



Holy Innocents Kingsbury

holynnocentskingsbury.org.uk

*1st March 2020,
First Sunday of Lent,
Year A*

Welcome to Holy Innocents.

To use the loop system, switch your hearing aid to 'T'.

If you would like someone to be mentioned in the prayers today please ask one of the ministers before the service begins.

Readings & Hymns for today

Stand when the hymn begins.

Processional hymn:

- 1 Dear Lord and Father of mankind,
Forgive our foolish ways;
Re-clothe us in our rightful mind,
In purer lives thy service find,
In deeper reverence praise.
- 2 In simple trust like theirs who heard,
Beside the Syrian sea,
The gracious calling of the Lord,
Let us, like them, without a word
Rise up and follow thee.
- 3 O Sabbath rest by Galilee!
O calm of hills above,
Where Jesus knelt to share
with thee

Services Today

8.30am Said Eucharist
10.00am Sung Eucharist

Services this week

Tuesday 10.15am Morning Prayer
Thursday 10.00am Said Eucharist

Other events in Church

Tuesday 10.30am Coffee morning
Friday 2-3.30pm Memory Cafe

Next Sunday 8th March

The Second Sunday of Lent

8.30am Said Eucharist
10.00am Sung Eucharist

Next Week's Readings

*Genesis 12: 1-4a; Psalm 121;
Romans 4: 1-5, 13-17; John 3: 1-17*

**The silence of eternity,
Interpreted by love!**

- 4 Drop thy still dews of
quietness,
Till all our strivings cease;
Take from our souls the strain
and stress,
And let our ordered lives
confess
The beauty of thy peace.
- 5 Breathe through the heats of
our desire
Thy coolness and thy balm;
Let sense be dumb, let flesh
retire;
Speak through the earthquake,
wind, and fire,
O still small voice of calm.

John Greenleaf Whittier (1807-1892) AM 621

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.

Amen

OLD TESTAMENT READING

Genesis 2: 15-17, 3: 1-7

A reading from the book of Genesis.

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, 'You may freely eat of every tree of the garden; ¹⁷but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die."' But the serpent said to the woman, 'You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and

evil.' So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

For the word of the Lord

Thanks be to God

Psalm 32

R Forgive us, Lord, the guilt of our sins.

Happy are those whose transgression is forgiven, whose sin is covered. Happy are those to whom the LORD imputes no iniquity, and in whose spirit there is no deceit. **R**

While I kept silence, my body wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. **R**

Then I acknowledged my sin to you, and I did not hide my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the guilt of my sin. **R**

Therefore let all who are faithful offer prayer to you; at a time of distress, the rush of mighty waters shall not reach them. You are a hiding place for me; you preserve me from trouble; you

surround me with glad cries of deliverance. **R**

I will instruct you and teach you the way you should go; I will counsel you with my eye upon you. Do not be like a horse or a mule, without understanding, whose temper must be curbed with bit and bridle, else it will not stay near you.

R

Many are the torments of the wicked, but steadfast love surrounds those who trust in the LORD. Be glad in the LORD and rejoice, O righteous, and shout for joy, all you upright in heart. **R**

NEW TESTAMENT READING

Romans 5: 12-19

A reading from the letter of Paul to the Romans.

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one

man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

For the word of the Lord

Thanks be to God

Gradual Hymn:

- 1 Be thou my guardian and my guide,
And hear me when I call;
Let not my slippery footsteps slide,
And hold me lest I fall.**
- 2 The world, the flesh, and Satan
dwell
Around the path I tread;
O save me from the snares of hell,
Thou quickener of the dead.**
- 3 And if I tempted am to sin,
And outward things are strong,
Do thou, O Lord, keep watch
within,
And save my soul from wrong.**

**4 Still let me ever watch and pray,
And feel that I am frail;
That if the tempter cross my way,
Yet he may not prevail.**

*Isaac Williams (1802-1865)
AM116*

GOSPEL READING

The Lord be with you
And also with you

Hear the gospel of our Lord Jesus
Christ according to Matthew (4:
1-11).

Glory to you O Lord

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God."'

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test."'

Again, the devil took him to a very high mountain and showed him all the

kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him."' Then the devil left him, and suddenly angels came and waited on him.

This is the gospel of the Lord.
Praise to you, O Christ.

Offertory Hymn:

- 1 Forty days and forty nights
Thou wast fasting in the wild;
Forty days and forty nights
Tempted, and yet undefiled:**
- 2 Sunbeams scorching all the day;
Chilly dew-drops nightly shed;
Prowling beasts about thy way;
Stones thy pillow, earth thy bed.**
- 3 Shall not we thy sorrows share,
And from earthly joys abstain,
Fasting with unceasing prayer,
Glad with thee to suffer pain?**
- 4 And if Satan, vexing sore,
Flesh or spirit should assail,
Thou, his vanquisher before,
Grant we may not faint nor fail.**
- 5 So shall we have peace divine;
Holier gladness ours shall be;
Round us too shall angels shine,
Such as ministered to thee.**

**6 Keep, O keep us, Saviour dear,
Ever constant by thy side;
That with thee we may appear
At the eternal Eastertide.**

*George Hunt Smyttan (1822-1870)
and Francis Pott (1832-1909)
AM 121*

Communion Hymn:

