

Introduction to the Season of Lent

Last Wednesday evening, we marked the beginning of Lent with the Liturgy of Ash Wednesday and the Imposition of Ashes - albeit differently this year, Livestreamed but with no congregation as we kept within the COVID-19 guidelines. We prepared ashes at home, then marked ourselves with the sign of the cross at the appropriate time during the Service.

The characteristic notes of Lent are self-examination, penitence, self-denial, study and preparation for Easter, to which almsgiving has traditionally been added. Lent is attached to Easter, as the principal occasion for baptism and for the reconciliation of those who had been excluded from the Church's fellowship for apostasy or serious faults.

As the candidates for baptism were instructed in Christian faith, and as penitents prepared themselves, through fasting and penance, to be re-admitted to communion, the whole Christian community was invited to join them in the process of study and repentance, the extension of which over forty days would remind them of the forty days that Jesus spent in the wilderness, being tested by Satan.

In the West, it is usual to count these 40 days from Ash Wednesday continuously to the end of Holy Week (not including Sundays). Liturgical dress is the simplest possible. Churches are kept bare of flowers and decoration. *Gloria in excelsis* is not used.

On the Fourth Sunday of Lent (Refreshment Sunday) we celebrate Mothering Sunday which add some relief from the austerity of the season.

As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate the story of Christ's suffering and death, and the reading of the Passion Narrative gave to the Fifth Sunday its name of Passion Sunday.

There are many devotional exercises which may be used in Lent and Holy Week outside the set liturgy including the Stations of the Cross and Lent Study groups (*our Programme is detailed below – Zoom details to be distributed on the day*). We are also broadcasting the **#LiveLent reflections** from the Church of England, daily at **12noon**.

The United Benefice of South Norwood, Holy Innocents and Saint Mark 2021 Lent Course for- Adults on Tuesdays (during Lent), 6pm Via Zoom LIVE LENT			
Date	Week	Theme	Bible Text
23 rd February	Session 1	The Greatest Story of All Time	Matthew 24:14 1 Corinthians 9:14 Mark 16:15
2 nd March	Session 2	Catching Up with God	Mark 1:15 Luke 15:7 2 Corinthians 5:14 Luke 14:15-24
9 th March	Session 3	Jesus was in the transformation business	Mark 5:1-20 1 Thessalonians 2:5-8 1 John 1:1-3
16 th March	Session 4	Communicating Like Jesus did	John 4:4-29 Mark 10:51 Matthew 9:36
23 rd March	Session 5	Passing on the story of Jesus	Acts 2:4 Matthew 10:19-20 Acts: 8:26-40

RESOURCE: Hannah Steel's book *Living His Story*

Welcome to the United Benefice of Holy Innocents & St. Mark, South Norwood

Sharing God's grace and love in our community



21st February 2021

Vicar: The Revd. Canon Roxanne Eversley
Asst. Priest: Mother Susan Wheeler-Kiley

The First Sunday of Lent

10.00am Parish Mass

President, Mother Susan Preacher, Mother Roxanne
Genesis 9.8-17 * Psalm 25.1-10 * 1Peter 3.18-22 * Mark 1.9-15

Access online worship via

www.youtube.com/c/StMarksSouthNorwood

This week's diary

Mon. – Sat. 22-27 February	Week 1 #LiveLent	12noon online only Daily Reflections
Tuesday, 23 rd February	Polycarp, Bishop of Smyrna, 155	6.00pm Lent Group via Zoom
Thursday, 25 th February	Thursday of the 1 st week of Lent	NO 10.00am Mass at Holy Innocents
Sunday, 28 th February	Second Sunday of Lent	8.00am BCP Mass 10.00am Parish Mass

CHURCH NOTICES

Pastoral Care: Mother Roxanne is available on Tel. 020 8916 1830 or Mobile 07723 038215 or mtrroxanne@gmail.com Mother Roxanne is not available on Mondays; or Mother Susan (07890 780572) on Fridays.
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For your prayers: Archbishops Justin and Stephen; Bishops Christopher, Jonathan, Richard and Karowei in this Diocese; and the bishops in our link Dioceses of Zimbabwe.

