

# LOOKING AHEAD

**Daily Office weekdays at 8am and 5.30pm except Fridays**

Please note that there will be no morning or evening prayer Thursday 18 February.

Sunday morning prayer: 9.15 am

Sun 14 February 10am

Wed 17 February 6.30pm

Sun 21 February 10am

Sun 21 February

Sun 28 February 10am

Sun 28 February

Sun 6 March 10am (All Age)

Sun 13 March 10am

Sun 13 March

Wed 16 March 6.45

Sun 20 March 10am

Sun 20 March

Sun 27 March 10am

Sun 3 April 10am

Sat 9 April 12.00 noon

Sun 10 April 10am

Sun 10 April

Mass for Lent 1

Archdeacon's Visitation

Mass for Lent 2

Electoral Roll Revision begins

Mass for Lent 3

Last date for Reports for APCM

Mass for Mothering Sunday

Mass for Passiontide

Electoral Roll Revision ends

PCC (last before APCM)

Palm Sunday

New Electoral Roll displayed

Mass for Easter Day

Mass for Easter 1 with baptism

Mass in Thanksgiving for the life of Ken Leech

Mass for Easter 2

APCM after Mass

## Monthly Church Clean - Dates for 2016

**Saturdays:** tba, 19 March, 15 April,

14 May, 11 June, 9 July, 13 Aug, 10 Sept, 8 Oct, 12 Nov, 10 Dec



# THIS IS THE GATE OF HEAVEN

Winner of 'The UK's Best Modern Churches' award November 2013

**Next Sunday: Mass for 2nd Sunday in Lent**

**Hymns:** 145 366 442 mg 154 music group

**Genesis 15:1-12 Safia Philippians 3:17-4:1 Isabel**

**Psalm 27 Luke 13:31-35**

**Intercessions:** Burnette **Chalice:** Frank

**Sidespeople:** Ayo/Kathy & Hendrika

*Vicar* Mother Bernadette Hegarty 020 3774 6833

*Churchwarden:* Julian Bream 020 7515 4938

*Churchwarden:* Safia Dimsdale

**DONATIONS gratefully received for our roof fund by cheque**

payable to St Paul's, Bow common, Gift Aided where possible



THE CHURCH  
OF ENGLAND



All enquiries to: **020 3774 6833**

[church@stpaulsbowcommon.org.uk](mailto:church@stpaulsbowcommon.org.uk)

✠ THE PARISH OF ST. PAUL WITH ST. LUKE ✠  
BOW COMMON  
February 14<sup>th</sup> 2016



*'Do not put the Lord your God to the test.'* Luke 4:12

## Mass for first Sunday in Lent

**Hymns:** 144 266 106 298 music group  
**Deuteronomy 26:1-11** Nikki **Romans 10:8-13** Joanna  
**Psalm 91** **Luke 4:1-13**

**Intercessions:** Iyabode **Chalice:** Toni

**Sidespeople:** Helen & Debbie

### PLEASE PRAY FOR:

Edmond Brien, William Jarvis, Naomi Harris, Esther Christian,  
Margaret Lind-Smith, Anthony Ali; Margaret Diss,  
John Christian, Rachel Christian, Jackie Lelkes, Jim Mulhern,  
Jane Daniels, Isobel Coates, Ray Williams, Charlie Berry  
Dawn Smith, Constance Cole-Wilson, Nojahan Hamid,  
Mark Emmerson, Jeanette Chilcott, Iyabo Kadiri, Jane Keefe,  
Sharni Josephine, Cresta Adcock, Jim Moore. Audrey Mameli,  
John Rowe, Sheena McMain, Blesie Smith.

