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'THE LOOKOUT'
SUNDAY 22ND MARCH 2020
MOTHERING SUNDAY

ALL PUBLIC WORSHIP IS POSTPONED UNTIL FURTHER NOTICE

The Church is open each day and you are welcome to visit and pray.

Fr Anthony and Mthr Lucy will be saying prayers on behalf of the Parish at 0900 and 1700 each day.
Join us spiritually whether you are at home or at work.

On our website (www.stmargaret.org.uk) each Sunday by 1000 there will be a pre-recorded Service of the Word led by Fr Anthony and Mthr Lucy. This will include the week's readings, a homily and intercessions.

Do join us by listening at 1000 on Sundays or at some point in the week and encourage your friends and neighbours to listen too. And pray with us, as we pray for ourselves, each other and all those affected by the Coronavirus pandemic.

The Collect (Opening Prayer) for Mothering Sunday

God of compassion, whose Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth, and on the cross drew the whole human family to himself: strengthen us in our daily living that in joy and in sorrow we may know the power of your presence to bind together and to heal; 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. **Amen.**

The Reading from the Old Testament – Psalm 23

The LORD is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right paths for his name's sake.

Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff—they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD my whole life long.

The Gospel Reading – John 19: 25-27

Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home.

Prayers of Intercession

The sick and those who care for them: John Leech, Esmé von Habsburg, Andrew West, Jenny Edwards, Margaret Montagu, Deirdre West, Barbara Webb, Beryl Scott, Elizabeth Perkis, Pippa, Jill Crossland, Susan Wiltshire, Ian Aslett, Michael Moore, Issam Geib, Phil Gervait, Anne Smith, Gwendoline Lee, Chloe Grenier, Sarah Neve, Jean Talbot, Patrick Mills, Lissy Mason, Kate, Martina Hallinan, Jean Hughes, Terry Bourne, Les Bower, Sheila Ball, Anne Prout, Maureen Georges, Daniella Georges, David Crofts, Jim Heath, Kathleen Williams, Ann Hayes

The recently departed: Muriel Harrow, Harold Williams

Anniversaries of death this week: Robert Lonsdale (22nd); Michael Lees (23rd); Alan Harrow (23rd); William Rogers (23rd); Sylvia Morgan (25th)

NEXT SUNDAY'S READINGS – FIFTH SUNDAY OF LENT

Ezekiel 37: 1-14; John 11:1-45 *Related readings – Psalm 130; Romans 8: 6-11*

**SUPPORT FOR THE FOODBANK IS MORE IMPORTANT THAN EVER.
PLEASE CONTINUE TO LEAVE YOUR DONATIONS AT THE CHURCH**



Desperately needed this week: rice pudding, tea, tinned vegetables, tinned fruit, carbonara sauce, long-life juice, meatballs, curry sauce, tinned curry (chicken/ vegetable), toilet roll. You can now make your donation through online supermarket shops. More details can be found here -

<https://thewhitehawk.foodbank.org.uk/2019/06/21/ordering-food-delivery-foodbank/>. Many thanks for your ongoing support of the Foodbank. Please pray for its work and volunteers, and for the increasing number of people who rely on its services.

COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community



Rottingdean Community Action Response: Covid-19

Please do take a look at the Rottingdean Parish Council website for up to date information on all that is being done to support the local community at this time. Including a list of all those local businesses now doing take-away and delivery services. The information can be found by clicking on this link www.rottingdean-pc.gov.uk/community-action-response-covid-19

