13:1-17, 34-35

FRIDAY

- NOTICE -

19TH FEB

Look for signs of hope around your home, garden, or on a walk if you are able.



○ Stop to listen for birdsong. If you can't hear birds, what can you hear?

○ Pause to remember the past 24 hours. What do you notice about how you feel?

○ Practice 'mindful eating' – for at least one meal today, take time to really taste and enjoy each mouthful.

○ If you can, watch the sun rise or set today, or watch the night sky.

○ Notice what can you smell today!

2ND APR GOOD FRIDAY

Whether on our TV screens or in our streets, it is easier to look away from suffering. How can you notice someone's suffering today?

ISAIAH 52:13-53:12

SATURDAY

- SELF-CARE -

20TH FEB

Rediscover a hobby – painting, music, trains, gardening, something active – anything you haven't done for a while.

○ Take some time to prepare and eat a meal that makes you feel good.

○ Treat yourself! You decide what that means for you today.

○ Get some fresh air and exercise. If it helps (and if rules allow), try to do that with others.

○ Escape into a story – book, film, radio play, computer game etc.

○ Listen to some music that makes you feel good, and plan some things to look forward to.

3RD APR HOLY SATURDAY

We often feel we must respond immediately to everything, but on the Sabbath Jesus' friends didn't even prepare his body for burial. How can you make space to rest today?

MATTHEW 27:57-66

Easter Day!

Jesus' friends weren't expecting Good News on Easter Day and it took time for them to believe what they heard. Where can you see signs of new life?

JOHN 12:12-16

MARK 16:1-8

Collect

Holy God, you know the disorder of our sinful lives: set straight our crooked hearts, and bend our wills to love your goodness and your glory in Jesus Christ our Lord.

Opening prayer

To you, O Lord, we lift up our hearts, offering worship and praise.
Show us your path.
Teach us to follow.
Guide us in your truth.
For our hope is in you all day long.
Amen

Reading: Mark 1: 9-15

⁹ In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. ¹⁰ And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on

him. ¹¹ And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

¹² And the Spirit immediately drove him out into the wilderness. ¹³ He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

¹⁴ Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, ¹⁵ and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

Confession

Living, loving God,
you know our weaknesses and our frailties,

you know the many times we stumble and fall and fail you.
Forgive us the times when we have gone our own way.
Help us to know the strengthening and leading of your Spirit, that we may be led to serve and worship you in spirit and in truth, for the sake of your son, Jesus Christ. Amen

Closing Prayer

Creator God, you made us in your image to be your people, wherever we go.
This coming week, whatever we experience, help us to know that you are with us – guiding, revealing and sustaining – always.
Amen

Collect

Holy God, our lives are laid open before you: rescue us from the chaos of sin and through the death of your Son, bring us healing and make us whole, in Jesus Christ our Lord.

First Reading:

Isaiah 58: 1-12

Shout out, do not hold back! Lift up your voice like a trumpet!

Announce to my people their rebellion, to the house of Jacob their sins. ²Yet day after day they seek me and delight to know my ways, as if they were a nation that practised righteousness and did not forsake the ordinance of their God; they ask of me righteous judgements, they delight to draw near to God. ³‘Why do we fast, but you do not see? Why humble ourselves, but you do not notice?’ Look, you serve your own interest on your fast-day, and oppress

all your workers. ⁴Look, you fast only to quarrel and to fight and to strike with a wicked fist.

Such fasting as you do today will not make your voice heard on high. ⁵Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the LORD?

⁶Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke?

⁷Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

⁸Then your light shall break forth like the dawn, and your healing shall

spring up quickly; your vindicator shall go before you, the glory of the LORD shall be your rearguard.

⁹Then you shall call, and the LORD will answer; you shall cry for help, and he will say, Here I am.

If you remove the yoke from among you, the pointing of the finger, the speaking of evil, ¹⁰if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.

¹¹The LORD will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail.

¹²Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you

shall be called the repairer of the breach, the restorer of streets to live in.

Gospel:

Matthew 6: 1-6, 16-21

Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.² 'So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward.³ But when you give alms, do not let your left hand know what your right hand is doing,⁴ so that your alms may be done in secret; and your Father who sees in secret will reward you.⁵ 'And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners,

so that they may be seen by others. Truly I tell you, they have received their reward.⁶ But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

¹⁶ 'And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward.¹⁷ But when you fast, put oil on your head and wash your face,¹⁸ so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.¹⁹ 'Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal;²⁰ but store up for yourselves treasures in heaven, where neither

moth nor rust consumes and where thieves do not break in and steal.²¹ For where your treasure is, there your heart will be also.

Post Communion Prayer

Almighty God, you have given your only Son to be for us both a sacrifice for sin and also an example of godly life: give us grace that we may always most thankfully receive these his inestimable gifts, and also daily endeavour to follow the blessed steps of his most holy life; through Jesus Christ our Lord.

ADDITIONAL LITURGY - Imposition of Ashes on ASH WEDNESDAY

Let us now call to mind our sin and the infinite mercy of God.

God the Father,

have mercy on us.

