

## THE SECOND SUNDAY BEFORE LENT

O come, let us worship God and bow low before the God who made us, for he is the Lord our God.

### Regular Services

St Mary's: Sundays at 8am and 9.30am, Wednesdays at 10.30am

St Paul's: Sundays at 11.15am, Thursdays at 9.30am

### Notices

**Today:** We welcome Revd Matt who is leading our services today as part of our regular Team clergy exchanges, Canon John is at St Barnabas.

**CAD** have arranged a **Valentine's Friendship Tea** on Saturday 14<sup>th</sup> February in St Mary's Hall, which we are supporting, see flyers for more details.

**Lent, Holy Week & Easter:** Please see the posters for details of Team course, services and events.

**Ash Wednesday** is on 18<sup>th</sup> February with morning services at St Mary's and St Barnabas' and an evening service at 7.30pm at St Albans church, Warners End & Gadebridge, at which the Team clergy will take part.

**The Team Lent Course** will be held on every Sunday and Tuesday in March, starting on Sunday 1<sup>st</sup> March at 6pm at St Barnabas, Adeyfield with a repeat session at St Paul, Highfield, on Tuesday 3<sup>rd</sup> at 2pm, (with the same venues and times every week throughout March). **Wrestling the Whirlwind**, Revd Matt's journey through the book of Job, will be our guide during Lent. Details and links to follow.

**DENS Quiz Night**, Friday 20th March - Hemel Hempstead School, see DENS website & posters for details.

**Growing Together Group** This intergenerational group is putting young people at the centre of our parish's future and will soon be talking to us all about how we can support change and growth in the church.

**Canon John** has been advised to cut down on screen time so may take a while to reply to some emails!

### Diary

Tuesday 7.30/8pm tbc: Fabric Committee Zoom

Thursday 6.30pm: Brownie/Rainbow leaders meeting at the Rectory. 7.30pm: Bell Ringing practice, St Mary's.

**Next Sunday:**

The Sunday Next Before Lent, services at the usual times. 11.30am Growing Together Group, StM's hall.

**St Mary's Churchwardens:** stmarychurchwarden@stmaryandstpaulhemel.org.uk

Rosamund Russell Tel: 01442 217754 Andrew Darby Tel: 01582 943200

**St Paul's Churchwarden:** stpaulchurchwarden@stmaryandstpaulhemel.org.uk

Gordon Gaddes Tel: 07561 450633 Rosina Gaddes Tel: 07720 897037

**Team Rector:** The Revd Canon John Williams:

Tel: 07522 504087 vicar@stmaryandstpaulhemel.org.uk

**Team Clergy:**

St Albans, Warners End: The Revd Pete Stevenson Tel: 01442 251897 rev\_pete@onetel.com

St Barnabas, Adeyfield: The Revd Matt Renyard Tel: 0749 355742: revmattrenyard@gmail.com

The COR, Grovehill & Woodhall Farm: The Revd Austin Janes Tel: 01442 270585: revaustin@sky.com

**Team Office:**

Ali Smith Tel: **07522 504087** (NOTE, new number!) admin@stmaryandstpaulhemel.org.uk

**Newsletter:** News to the Team Rector by last thing on Wednesday.

**Payments:** Cheques should be made payable to "St Mary and St Paul PCC".

*The Ecclesiastical Parish of St Mary and St Paul, Hemel Hempstead, Reg. Charity 1130644*

### READINGS & PRAYERS

#### COLLECT

Almighty God,  
you have created the heavens and the earth and made us in your own image:  
teach us to discern your hand in all your works and your likeness in all your children;  
through Jesus Christ your Son our Lord,  
who with you and the Holy Spirit reigns supreme over all things, now and for ever. **Amen.**

## FIRST READING

A reading from the letter of Paul to the Romans.

*Romans 8. 18-25*

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God.

We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

This is the Word of the Lord

**Thanks be to God**

## GOSPEL ACCLAMATION

Alleluia, alleluia! Speak, Lord, for your servant is listening.

You have the words of eternal life. **Alleluia.**

## GOSPEL

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

*Matthew 6. 25-end*

**Glory to you, O Lord**

Jesus taught his disciples, saying: 'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you – you of little faith?

Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.'

This is the Gospel of the Lord

**Praise to you, O Christ**

## PRAYER OVER THE OFFERINGS

O Lord, our God,  
who once established these created things to sustain us in our frailty,  
grant, we pray, that they may become for us now  
the Sacrament of eternal life. Through Christ our Lord. **Amen.**

## COMMUNION ANTIphon

Blessed are those who mourn, for they shall be consoled. Blessed are those who hunger and thirst for righteousness, for they shall have their fill.

## POST COMMUNION

God our creator, by your gift the tree of life was set at the heart of the earthly paradise, and the bread of life at the heart of your Church: may we who have been nourished at your table on earth be transformed by the glory of the Saviour's cross and enjoy the delights of eternity; through Jesus Christ our Lord. **Amen.**