

## LOOKING AHEAD

*The Daily Office: Monday-Thursday & Saturday 8am & 5.30pm*

**Sunday 3 March 10am**

**Tuesday 5 March 12-4pm**

**Wednesday 6 March 7pm**

**Friday 8 March 9.30-11am**

**Friday 8 March 7.15pm**

**Saturday 9 March 10am-3pm**

**Sunday 10 March 10am**

**Friday 15 March 9.30-11am**

**Friday 15 March 7.15pm**

**Saturday 16 March**

**Sunday 17 March 10am**

**Wednesday 20 March 6.45pm**

**Friday 22 March 9.30-11am**

**Friday 22 March 7.15pm**

**Saturday 23 March**

**Sunday 24 March 10am**

**Friday 29 March 9.30-11am**

**Friday 29 March 7.15pm**

**Saturday 30 March**

**Sunday 31 March 2am**

**Sunday 31 March 10am**

**Tuesday 2 April 12-4pm**

**Friday 5 April 9.30-11am**

**Saturday 6 April**

**Sunday 7 April 10am**

**Sunday 7 April**

**Friday 12 April 9.30-11am**

**Saturday 13 April**

**Sunday 14 April 10am**

**Mon 15 April 6.30pm**

**Mass for the Sunday next before Lent**

**Tuesday Sale**

**Mass for Ash Wednesday**

**Little Lights**

**Prayers around the Cross** (*Taizé style service*)

**Lent Quiet Day** (*venue to be confirmed*)

**Mass for Lent 1**

**Little Lights**

**Prayers around the Cross** (*Taizé style service*)

**Lent Sewing Group** (*time tbc*)

**Mass for Lent 2**

**PCC Meeting**

**Little Lights**

**Prayers around the Cross** (*Taizé style service*)

**Lent Sewing Group** (*time tbc*)

**Mass for Lent 3** (*followed by Hunger Lunch in the church hall*)

**Little Lights**

**Prayers around the Cross** (*Taizé style service*)

**Lent Sewing Group** (*time tbc*)

**Clocks go forward one hour**

**Mass for Lent 4/Mothering Sunday** (*All Age Service with Sunday School Presentation*)

**Tuesday Sale**

**Little Lights**

**Lent Sewing Group** (*time tbc*)

**Passion Sunday**

**APCM** (*after the service*)

**Little Lights**

**Lent Sewing Group** (*time tbc*)

**Palm Sunday**

**Seder Meal**

**THIS IS THE GATE OF HEAVEN**

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

**Next Sunday: 10<sup>th</sup> March February 2019**

**Mass for the 1<sup>st</sup> Sunday of Lent**

**145 226 154 298**

**Deuteronomy 26:1-11 Jennea Romans 10:8-13 Thea**

**Psalm 91 Intercessions: Arthur Gospel: Luke 4:1-13**

**Chalice: Nikki Sidespeople: Arthur & Jennea**

**Vicar: Mother Bernadette Hegarty 020 3774 6833**

**Churchwarden: Julian Bream 07818 048048**

**Churchwarden: Safia Dimsdale**



THE CHURCH  
OF ENGLAND

**DONATIONS gratefully received for our building fund by  
cheque payable to St Paul's, Bow Common, Gift Aided where possible.**



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**



**Sunday 3<sup>rd</sup> March 2019**

**Mass for the Sunday next before Lent**

**380 186 287 228**

**Exodus 34:29-35** Cathy **2 Corinthians 3:12-4:2** Nikki

**Psalm 99 Intercessions:** Julian **Gospel: Luke 9:28-36**

**Chalice:** Julian **Sidespeople:** Helen & Beata

**PLEASE PRAY FOR:**

Esther Christian, John Christian, Rachel Christian,  
Caroline Smith, Layo Olaniyan, Florence Ebseye, Audrey Mamei,  
Tracy Deirki, Robert Partridge, Latarshia Bailey, Tom Cantwell,  
Sharni Josephine, Frank Griffith

Our link church of **Santa Monica, Maputo** in Mozambique

Our church School – **St Paul with St Luke**

**March Year's Mind:** Maroula Addington, Revd. John Fethney

**Today we celebrate the Sunday next before Lent** - the last Sunday before we begin our journey through Lent towards Good Friday and Easter.

