

LOOKING AHEAD

Daily Office: Monday - Saturday 8am & 5.30pm

Sunday 22nd March 11am

Friday 27th March 7pm

Sunday 29th March 2am

Sunday 29th March 11am

Friday 3rd April 7pm

Sunday 5th April 11am

Tuesday 7th April 6.30pm

Wednesday 8th April 7pm

Thursday 9th April 7pm

Friday 11th April 1.30pm

Saturday 11th April 8pm

Sunday 12th April 11am

Sunday 19th April 11am

Sunday 26th April 11am

Sunday 3rd May 11am

Sunday 10th May 11am

Sunday 17th May 11am

Thursday 21st May 7pm

Sunday 24th May 11am

Sunday 31st May 11am

Sunday 7th June 11am

Sunday 14th June 11am

Sunday 21st June 11am

Sunday 28th June 11am

Sunday 5th July 11am

Sunday 12th July 11am

Spiritual Communion for Lent 4 – Mothering Sunday

Virtual Prayers around the Cross

Clocks go forward 1 hour

Spiritual Communion for Passion Sunday

Virtual Prayers around the Cross

Virtual Communion for Palm Sunday

Virtual Stations of the Cross

Virtual Prayers around the Cross

Virtual Service of the Lord's Supper

Virtual Liturgy of the Cross

Virtual Easter Vigil

Virtual Service for Easter Day (with baptism)

Virtual Service for Easter 2

Virtual Service for Easter 3

Mass for Easter 4

Virtual Service for Easter 5

Virtual Service for Easter 6

Virtual Service for the Ascension of our Lord.

Virtual Service for Easter 7

Virtual Service for the Feast of Pentecost

Virtual Service for Trinity Sunday

Virtual Service for Trinity 1

Virtual Service for Trinity 2

Virtual Service for Trinity 3

Virtual Service for Trinity 4

Virtual Service for Trinity 5

THIS IS THE GATE OF HEAVEN

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

Next Sunday: 29th March 2020

A Service of Spiritual Communion for Passion Sunday

(Virtual Service via Zoom)

Gospel John 19:25-27 John 11:1-45 Intercessions: Dominik

Vicar Mother Bernadette Hegarty 020 3774 6833

Churchwarden: Julian Bream 07818 048048



THE CHURCH
OF ENGLAND

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



All enquiries to: **020 3774 6833**

church@stpaulsbowcommon.org.uk

✠ THE PARISH OF ST. PAUL WITH ST. LUKE ✠
BOW COMMON



Sunday 22nd March 2020
Spiritual Communion for Mothering Sunday
(virtual service using Zoom)

Gospel: Luke 8:43-48

Intercessions: Julian

PLEASE PRAY FOR:

Esther Christian, John Christian, Rachel Christian,
Audrey Mameli, Sarah Seymour, Thomas Cantwell,
Matthew Ikol, Ewa Machoy, Ben Reyes, Janice Sutherland,
Jim Mulherran

For our link church of **Santa Monica, Maputo** in Mozambique
And for our church school **St Paul with St Luke Primary School**

March Year's Mind: Maroula Addington, Revd. John Fethney,
Terrence Smith, Rory Forrester

Today, we celebrate the **4th Sunday of Lent** which is also **Mothering Sunday**. And we are celebrating it differently to how we would normally celebrate - with the joy and exuberance of our Sunday School. Our Archbishops have asked us to make today a day of prayer for the world and I would encourage you to spend as much time to day as you can in prayer.

We use the term 'lock down' but in other times the word 'quarantine' would have been used. The latter word is often associated with periods of self-isolation to avoid contagion & the spread of disease. The word has its origins in the Italian word for 40 days. It also reminds us of the 40 days & nights of the of Lent, when we remember the time Jesus spent in the wilderness.

These are extraordinary times. Earlier this week, following the advice of our Archbishops and Bishops, public worship ceased at St Paul's, Bow Common until further notice. For the time being the building is open for private prayer Monday-Saturday 8am-5.30pm and Sundays from 11.00am-5.30pm.

And so, since we can no longer gather together, we are using our creativity to find ways of worshipping together – using technology.

I will pray **morning prayer and evening in church Monday-Saturday at 8am & 5.30pm**. You may join virtually using Zoom.

I will pray a virtual Service of **Spiritual Communion on Sundays at 11am** so do Zoom in. **At 7pm on Sundays I invite everyone of us to light a candle as we pray 'A Blessing of the Light' Service**. I will pray it in church and you can join in virtually. It will be a comfort to us all to know that each of us has gathered together in our home and are praying at the same time

The self-isolation and physical distancing that is needed of each of us to stem the spread of the Coronavirus will require us to draw considerably from the strength of our God.

In the early church, the desert fathers and mothers withdrew from ordinary society and sought the solitude of the desert, imitating Jesus in the wilderness. In doing so, they learned to devote their lives in prayer and to structure their day in such a way as to cultivate the virtues of love, compassion and self-discipline. In doing this they learned something of the vulnerability of being human.

We will need to continue to support each other in the days, weeks and months ahead, to pray with each other (virtually) and for each other. We must also ensure that the most vulnerable receive the support they need. So I encourage you to continue to spend time in prayer. I've uploaded resources to our Whatsapp Group, that you may use either virtually or privately.

Finally, I encourage you again to draw on God and on each other for support. We are the Body of Christ here and as such we have the Good News of Christ to sustain us and support us and our neighbour. If you become unwell and need help, then let me know.

With love and prayers
Mthr Bernadette



Virtual Prayers around the Cross Friday's during Lent at 7pm If you haven't joined this service, I strongly encourage you to use Zoom and join in. I enjoyed our first virtual session last Friday and will certainly be Zoom(ing in) next week. Next session **Friday 27 March at 7pm. Julian will post details on our Whatsapp group.**

A Service of the Blessing of the Light, tonight at 7pm. Light a candle in your home and join (using Zoom) with your community and Churches Together in a time of prayer for the world



Readings for Morning & Evening Prayer for the week ahead at 8am and 5.30pm. Please join in using Zoom

Morning Prayer

Evening Prayer

Monday:

Psalm 77
Exodus 2:11-22
Hebrews 9:1-14

Psalm 25
Jeremiah 17:5-18
John 9:18-end

Tuesday:

Psalm 79
Exodus 2:23-3.20
Hebrews 9:15-end

Psalm 85
Wisdom 9:1-12
Galatians 4:1-5

Wednesday:

The Annunciation of our Lord to the Blessed Virgin Mary

Psalm 111
1 Samuel 2:1-10
Romans 5:12-end

Psalm 131
Isaiah 52:1-12
Hebrews 2:5-end

Thursday:

Psalm 86
Exodus 4:27-6:1
Hebrews 10:19-25

Psalm 94
Jeremiah 19:1-13
John 10:22-end

Friday:

Psalm 102
Exodus 6:2-13
Hebrews 10:26-end

Psalm 16
Jeremiah 19:15-20:6
John 11:1-6

Saturday:

Psalm 32
Exodus 7:8-end
Hebrews 11:1-16

Psalm 140
Jeremiah 20.7-end
John 11:17-27