

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

23rd January 2022: Third Sunday of Epiphany

Hazel writes:

This is the Week of Prayer for Christian Unity, and we are recognising this by hosting Rev David Pickering from Emmanuel United Reformed Church at our joint service in St Mary's. I will be preaching and leading the service at Emmanuel on Sunday morning, and it will be good to have conversations with those from a different tradition to think about what we might be able to do during the coming year together with other churches to bring together the wider community of West Wickham.

Today, we have Holy Communion services at 8am in St Francis' Church and at 10am in St. Mary's Church.

Hymns for 10.00 a.m. Joint service at St. Marys

All heaven declares – My Jesus my Saviour -O for a thousand tongues to sing –Be still, for the presence of the Lord – Bind us together Lord.

Next **Sunday 30th January**, we celebrate Candlemas and will have Holy Communion services at 8am and 9.15am in St. Mary's Church and at 10.45am in St Francis' Church.

Morning Prayer is held each week in St Francis' Church on Wednesday morning at 9.30am, followed by the church being **open for private prayer** from 10.30-11.30am. It is also held at St Mary's Church on Thursday morning at 9am.

Resources and updates for the week ahead – This week our service will be livestreamed on YouTube from St Mary's at **10am** on Sunday. All other files for this week have been combined and posted as a pew sheet which has been sent on paper to those who have told us that they are not on-line. 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 – Two Belfast clerics reflect on how friendship can be transformational.
 - Choral Evensong at 3pm on Radio 3 from Ripon Cathedral with music by Tallis, Stanford, Bairstow and Reuchsel.
 - On BBC 1: Songs of Praise at 1.15 p.m. – Rev. Kate Bottley meets Christians who have experienced the power of the Bible.

There are currently local **volunteer opportunities** available. A separate sheet is included in this pew sheet with all the details.

Bethlem Gallery is holding a creative workshop, called 'How to Land', to think about what we need to survive and even thrive in post-pandemic times. This is on Saturday 29th January between 2-4pm in person at St Francis Church Hall or online via Zoom. You can get your free tickets at Eventbrite (www.eventbrite.co.uk and search for 'How to Land creative workshop').

How to Land is a 2-month project funded by Arts Council England to explore Art – Nature – Mental Health connections and will tie in with our arts events later in the year. Further workshops at St Francis' are also planned – watch here for future dates.

Coffee & Chat is on the first Thursday (3rd February) at 2.30pm on Zoom and our next in person date is on Thursday 17th February in St Francis' Church. If you would like to come and meet others for a chat, please do join us. If you would like to do this, but cannot make the date, or would like the log-in details, please let Rowena know (rowena.griff19@btinternet.com or 8777 6112).

Please bring **Foodbank donations** to the Vicarage or St Francis' Church. Currently they require bags for life, cooking sauces, toothbrushes and children's toothbrushes and hair conditioner. They are well stocked with pasta, cereals and baked beans. Please do not bring any fresh food, or baby milk as the foodbank cannot pass this on. You can also donate financially here <https://bromleyborough.foodbank.org.uk/give-help/donate-money>. Thank you for your continuing support.

Concert at St. Mary's including "Three Wise Camels" 29th January – It has been decided to postpone this concert for the time being and a future date has yet to be decided. Watch the pew sheet for further details.

It is **hoped** to go ahead with the **Valentine's Ploughmen's Lunch at St. Marys – Saturday 12th February 12.30 for 1 o'clock**. This is an event organised, usually annually, by the men of St. Marys. Tickets at £10 each are now on sale from Beryl Bolton 0208 289 8097 or berylbolton@hotmail.com. Numbers will be limited to 40 so book early if you hope to come along. We will need to know if you would like ham or cheese with your ploughman's.

We are now holding more in-person services in both churches on Sunday mornings, which we hope will create a much greater sense of regularity in our worship, with people able to feel safe in a space that they know well. As a consequence, we will be

needing more volunteers to support these services. If you feel able to add any of the following roles to your schedule, please let the following people know:

Welcomers at St Mary's - Beryl Bolton - berylbolton@hotmail.com

Welcomers at St Francis' - Joan Burford – jandbburford@talktalk.net

Readers at St Mary's - Kay Mussard - kay@mussard.org.uk

Readers at St Francis' - Joan Burford - jandbburford@talktalk.net

Intercessors at both churches - Hazel O'Sullivan - hazelos58@gmail.com

Refreshments at St Mary's - Beryl Bolton - berylbolton@hotmail.com

Refreshments at St Francis' - Marion Barry - whitelandm@yahoo.com

Livestreaming and slides at St Mary's - Gifty Nortey - office@stmarywestwickham.co.uk

Livestreaming at St Francis' - Nichola Nightingale - nicholanightingale@hotmail.co.uk

St Francis and St Mary's Arts events 2022: supporting mental health.