For our link church of **Santa Monica, Maputo** in Mozambique  
**February's Year's Mind:** Ralph Beyer, Rose Finn-Kelcey, Arthur John McKenzie

**Lent Talks:** Following the tradition of previous years I've asked three members of the congregation to kindly share something of their faith journey with us in the sermon slot during Lent. **This week we welcome Ayo.**

## **APCM – Sunday 10 April 2016 after the service**

**Reports, Reports, Reports – 2 Weeks to Go!** Just a gentle reminder that we have arrived at that time of the year where we begin to prepare for our APCM. I will need the following reports: Church Wardens, PCC Secretary, Fabric, SPBC, Finance/Accounts, Sunday School, Deanery Synod, Tuesday Sale (do let me know if I have missed anyone out) by **Sunday 28 February at the very latest**

**Formal notice of electoral roll revision goes up Sunday 7 February.** If you are not already on our electoral roll, please see Hendrika (our Electoral Roll Officer). **Formal revision** will start on **Sunday 21 February & end on Sunday 13 March 2016.**

## **Little Lights Playgroup**

**Don't** forget to let your family, friends and neighbours know that **Little Lights** runs **every Friday during term time 1.30-3.00pm in our church hall.**



## **Lent 2016**

**Lent Boxes** - These are now available at the back of Church next Sunday, so don't forget to pick one up. All monies will be donated to our sister church in Mozambique and to our Diocesan Lent Appeal.

**Prayers around the Cross** - Julian will lead this Lent devotion of music, singing and contemplation on **Fridays at 6.30pm in church.**

**Lent Course** – Pilgrimage is the theme of our lent course. Over five weeks Mthr. Bernadette invites us to gather for reflection and spiritual conversation to explore different aspects of Pilgrimage. A Pilgrimage is a journey of spiritual significance and Lent is an opportunity to make such a journey in preparation for Easter. The course will take place in the Vicarage **7pm-8.30pm** on Tuesdays starting **Tuesday 16 February**. Please sign up on the sheet at the back if you would like to participate.

**Lent Hunger Lunch: Sunday 21 February** - Please come along and donate generously to this event. All donations will go to Diocesan Lent Appeal (see below)

**Lent Pilgrimage to Coventry Cathedral – Saturday 12 March** (details to follow)

**Parish Prayer Walk** (to help us in our MAP) one Sunday during Lent.

**A special message for our parents and children** – we all look forward so much to the Sunday School presentations and I know Toni and Tiny are planning something special for our **Mothering Sunday Service on Sunday 6 March**. So - **we need all our children at Sunday School every Sunday during Lent**.

**Rota** (sidespeople, readers, chalice, and intercessors) **end of January to 20 March now at back of church, please take a copy and take note of when you are scheduled**

### **PCC News – Some highlights from our January PCC Meeting**

**Building Works** – on schedule. We should be celebrating Holy Week from the central altar

**Christmas Bazaar** – date set for **Saturday 26 November 2016**

**Summer Event** – potential date **2 July 2016**

**Archdeacons Parish Visitation** – **Wednesday 17 February**. Will meet with Vicar, Churchwardens, and PCC

### **Some thoughts about St Valentine's Day**

Well today is St Valentine's Day and for many of us, it's associated with roses, flowers, cards and other such gifts given in love. I wonder how many of us know the story behind the origins of Valentine's Day.

Church tradition has it that in the third century which was a time when Christians were persecuted, there was a priest called Valentine. He lived in Rome during the reign of Emperor Claudius, who was committed to rebuilding the Roman army. Claudius believed that only single men would volunteer for service, so he issued a royal edict that banned all further marriages. Valentine ignored this edict and secretly continued performing marriage ceremonies – eventually he was caught and arrested.

There are a number of stories about things that happened while he was in prison. And one of these is that one day, he received a visit from the daughter of one of the prison guards who continued to visit him regularly. On the day Valentine was to die, he left her a note thanking her for her friendship and loyalty. He signed it, "Love from your Valentine." That note started the custom of exchanging love notes on Valentine's Day. It was written on the day he died, February 14, 269 A.D.—a day that was set aside in honor of a man who gave his life for God and for love.

Now, every year on this day, people remember Saint Valentine, but most importantly, they think about love. And what better way to start our journey through Lent, than by pondering the love of God at work in our lives and how we might respond to that love in prayer, word and action.

With every blessing  
Mthr. Bernadette