**Next week, the First Sunday in Lent**, we continue our tradition of having members of the congregation share something of their faith journey and so we look forward to hearing **Sally's** talk.

**Preparation of a New Electoral Roll this year:** According to the Church Representation Rules of the Church of England, each parish has to prepare a new electoral roll every six years. What this means in brief, is that everyone comes off the existing Church Roll and if you wish to be on the Electoral Roll you will need to complete an Electoral Roll form. Please make sure you complete an electoral roll form and return it to Hendrika before **Sunday 17<sup>th</sup> March 2019**.

**Fairtrade fortnight: Monday 25 February - Sunday 10 March 2019**  
**The focus of this year's Fairtrade Fortnight is cocoa farmers.**

The UK chocolate industry is worth £4 billion each year. \$2.50 a day would provide a living income for a cocoa farmer in Côte d'Ivoire. Yet less than \$1 a day is the current income of a typical cocoa farmer in Côte d'Ivoire. Fairtrade can help protect farmers from extreme poverty prices through the Fairtrade Minimum Price, and the Fairtrade Premium that goes directly to the farmers' communities.



**What can I do? Buy Fairtrade** - visit **Hendrika** at her stall today and buy Fairtrade items. Encourage others to do

the same. You're ensuring a better deal for farmers **and** you're showing companies there is demand for Fairtrade. **Be political** Sign the petition in 2019, and keep Fairtrade on the agenda with MPs. Visit [fairtrade.org.uk](http://fairtrade.org.uk).



**Lent Sewing Project** (*repairing/renewing our altar linens*) **starts Saturday 16 March**. If you would like to be part of this, please put your name on the sheet at the back of church and if you would like more information talk to Hendrika.

**Lent begins on Wednesday 6<sup>th</sup> March**. Mass with the imposition of ashes will take place in church at **7pm**.



**Would you be interested in taking part in a St Paul's Cathedral project, exploring the idea of sacred space?** As one of six groups and six schools representing an inter-faith and intergenerational mix, you would be contributing by creating your own silk-painted piece(s) that would form part of a construction of a separate space for reflection within the Cathedral. You would have a free organised trip/tour of the cathedral prior to the workshop, and then a big celebratory event to open the exhibition at the end of June. The work will then be exhibited for about six weeks. Do let Mthr Bernadette know if you are interested.

**St Paul's Cathedral are also running workshops every Thursday 2pm - 4pm with their over-55s sewing group** to help make a new Peace cope for the Bishop of London, for 12 weeks from 14th March. The workshops will take place at Stitches in Time studio in Limehouse Town Hall. Do let Mthr. Bernadette know if you are interested.

## Lent Activities:

**Sewing Activity:** to repair and renew altar linens, Saturday mornings during Lent.

**Parish Quiet Day: Saturday 9<sup>th</sup> March from 10am-3pm** (*Royal Foundation of St Katharine's*).

**Hunger Lunch: Sunday 24 March** after the service.

**Lent Pots:** collecting for St Monica's and Diocesan Lent Appeal (challenging modern slavery).

**Prayers around the Cross:** Taizé style service, **Fridays during Lent at 7.15pm.**



**Lent Hunger Lunch** – after the service on **Sunday 24<sup>th</sup> March**. Please do make a special effort to come as the funds raised are much needed to help the people who are victims of modern slavery in our city and to help our sister church St Monica's in Mozambique.

## Church Lenten Quiet Day at Royal Foundation of St Katharine's Saturday 9 March 10am-3pm

An opportunity to take time out in your busy life. to reflect and to be nourished by the love of God. The day will open with prayer, there will be a midday Eucharist and time for personal reflection and prayer. Lunch and refreshments will be provided by St Katharine's. Numbers are needed, so if you are planning to come, then sign up on the sheet at the back of church. **Cost £20** per person. We need seven people.