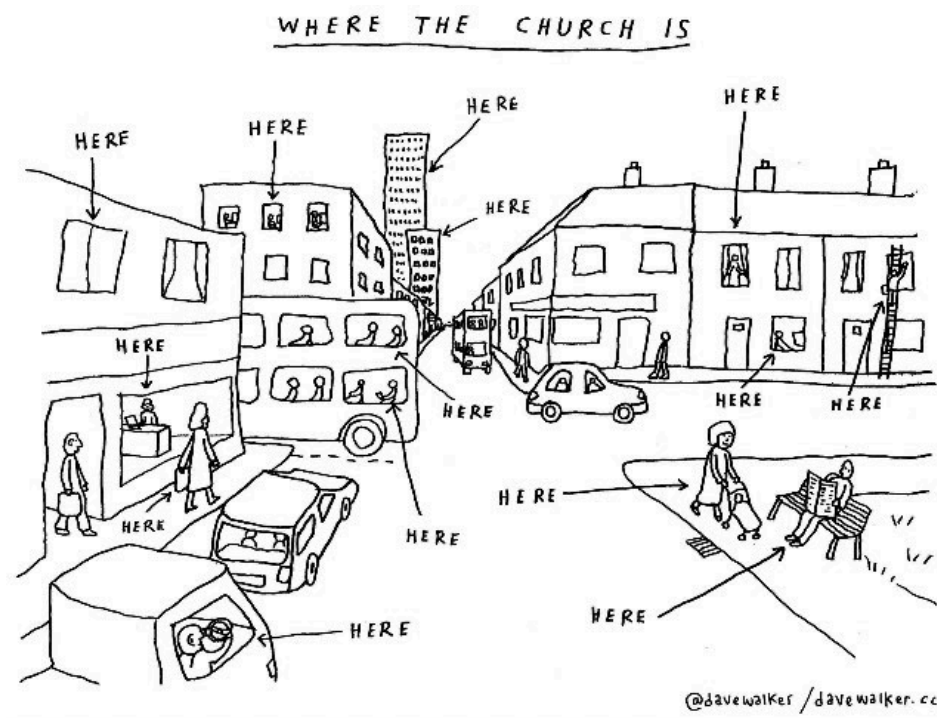
Self Isolation

If you find yourself in any need while in self-isolation please don't hesitate to be in touch with the clergy. There are members of our community prepared to help all those in need and those who are at risk or fearful. Whether you need food items dropping in, prescriptions collecting or a friendly chat on the 'phone, please be in touch.

If you have access to the Internet our website provides resources for prayer and up to date information on church activities, as well as an extended recording of the readings, sermon and prayers each week. *A new booklet to help with prayer during time spent away from the church community is also available at the back of church and there will be more resources in paper copy and on the website available over the coming weeks.*

Floodlighting – suggested donation £32.50 for a month

The church is being floodlit at night in the month of March Elaine Bowden in loving memory of Iris Morgan.



The Readings for Morning and Evening Prayer 23rd- 29th March

The Church of England order for Morning and Evening Prayer can be found online following this link, by downloading the Daily Prayer app., or by picking up a paper copy from the church.

Pray with Fr Anthony and Mthr Lucy at 0900 and 1700 wherever you are.

Day	Morning Prayer	Evening Prayer
Monday 23rd March	Psalms: 70, 77 OT: 2: 11-22 Hebrews 9: 1-14	Psalms: 25, 28 OT: Jeremiah 17: 5-18 NT: 9:18-end
Tuesday 24th	Psalms: 54, 79 OT: Exodus 2: 23- 3:20 NT: Hebrews 9: 15- end	* 1 st EP of The Annunciation* Psalm: 85 OT: Wisdom 9: 1-12 NT: Galatians 4: 1-5
Wednesday 25th Annunciation of Our Lord to the Blessed Virgin Mary	Psalms: 111, 113 OT: 1 Samuel 2: 1-10 NT: Romans 5: 12- end	Psalms: 131, 146 OT: Isaiah 52: 1-12 NT: Hebrews 2: 5-end
Thursday 26th	Psalms: 53, 86 OT: Exodus 4:27- 6:1 NT: Hebrews 10: 19-25	Psalms: 94 OT: Jeremiah 19: 1-13 NT: John: 10: 22- end
Friday 27th	Psalms: 102 OT: Exodus 6: 2-13 NT: Hebrews 10: 26- end	Psalms: 13, 16 OT: Jeremiah 19: 14- 20: 6 NT: John 11: 1-16
Saturday 28th	Psalms: 32 OT: Exodus 7: 8- end NT: Hebrews 11: 1-16	Psalms: 140, 141, 142 OT: Jeremiah 20: 7-end NT: 11: 17-27
Sunday 29th 5th Sunday of Lent Passiontide begins	Psalms: 86 OT: Jeremiah 31: 27- 37 NT: John 12: 20-33	Psalms: 30 OT: Lamentations 3: 19-33 NT: Matthew 20: 17-end

OT= Old Testament, NT= New Testament.