As you may know, we cancelled plans for a Festival of Arts in 2020 due to the pandemic. Instead, we would like to have two arts weekends this year, linking these to how the Arts can have a positive influence on people's mental health, which will be so important in 2022:

- The first would be a Visual Arts weekend and might include a photography exhibition, film night and art exhibitions and will be 9-10th July 2022.
- Then a Written Word weekend will be 24-25th September 2022 and might include a book exhibition, poetry and other readings.

This is all in the very early planning stage and we would like many people to contribute ideas, plan and organise these events. If you would like to get involved please contact any of us: Ken (kennethabryan@aol.com), Kay (kay@mussard.org.uk), Debbie (debadams64@icloud.com), Tim (tim.shingler@ntlworld.com), Nicky (nicholanightingale@hotmail.co.uk) and Kate (katedyer41@hotmail.com).

If anyone would like a pedestal at either church in memory of a loved one or to commemorate a special anniversary etc., please contact Merri Womack (8777 8772) for St Mary's (or there is a list to sign in the vestibule at St. Mary's) or Nicky Nightingale (nicholanightingale@hotmail.co.uk or 8916 9855) for St Francis'.

Pedestal this week at St. Marys has been provided by Audrey Tibbles in memory of her brother Denis and has been arranged by Merri.

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



churches
together
in West Wickham

Serving our community

As we come out of the pandemic, more community services are looking to improve how they serve our locality. Here are three varied opportunities to help in the community:

1. VOLUNTEER DRIVERS NEEDED to drive elderly Bencurtis residents to the West Wickham shops in one of the Bencurtis minibuses. We're looking for drivers who can give up one morning (or more) a week to take shoppers to Sainsbury's at 10.00 a.m. & pick them up again at 11.30 to return them home. An ideal way to serve folk in our local community! Drivers need to have a clean driving licence, to provide character references & be willing to be DBS checked. Ideally, they need to be under 70 years of age, as drivers over 70 will need to complete a DVLA driving assessment. The Friends of Glebe Housing Association/Bencurtis will cover insurance costs. Further details from Geoff Larcombe (Tel: 020 8777 5114 ; Mobile: 07954 707755 ; email: g.d.larcombe@gmail.com).

2. School Governor roles

Compass Academy Trust is looking to recruit local volunteer school governors within our family of schools (Marian Vian, Unicorn and Wickham Common & Oak Lodge). Local governors do not have to be specialists in education; instead, much of the role is the inquisitiveness to question and analyse; and the willingness to learn. You will be expected to get to know the school through visits, attending events and meeting the staff and students. You also need enthusiasm, commitment and a little spare time.

The local governors work with school leaders to deliver the best education for pupils at our schools and ensure they are nurtured and cared for in a safe environment. We look at a diverse range of matters - from deciding what kind of schools we want to be and thinking about how we want to get there; to setting school priorities and ensuring they are delivered. The Local Governing Body meets every term, currently virtually, to discuss these matters and in turn are accountable to the Board of Trustees. To help local governors in their role you will receive:

- Induction training – to welcome and introduce you to the role of Local Governing Body
- An ongoing programme of training.
- Support and guidance from other members of your governing board (such as a 'buddy')

THE TRUST ACTIVELY ENCOURAGES VOLUNTEERS FROM A BAME BACKGROUND.

If you would be interested in having an informal chat to find out more about how you can contribute to governance, please email your details to: governance@compassacademytrust.org. Joyce Munro, Governance Manager, will be glad to contact you to arrange an informal conversation.

3. Bromley Borough Foodbank (BBF) is recruiting new Trustees

At BBF, we've been helping those facing food poverty in our local community for over 10 years. It's a big job and it requires lots of volunteers in a wide variety of roles. One of those roles is as a Trustee: we have five and are looking to recruit two more. We hope that one of them might have HR experience, but don't let that stop you applying if you have other attributes that might interest us. For instance, we could learn a lot from a Trustee who has been helped by BBF or another Foodbank.

What you would do as a Trustee:

- As a team: you would sit on our "Trustee Board", which provides strategic direction and oversight for all BBF activities and works to ensure that BBF is properly run.
- At an individual level: you would also be asked to take responsibility for particular aspects of BBF's operations, getting to know what is happening and providing guidance and support in those areas.
- Time commitment: the Trustee Board meets every other month, with one awayday and some training each year in addition to the AGM. The time commitment for your individual responsibilities as a Trustee would be tailored to fit your circumstances.