God the Son,

have mercy on us.

God the Holy Spirit,

have mercy on us.

Trinity of love,

have mercy on us.

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, and mind, and strength.

We have not loved our neighbours as ourselves.

We have not forgiven others, as we have been forgiven.

Lord, have mercy.

We have been deaf to your call to serve, as Christ served us.

We have not been true to the mind of Christ.

We have grieved your Holy Spirit.

Lord, have mercy.

We confess to you, Lord ...

all our past unfaithfulness: the pride, hypocrisy and impatience of our lives.

Lord, have mercy.

Our self-indulgent appetites and ways, and our exploitation of other people.

Lord, have mercy.

Our anger at our own frustration and our envy of those more fortunate than ourselves.

Lord, have mercy.

Our intemperate love of worldly goods and comforts and our dishonesty in daily life and work.

Lord, have mercy.

Our negligence in prayer and worship and our failure to commend the faith that is in us.

Lord, have mercy.

Accept our repentance, Lord ...
for the wrongs we have done,
for our blindness to human need and suffering,
and our indifference to injustice and cruelty.

Accept our repentance, Lord.

For all false judgements,
for uncharitable thoughts towards our neighbours
and for our prejudice and contempt towards those who differ from us.

Accept our repentance, Lord.

For our waste and pollution of your creation
and our lack of concern for those who come after us.

Accept our repentance, Lord.

Restore us, good Lord, and let your anger depart from us.

Favourably hear us, for your mercy is great.

Accomplish in us the work of your salvation,
that we may show your glory in the world.

By the cross and passion of your Son our Lord,

bring us with all your saints to the joy of his resurrection.

Silence is kept.

TALK: Sharing Lent prayers, self-examination and actions – Hazel O’Sullivan

This year we are focussing on Mark’s gospel in our Sunday services. It’s a record of Jesus’ life that moves very quickly. Here in just seven verses we have his baptism, 40 days in the wilderness and the introduction to his ministry in Galilee. It’s interesting how those 40 days in the wilderness, which is what we associate Lent with, is sandwiched by a moment of recognition from God – ‘You are my Son, the beloved; with you I am well pleased’ and the start of a three-year period filled with activity. It’s almost as if that affirmation from God thrust Jesus into that period of prayer and reflection in the wilderness and that time then set him up for the task of ministry.

And so, focussing on those three parts of the reading, I want to show how prayer, fasting (or self-examination) and action are possible ways of following Jesus during this Lenten period in 2021.

So, the reading begins with Jesus’ baptism as a time when the presence of God was clearly felt. This is the affirmation that Jesus needed to signify that this was the right time to start his ministry. I wonder if you sometimes long for affirmation from God that what you’re doing is the right thing. Yes, it can be dressed up in elaborate language as ‘discerning the voice of God’ or ‘being guided on the right path’, but actually it’s a difficult experience to describe. You simply feel that presence and have a sense of something being right. I spent last week having some quiet time, catching up on some reading and preparing for a couple of things in the weeks ahead and there was one moment when I so clearly felt God’s presence, that I had to just rest there and ensure that I captured what it was that I was focussed on at the time because it was clearly important. Some people call those moments, or the spaces where they happen, ‘thin places’ – it’s like heaven is touching earth or there’s no difference between you and God. This is the kind of thing that happened to Jesus at his baptism.

So, the first thing that might be important to you during Lent could be to create a space, or a routine, where you know you can be open to finding yourself in the presence of God. You may remember that I suggested you create a space for prayer and reflection last year for Holy Week. That was right at the beginning of the first lockdown. Well, here we are again and, if you haven’t kept your space, can I encourage you to recreate, or make a new one for Lent. This was my space last year and it hasn’t changed that much – a bit more cluttered, but essentially the same space.



And once Jesus had had that experience of knowing the presence of God we're told 'the Spirit immediately drove him out into the wilderness'. This is where we get the traditional idea of fasting for Lent from. There wasn't much for Jesus to eat out there and it was a place where he could gain a different perspective on what lay ahead, as well as being a place where he was tested, through various temptations. That self-examination or testing is what Ash Wednesday in particular is about, so I encourage you to start Lent with that experience, either on Zoom, or by watching our service later in the day, or later in the week.

And then, during Lent at the Sunday services we will be looking at Christ's crucifixion from the point of view of different people. We'll explore the different motivations that four people linked with this event might have had. There's an element of self-examination in this too, because we all sin, we all have a pride about aspects of our lives and we all sometimes find it difficult (maybe impossible) to love certain people. It's those things that were the reason why Jesus died for us. It's for me and for you that he died. You may find that using Lent as a time to focus on this is helpful.

As well as the Sunday services, we'll be looking at the same passages and meditations in home groups, so if you want to join one of those, do contact one of the leaders to get the details.

Our reading today finishes with Jesus beginning his ministry – proclaiming the good news of God. This was an active period of time for Jesus and one that he shared with others. There are two ways in which you could be active during Lent, if that's more your thing than prayer or fasting. The first is the Church of England's Lent material – God's Story, Our Story. This includes a short reading, reflection and prayer for each day during Lent encouraging us to tell our story to others – a very active thing to do. There is also an app available from the Church of England website.

