

LOOKING AHEAD

Daily Office: Monday - Wednesday 8.30am & 5.30pm (virtual service using Zoom),
Thursday 8am

Sunday 5th April 11am
Tuesday 7th April 5.30pm
Wednesday 8th April 7pm
Thursday 9th April 7pm

Friday 11th April 2pm
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
Sunday 19th July 11am
Sunday 26 July 11am

Virtual Communion for Palm Sunday
Virtual Stations of the Cross
Virtual Prayers around the Cross
Virtual Service of the Lord's Supper (with
Watch until midnight)
Virtual Liturgy of the Cross
Virtual Easter Vigil
Virtual Service for Easter Day
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
Service for Trinity 6
Service for Trinity 7

THIS IS THE GATE OF HEAVEN

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

Next Sunday: 12th April 2020

**A Service of Spiritual Holy Communion Easter Day
(Virtual Service via Zoom)**

Readings: tbc Intercessions: Julian

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 5th April 2020

Spiritual Holy Communion Palm Sunday
(virtual service using Zoom)

Palm Gospel: Matthew 21:1-11

Dramatic Reading of Palm Sunday Passion Gospel read by
the Bream family

Intercessions: Edward

PLEASE PRAY FOR:

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

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

April Year's Mind: Henry Marling, Fr Michael Peat, Michaela Boor

Today, we celebrate **Palm Sunday** and we're doing so very differently from how we would normally celebrate it. Nevertheless, I am going to bless palm crosses for you. To join in with this part of the service, bring last year's palm cross to the service. If you haven't got one, then bring a twig, a branch or a picture/photo.

Some weeks ago, following the advice of our Archbishops and Bishops, public worship ceased at St Paul's, Bow Common until further notice and two weeks ago the building closed for private prayer and the hall closed to our hall users. And from last week, services started led from the chapel in the upper room of the vicarage.

Yet in this time, we have found ways of worshipping together virtually via Zoom. I have been really touched by how many Zoom in for Daily Prayer and how many Zoomed in for the service last Sunday. I have also been moved by how we are supporting and encouraging each other.

Today for the first time since worship was suspended, I will be celebrating **Holy Communion in the upper room Chapel**. The rules have been interpreted to allow priests to do so as long as we let our community know and invite them to participate virtually. It will feel strange for me as I believe that priest and people celebrate and receive together. But I also believe strongly that Holy Communion should be celebrated where possible and it is this conviction that has led me to move from the Act of Spiritual Communion we have been using for the past few weeks to celebrating **Holy Communion during Holy Week**. I will receive Holy Communion on behalf of you all. I invite you to bring some bread and wine/juice to worship and join in with an agape meal – that way we are all breaking bread together.

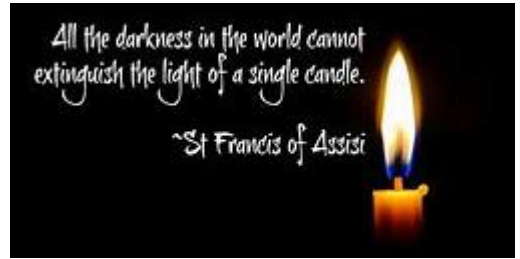
As time passes, it will get harder so it's important that we draw on the strength and encouragement of God as we seek to sustain each other and our neighbours. So I encourage you to continue to spend time in prayer. I've uploaded resources to our Whatsapp Group, that you may use either virtually or privately.

We are the Body of Christ here and as such we have our faith in 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

Candle Prayers Service, tonight at 7pm. Light a candle in your home and join (using Zoom) an informal service of prayer where we light candles as we pray.



Holy Week Services (using Zoom)

Tuesday 5.30pm: Stations of the Cross

Wednesday 7pm: Prayers around the Cross

Maundy Thursday 7pm: Spiritual Holy Communion with Agape meal followed by the WATCH at home.

Good Friday 2pm: An hour before the Cross

Easter Vigil: details to be confirmed

Easter Day: 11am Spiritual Holy Communion with Agape meal.

Readings for Morning & Evening Prayer for the week ahead at 8.30am and 5.30pm. Please join in using **Zoom**

	<u>Morning Prayer</u>	<u>Evening Prayer</u>
Monday:	Psalm 41 Lamentations 1:1-12 Luke 22:1-23	Psalm 25 Lamentations 2:8-19 Colossians 1:18-23
Tuesday:	Psalm 27 Lamentations 3:1-18 Luke 22:54-end	Stations of the Cross
Wednesday:	Psalm 102 Jeremiah 11:18-20 Luke 22-54-end	Psalm 88 Isaiah 63:1-9 Revelation 14:18-15:4
Maundy Thursday:	Psalm 42 Leviticus 16:2-24 Luke 23:1-25	