What we are looking for in our Trustees

- A blend of different skills and experience: we want people from different backgrounds with a wide range of talents to bring to bear in their Trustee role.
- A willingness to learn: we don't require Trustees to have previous experience of being a trustee or to understand the legal responsibilities and liabilities it entails; we can help you learn about them and the other aspects of your role as a Trustee.
- Diversity: we would like our Trustee Board to reflect the ethnic, gender and other diversity of our clients and the staff and volunteers who work for us.
- Supportive of our ethos: we require each of our Trustees to be supportive of our collective Trustee Board responsibility to maintain BBF's Christian identity and ethos.
- Commitment: to be a Trustee you need to be committed to BBF and its aims, to devote the necessary time and effort to fulfil your responsibilities and to work well as part of a cheerful and dynamic team.

Interested? please contact Simon Lees, Chair of Trustees, at accounts@bromleyborough.foodbank.org.uk or 07768 175377

Collect

God of all mercy, your Son proclaimed good news to the poor, release to the captives, and freedom to the oppressed: anoint us with your Holy Spirit and set all your people free to praise you in Christ our Lord.

First Reading: Psalm 19:1-6, 14

The heavens are telling the glory of God; and the firmament proclaims his handiwork.

² Day to day pours forth speech, and night to night declares knowledge.

³ There is no speech, nor are there words; their voice is not heard;

⁴ yet their voice goes out through all the earth, and their words to the end of the world. In the heavens he has set a tent for the sun,

⁵ which comes out like a bridegroom from his wedding canopy, and like a strong man runs its

course with joy.

⁶ Its rising is from the end of the heavens, and its circuit to the end of them; and nothing is hidden from its heat.

¹⁴ Let the words of my mouth and the meditation of my heart be acceptable to you, O LORD, my rock and my redeemer.

8am Reading –

1 Corinthians 12:12-31a

¹² For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. ¹³ For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit. ¹⁴ Indeed, the body does not consist of one member but of many. ¹⁵ If the foot were to say, ‘Because I am not a hand, I do not belong to the body’, that would not

make it any less a part of the body. ¹⁶ And if the ear were to say, ‘Because I am not an eye, I do not belong to the body’, that would not make it any less a part of the body. ¹⁷ If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? ¹⁸ But as it is, God arranged the members in the body, each one of them, as he chose. ¹⁹ If all were a single member, where would the body be? ²⁰ As it is, there are many members, yet one body. ²¹ The eye cannot say to the hand, ‘I have no need of you’, nor again the head to the feet, ‘I have no need of you.’ ²² On the contrary, the members of the body that seem to be weaker are indispensable, ²³ and those members of the body that we think less honourable we clothe with greater honour, and our less respectable

members are treated with greater respect; ²⁴ whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honour to the inferior member, ²⁵ that there may be no dissension within the body, but the members may have the same care for one another. ²⁶ If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it. ²⁷ Now you are the body of Christ and individually members of it. ²⁸ And God has appointed in the church first apostles, second prophets, third teachers; then deeds of power, then gifts of healing, forms of assistance, forms of leadership, various kinds of tongues. ²⁹ Are all apostles? Are all prophets? Are all teachers? Do all work miracles? ³⁰ Do all

possess gifts of healing? Do all speak in tongues? Do all interpret? ³¹ But strive for the greater gifts. And I will show you a still more excellent way.

Gospel Reading: Luke 4:14-21

¹⁴ Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. ¹⁵ He began to teach in their synagogues and was praised by everyone. ¹⁶ When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, ¹⁷ and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written: ¹⁸ 'The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor.

He has sent me to proclaim release to the captive and recovery of sight to the blind, to let the oppressed go free, ¹⁹ to proclaim the year of the Lord's favour.' ²⁰ And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. ²¹ Then he began to say to them, 'Today this scripture has been fulfilled in your hearing.'

Post Communion Prayer
Almighty Father, whose Son our Saviour Jesus Christ is the light of the world: may your people, illumined by your word and sacraments, shine with the radiance of his glory, that he may be known, worshipped, and obeyed to the ends of the earth; for he is alive and reigns, now and for ever.

REFLECTION – Hazel O’Sullivan

If you were a part of a human body, what would you be and why?

I wonder if it would be your feet. Some people hate their feet. They even hate the idea of feet – ugly, disgusting things. In a more catholic style of church Maundy Thursday and the foot-washing liturgy is something to be avoided at all costs for such people. However, I love my feet. Some of you will know that I love walking and my feet, of course, are the part of the body that hold me up when I’m doing this. Without my feet, I couldn’t walk. And most of the time, they are covered up, in any case, so what they look like isn’t too concerning. Feet, I think, are a much-overlooked part of the body.

For others, that question, “If you were part of a human body, what would you be and why?” might seem to be an easy one. You’d be the heart, because without the heart, we wouldn’t be alive. This is what pumps our blood around the body.