And included in the pew sheet this week is a Lent calendar, which gives some suggestions of actions that you could follow for every day during Lent.

So, three different ways to focus on Christ during Lent: prayer, fasting (or self-examination) and action. And please, don't keep this all to yourself, but share what you're doing with others, not because you're boasting about it, but because you want others to know about the experiences that they also could have. You may be someone who shares things easily with others, which is great, but we're not all extroverts. If you're not such a person, can I encourage you to join a home group for Lent to just see what sharing with others can reveal – you don't have to speak if you don't want to.

Reviewing the last three weeks of our services, I think that they are all pointing towards sharing our experiences of Christ. We are all different, and we'll all have different experiences of Christ over Lent. By sharing those differences we can understand them better, rather than missing something from our own experience or seeing others' experiences negatively.

Starting with my last sermon three weeks ago, I talked about living a life within a life. Epiphany is all about recognising those moments of revelation that might otherwise be missed and then sharing them with others. At Cana the disciples believed in Jesus when his glory was revealed in some wine at a wedding, but not everyone saw it as special wine and so not everyone had that story to share.

At Candlemas, Richard talked about Jesus living a human life and through that showing us God in human form. As we hear in our passage today, Jesus experienced temptation and he knows what it is to be human. It's not wrong to be tempted, but we do want to avoid giving in to that temptation to the extent that God is taken out of your life or restricted to just one hour on a Sunday. Sharing where we've seen Christ in a human being or where we've had something about ourselves highlighted by a test or a period of prayer or reflection may be helpful to us and to others. After all, that's what Jesus did when he shared his story about being tested in the wilderness.

And last week Ken was talking about Jesus' divinity, being reflected in the two ideas of life and light. He has shown us how to live a full life here on earth and has given us the promise of eternal life when we die. Both of these bring a light into a dark world and that has to be something that's worth sharing with others. Earlier I mentioned that time last week when I so clearly felt God's presence and you may have wondered what it was that prompted that sense. Well, at the time I was reading something on the value of prayer. Prayer: that time when you're with God; when you might feel at one with Christ. That's what brought light into my life at that time and that has to be something that's worth sharing with others, so I do so now.

So, please do share those stories of actions or experiences that you've had, of something about yourself being highlighted to you and of clearly feeling God's presence with you, whether in prayer or at another time.

Mark's gospel packs the 40 days that Jesus spent in the wilderness (his period of **fasting or self-examination**) into just two verses with **prayer** at the start and **action** at the end. All three of these are possible ways of focussing your time during Lent on Christ. I hope that you've found at least one thing that you'll follow up with during this time and share something of it with others – there'll be much opportunity to do this over the weeks ahead.

Prayer Pointers

As we approach Lent, pray that we may draw closer to God through our study of his word, prayer and worship during this season. Thank God for the spaces we have to simply sit and 'be' in the presence of God, listening for his voice and guidance.

Pray for our two parishes of St Mary's and St Francis' and for those in our congregation who are finding it difficult not being in our buildings to receive communion. Thank God for the technology that enables us to join together in worship even though we cannot be physically present and give thanks for the ministry team who work hard to find imaginative and creative ways to maintain worship.

For charities that have to make very difficult decisions in the light of a reduction in funding as a result of the ongoing Covid crisis where charity shops have closed and donations decreased. Pray especially for Cancer UK who are facing the prospect of making staff redundant and reducing research into the causes and cures for cancer which affects so many people.

In the aftermath of the six stabbing incidents in Croydon last weekend, pray for an end to this mindless violence on our streets – for an end to gang warfare and drug crime. Pray for the police who have to investigate these crimes and for the families of the victims – especially those who have lost sons, grandsons and brothers. Pray for all those who work and engage with the youth community to bring about an end to knife crime.

Pray for all who are struggling financially as a result of the Covid crisis especially those with families to support and those who have lost their jobs and end up in debt finding it difficult to pay rent or their mortgage and who may face homelessness. Pray and give thanks for all who support debt counselling services, especially Christians Against Poverty and their service based at West Wickham and Shirley Baptist Church.

Pray for all those who are ill and for those who have had surgery or treatment recently –especially for Geoffrey Smith. Pray for all the staff in our local hospitals who are still struggling with the large numbers of Covid patients on the wards. Especially pray for all in the ambulance and paramedic service who have worked so tirelessly during this Covid pandemic.

We give thanks for all those who now see face to face the glory of the Kingdom of Heaven. Pray for those whose earthly life has come to an end –especially for Ivy Sheen, Samuel Akadi, Dennis Barcoo, Margaret Taylor and for Captain Sir Tom Moore. May they now experience your greater glory. We pray for those who mourn the recent death of those they've loved, especially Ivy's family -Joan, Margaret and Martin; Samuel's fiancée, Amy and his young son Isaac and for Darren and Mark Barcoo mourning the death of their father, Dennis. We remember those whose anniversary falls at this time, especially Terry Hawkins.