

FOR OUR PRAYERS:

Sick and wanting prayer; Joan Banks, William Basdas, Claire Connelly, Kingston Joseph Gilbert, Nargis Gill, Riaz Gill, Siddique Gill, Jan Hawkins and James Brown, Russell House, Jenny Howland, Vera Humphreys, Nargis Khan, Khanya, Anum Mall, Saba Mall, Sohail Mall, Rahat Munir, Valerie Muscutt, Maureen & Melvin Oakes, Alan and Letitia Pearson, Joan Pinder, Jill Rooke-Matthews, Barbara Smith, Peter and Constance Smith, Lesley Stiffell, Sheila Treadwell, Elena Utton, Pauline Warner, Gordon Wilkinson, John Wood, Emmy & Libby.

Anniversaries for February: 2nd George Radford, 3rd Emily Brewis, 5th Gladys Travis, 6th Walter Rolfe, 17th Ted Bulled, 20th William Sherman, 22nd Beryl Lovitt, 23rd Arthur Runeckles, Victor Foster, 24th Dorothy Potter, Albert Gates, 25th Maureen Cope, 26th Gladys Gloyn, Kenneth Gwynn, 27th Lillian Bates. 28th Teresa Carroll.

.Eternal rest grant unto them O Lord, and let light perpetual shine upon them, may they rest in peace and rise in glory. Amen

N **A big thank you** to all who contributed, helped and came to the jumble sale yesterday.

E **Our St. Anne's Lent course** begins this coming **Thursday at 8.00pm**. The theme of the course is **'Walking the way of the Cross'**. All welcome. Each session will conclude with night prayer.

W **Pastoral Committee** will meet at 8.00pm this Wednesday in the choir vestry

S

St. Anne's Welcome form

Name _____
Phone no. _____
E-mail _____

You are very welcome to St. Anne's. If you would like us to keep in touch with you please fill in this form and hand it to the wardens, sidesmen or the vicar



Parish Church of St. Anne Chingford

Web site: www.stanneE4.org.uk



A celebration of Lent 1

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Sidesmen: Beryl Stratton, Joyce Sullivan, Rosalind Tatam
Chalice: Heather Gwynn, Alan Pearson
Server: Eira Endersbee
Celebrant: Jude Bullock,
Music: Peter Stannard

OPENING SONG 560 O Lord all the world

Prayer of forgiveness

Lord bring new life where we are worn and tired, bring new love where we have been hard-hearted. Bring forgiveness where we feel hurt, and where we have wounded; Bring the joy and freedom of your Holy Spirit where we are prisoners of ourselves. To all and to each, on your community and friends, where regret is real, God pronounces his pardon and grants us the right to begin again.

Thanks be to God Amen.

456 Lord have mercy

OPENING PRAYER

FIRST READING: Genesis 9: 8—17

SONG: **643 Rock of ages**

GOSPEL Mark 1: 9-15

REFLECTION

SONG **43 As the deer pants for the water**

Prayer of Faith

We believe and trust in God the Father Almighty.

We believe and trust in Jesus Christ his Son.

We believe and trust in the Holy Spirit.

We believe and trust in the Three in One. Amen.



The sign of peace

SONG: **555 O Jesus I have promised**

during which the gifts of bread and wine will be brought to the table

And now, following Jesus' example and command we take this bread and wine, the ordinary things of the world which Christ will make special. And as he prayed before sharing, let us do so too.

In the silence of our hearts, let us pray for those who need to be remembered: For those who have made the headlines today because of what they have done or said:

for those who care for us and for those we care for:

For those who are sick or in trouble:

For those whom the words 'Peace and Justice' bring to mind:

For those for whom we have a special concern .

For those who have died and those we remember with love and affection.

Finally we pray for ourselves that we may be more Christ-like in our daily lives.

As Jesus taught us so we pray:

**Our Father in heaven,
hallowed be your name.**

**Your Kingdom come, your will
be done,**

on earth as in heaven

Give us today our daily bread.

**Forgive us our sins,
as we forgive those who sin
against us.**

**Lead us not into temptation,
but deliver us from evil.**

For the kingdom,

the power and the glory are yours.

Now and for ever. Amen

Let us give thanks to the Lord our God.

It is right to give thanks and praise.

It is always right to give you thanks, God our Creator, loving and faithful, holy and strong. Lord of all life, you created the universe, where all living things reflect your glory. You give us this great and beautiful earth, to discover and to cherish. You give us your love, even when things go wrong. Jesus knew hurt and pain. Through him you wipe away our tears, and fill us with your peace. We join with the saints and angels to sing your praise...

SONG **309 vs 1**



We thank you, loving Father, because, when we turned away, you sent Jesus, your Son. He gave his life for us on the cross and shows us the way to live. Send your Holy Spirit that these gifts of bread and wine may be for us Christ's body and his blood.

On the night before he died, when darkness had fallen, Jesus took bread. He gave thanks, broke it, and shared it with his disciples, saying: 'This is my body, given for you. Do this to remember me.' After they had eaten, he took the cup of wine, gave thanks, and shared it with his disciples, saying: 'This is my blood, poured out for you and for many, for the forgiveness of sins.'

SONG **309 vs 2**

So Father, with this bread and this cup we celebrate his love, his death, his risen life. As you feed us with these gifts, send your Holy Spirit, and change us more and more to be like Jesus our Saviour. Help us, Father, to love one another, as we look forward to that day when suffering is ended, and all creation is gathered in your loving arms. And now with Mary, Anne and all your saints we give you glory, through Jesus Christ, in the strength of the Spirit, today and for ever.

SONG **309 vs 3**

The bread is broken

Every time we eat this bread and drink this cup
We proclaim the Lord's death until he comes

Jesus, Lamb of God, have mercy on us.

Jesus, bearer of our sins, have mercy on us.

Jesus, redeemer of the world, grant us Peace.

Distribution of Holy Communion

Concluding prayer (say together)

**Holy God, our lives are laid open before you:
rescue us from the chaos of sin
and through the death of your Son
bring us healing and make us whole
in Jesus Christ our Lord. Amen**

Final Blessing

SONG: **599 Onward Christian Pilgrims**