Or maybe, your answer is the tongue. That’s where our sense of taste is and without it, all those wonderful foods would be incredibly bland and unexciting. If you’ve had covid badly, maybe you know all about losing your sense of smell and taste and just how distressing it can be. But remember, the tongue does more than just give us a sense of taste. In the book of James in the bible, we are reminded (in chapter 3, verse 5) that the tongue makes great boasts and can corrupt the whole body through curses.

So, that seemingly simple question: “If you were part of a human body, what would you be and why?” can bring up all sorts of thoughts about the good and not so good parts of our body. Paul, in his letter to the Corinthians uses this imagery to think about how it is often the weaker parts of the body which are the most indispensable and we should never contemplate giving one part of our body greater honour than another.

In our gospel reading Jesus is in Nazareth and he is telling those in his hometown what it is that he has come to do – to bring good news to the poor, to proclaim release for the captives, to let the oppressed go free. This is, in effect, his manifesto, which we are now called on to continue in the world. Jesus no longer has his own human body here on earth, but he does have us, the church, alive today, and this is what he is asking us to do - to bring good news to the poor, to proclaim release for the captives, to let the oppressed go free.

These are therefore some of the areas that we think of when we talk about serving in the church. However, as soon as I say that word ‘serving’ your mind probably switches

to an image of a lone individual going out to help others, rather like a super-hero. This is very much the image of the Messiah that the Jews had in Jesus' day. And while our actions today may not be quite so heroic (think more providing some hospitality, or doing the shopping for someone), still that word 'serving' makes us think about being able and helping others who are less able.

I'm not sure this is what Jesus meant when he said, 'Today this scripture has been fulfilled'. He wasn't saying that he'd come to act as a heroic saviour. Whenever Jesus heals someone, he often tells them that it is their faith that has healed them. It's not about Jesus, it's about the individual being healed. And when we provide help and serve, it's not about us, it's about the one being helped.

Even Jesus' biggest saving act of being crucified wasn't viewed as heroic. No, rather than being heroic, it was standing alongside. In dying, Jesus showed us that he was standing alongside us in our humanity. He was suffering, just as we might suffer with illness, with oppression, with disadvantage. The ultimate salvation that Jesus offers is that eternal life beyond death and it's something that we're all able to experience. What Jesus does is he offers to walk with us through such a transition: from death to life, from illness to wholeness, from poverty to satisfaction, from isolation to community.

So, if we are now the body of Christ here on earth, this is what we are offering: to walk with others through a transition. There's a very important word in that sentence. That word is 'with'. It's not God for us, but God with us. If God was there for us, we'd be looking to be provided for, but that's clearly not the case: we need to help ourselves, but we know that God will be there with us. He will show us those opportunities that we might be able to make the most of to bring about the transformation, to ourselves or to others, that we're hoping for.

At the start of this talk we were thinking about our bodies, and how it would be inappropriate to say my eyes are great, but my arms are rubbish. In the same way that all parts of the body are needed, so we need to honour all parts of the church today, giving recognition to those who are weaker and finding out what it is that we can do together, because that is who God is: God with us.

Prayer Pointers

Our Sunday Gospel records how Jesus set out his mission in his hometown. Give thanks for the mission and ministry of Jesus, for the challenge he offers, the peace with which he fills us and his love which inspires us to care for those who are marginalised or who experience poverty. Give thanks for Christian initiatives through the years which have followed in his footsteps and pray that we may find imaginative ways to share his love and to proclaim his good news.

The season of Christmas and Epiphany calls all Christians to a life alongside the homeless, the refugee, the weakest and the rejected. Pray that we may be able to do this in unity and peace. In this week of prayer for Christian Unity, pray that the Church may be a light for unity within itself and a beacon of hope for all humanity. Give thanks for the fellowship and witness of the Churches Together movement and ask God's guidance and blessing on the future life and mission of ecumenism.

Pray for all our local organisations who work alongside those struggling to make ends meet – especially for our local foodbanks in Bromley and on the Shrublands Estate, and for the 'Foodstop' service run by St Francis Church in Selsdon.

Jesus came to serve, to get alongside people, and to live out what he preached. Pray for leaders in our world, locally and nationally, especially the leaders of our nation – for the Prime Minister and the Government – for honesty and sincerity – that they may live out the rules and laws that they make.

Give thanks for the wonder and beauty of God's gift of creation. Loving God, we stand in awe at the power of creation seen in volcano and tsunami, recognising the smallness and weakness of our own existence. We hold before you the people of Tonga as they deal with the aftermath of the volcanic eruption. We pray also for the peace of your presence for all those around the world waiting for news of family and friends.

Pray for the church and the world in addressing climate change as a part of care of creation.

For all those who are ill and for their friends and relatives – especially for Vicky Pearce, Carole Hubbard, and Robert Davis. Continue to pray for a good recovery for Brian Griffiths.