- 1 O for a closer walk with God,
A calm and heavenly frame;
A light to shine upon the road
That leads me to the Lamb!**
- 2 What peaceful hours I once
enjoyed,
How sweet their memory still!
But they have left an aching void
The world can never fill.**
- 3 Return, O holy Dove, return,
Sweet messenger of rest:
I hate the sins that made thee
mourn
And drove thee from my breast.**
- 4 The dearest idol I have known,
Whate'er that idol be,
Help me to tear it from thy throne
And worship only thee.**
- 5 So shall my walk be close with God,
Calm and serene my frame;
So purer light shall mark the road
That leads me to the Lamb.**

*William Cowper (1731-1800)
AM131*

POST COMMUNION PRAYER

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. **Amen**

Recessional Hymn:

- 1 Lead us, heavenly Father, lead us
O'er the world's tempestuous sea;
Guard us, guide us, keep us, feed
us,
For we have no help but thee;
Yet possessing every blessing,
If our God our Father be.**
- 2 Saviour, breathe forgiveness o'er
us:
All our weakness thou dost know;
Thou didst tread this earth before
us,
Thou didst feel its keenest woe;
Lone and dreary, faint and weary,
Through the desert thou didst go.**
- 3 Spirit of our God, descending,
Fill our hearts with heavenly joy,
Love with every passion blending,
Pleasure that can never cloy:
Thus provided, pardoned, guided,
Nothing can our peace destroy.**

*James Edmeston (1791-1867)
AM 702*

CCL 424001 dated 01.03.20

Notices

Diary of upcoming events: for details see notices below or notices in church

Day	Date	Time	Event	Place
Sun	1 Mar	11.15am	Sunday Lent course starts	Church
Thu	5 Mar	11am	Thursday Lent course starts	Church
Sat	7 Mar	10am	Stations of the Cross	Church
Sun	15 Mar	4pm	Stations of the Cross	Church
Mon	16 Mar	2pm	MU Games afternoon	Bowater Close
Sun	22 Mar	11.15am	MU Cake Sale	Church
Sat	28 Mar	11am	MU Lady Day Service	St. Augustines, Wembley Park
Sun	29 Mar		<i>Clocks go forward</i>	

To All Seed and Plant Growers

To help you plan your growing, the May Market will be on 23rd May 2020.

There will be a coffee morning on 10th March for the Lent Appeal.

Dianna will be away from 5th to 11th March and 13th to 18th March inclusive.

To help restrict the spread of infections, especially flu, we have been advised to ask you not to 'intinct' your communion wafer. In other words, when you receive communion **do not dip your wafer into the wine**. This is because hands carry more bugs than mouths, and dipping the wafer can spread these into the wine. You can receive the wine by drinking from the cup. If you feel unwell, or don't want to drink from the cup it is acceptable to take only the bread and not the wine.

MU next meetings

1. Monday 16th March 2pm Games afternoon and raffle at Bowater Cl. Bring a favourite Game.
2. Sunday March 22nd Cake Sale after the 10 am service in aid of the MU Mothers Day Appeal.
3. Saturday 28th March 11 am Willesden Area Lady Day Service followed by a bring and share lunch.

See separate leaflets for our **Lent Course** with Churches Together and **Lent, Holy Week and Easter Services**. If you are planning on coming to a Lent course it's helpful if you sign up in the narthex.

We are offering a **soup** lunch after the Lent course on Thursdays, starting 5 March. If you might be able to help with the lunch please sign up.

Sunday lunch at the Preston is on 29th March from 1.00pm because of Lent. Speak to Angela.

As the church car park is small: if it is busy and you your passengers are able to walk far enough, **please do not use the church car park** so it is available for those who are disabled or are carrying heavy items. On Sundays and at most other times you can park on the single yellow line on Kingsbury Road as well as in the layby.

Fire exits from the church are currently the two at the West End – the one you probably came in and the accessible entrance. The door to outside from the Young Church room is unusable due to subsidence which is being investigated.

*If you are **ill or in hospital** please let us know if possible so that the church community can pray for you and we can be in touch. Contact Carl Berry or any member of the ministry team.*

*It is a great help if those who are able to contribute to the cost of running the church join the **planned giving** scheme, using weekly envelopes or by standing order from your bank eg monthly. Contact Christopher Beels for more information (christopherbeels@btinternet.com, 020 82046448). You can also give by card or paypal online from our website.*

These notices are uploaded each week to our website – so if you are away and would like to keep in touch look at www.holyinnocentskingsbury.org.uk Email any new notices or amendments to the parish administrator or put them in her in-tray in the narthex by Wednesday evening for inclusion the following Sunday.

For your prayers

The sick & those recovering from surgery: Alan, Margaret, Pam.

Others in need of prayer: Dorothy, Ann, Germaine, Phyllis, Sarah.

Anniversary of death: Peter Bance; Dorothy Morrison; Minnie Williams; Wyn Bennett; Marion Roney; Mercy Kudnani; Roland Dix; John Dover; John Jones.

Contact Details

www.holyinnocentskingsbury.org.uk

Find us on facebook & twitter via our website

Vicar: Revd Natasha Woodward 020 8204 7531
natasha.c.woodward@gmail.com

Parish Administrator Dianna Wong 020 8201 3932
(9.30am-1pm Tue & Thu)

kingsbury.holy.innocents@gmail.com

Other parish office holders' contact details are now on a separate document available in the narthex, if you would like a copy contact the parish administrator.