For St Barnabas, Eltham Steve Cook (Vicar).
Pray for Bishops, priests and people of the Church of the Province of Central Africa.

For the sick – Enid, Alec, Una, Claude, Helen, Linda, Mick, Jennifer and Reuben, Marie-Gabrielle, Vera, Barry and Valerie, Sheila, Andrew (Scorgie), Joanna (Simpson), Rose, Allison, Caroline, Gillian, Donald & Sigi, Anecka, Monica, Dennis and Rosemary.

For the bereaved – the Davies, Aberdeen, Stephens, Webley, Ferguson, Caines, Harris, Robb and Allen families.

For the recently departed – Olu Aberdeen, Marvin Stephens, Len Webley, Alanzo Ferguson, Michael Rennie, Norman Caines, Alex Robb and Linton Allen.

Years Mind (those whose anniversaries of death occur at this time).

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In the absence of income from the Church Hall and in order to boost its finances, **St Mark** has now introduced a **#GiveLent** campaign. While the name speaks for itself, you are invited to add money (in the form of an IOU) to a jar during Lent and at Easter, donate said sum to St Mark via the Donate Page on the website, where it can be Gift Aided, so the church can receive the maximum from your contributions! Happy Giving!

COLLECT

Almighty God,
whose Son Jesus Christ fasted forty
days in the wilderness,
and was tempted as we are, yet
without sin:
give us grace to discipline ourselves
in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

FIRST READING Genesis 9:8-17

A reading from the book of Genesis.

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

PSALM Psalm 25:1-10

R *Your paths, O Lord, are love and faithfulness [to those who keep your covenant].*

To you, O Lord, I lift up my soul;
my God, I put my trust in you;
let me not be humiliated,
nor let my enemies triumph over me.
Let none who look to you be put to shame;
let the treacherous be disappointed
in their schemes. **R**

Show me your ways, O Lord,
and teach me your paths.
Lead me in your truth and teach me,
for you are the God of my salvation;
in you have I trusted all the day long. **R**

Remember, O Lord, your compassion
and love,
for they are from everlasting.
Remember not the sins of my youth
and my transgressions;
remember me according to your love
and for the sake of your goodness,
O Lord. **R**

Gracious and upright is the Lord;
therefore he teaches sinners in his way.
He guides the humble in doing right
and teaches his way to the lowly.
All the paths of the Lord are love
and faithfulness
to those who keep his covenant and
his testimonies.
For your name's sake, O Lord,
forgive my sin, for it is great. **R**

SECOND READING 1 Peter 3:18-end

A reading from the first letter of Peter.

Christ also suffered for sins once
for all, the righteous for the
unrighteous, in order to bring you
to God. He was put to death in the
flesh, but made alive in the spirit,
in which also he went and made a
proclamation to the spirits in prison,
who in former times did not obey,
when God waited patiently in the

days of Noah, during the building of
the ark, in which a few, that is, eight
persons, were saved through water.
And baptism, which this prefigured,
now saves you – not as a removal of
dirt from the body, but as an appeal
to God for a good conscience,
through the resurrection of Jesus
Christ, who has gone into heaven
and is at the right hand of God,
with angels, authorities, and powers
made subject to him.

GOSPEL Mark 1:9-15

Hear the gospel of our Lord Jesus Christ according to Mark.

In those days Jesus came from
Nazareth of Galilee and was
baptized by John in the Jordan.
And just as he was coming up out
of the water, he saw the heavens
torn apart and the Spirit descending
like a dove on him. And a voice
came from heaven, "You are my
Son, the Beloved; with you I am well
pleased." And the Spirit immediately
drove him out into the wilderness.
He was in the wilderness forty days,
tempted by Satan; and he was with
the wild beasts; and the angels
waited on him. Now after John was
arrested, Jesus came to Galilee,
proclaiming the good news of God,
and saying, "The time is fulfilled, and
the kingdom of God has come near;
repent, and believe in the good
news."

POST COMMUNION

Lord God,
you have renewed us with the living
bread from heaven;
by it you nourish our faith,
increase our hope,
and strengthen our love:
teach us always to hunger for him
who is the true and living bread,
and enable us to live by every word
that proceeds from out of your
mouth;
through Jesus Christ our Lord.