

# Welcome to St Mary's Apsley



and welcome to our service today

**4<sup>th</sup> February, 2024**  
**Second Sunday before Lent**

If you need anything during the service, please ask someone sitting nearby, they will be pleased to help. Please stay after the service for refreshments and a chat in the Refectory at the back of the church.

## This Week at St Mary's

### Today

9.00am Bellringing  
9.30am Parish Eucharist

### Monday

10.00 -12.00 Working Party  
8.00pm Bellringing practice

### Tuesday

9.30am Buzzy Bees  
12.30-2.30pm Foodbank and Community Café

### Thursday

9.30 - 3.30 Church open for private prayer  
10.00 - 12.00 Foodbank and Community Café  
9.30am Eucharist at St Mary's  
10.15am Study Group in the vestry  
8.00pm Virtual Study group on Zoom  
All welcome (link on website/calendar)

### Friday

10.00 -12.00 Working Party

### Saturday

10.00 -12.00 Saturday Community Café  
3.00-8.00pm Bellringing Meeting

### Sunday 11<sup>th</sup> February

9.00am Bellringing  
9.30am Parish Eucharist

### Morning Prayer at St Benedict's:

Monday, Tuesday & Wednesday at 9.30am

### Evening Prayer at St Benedict's:

Monday, Tuesday & Wednesday at 5.30pm



Dear Friends,

January is finally over, hurrah! We survived the longest month of the year! For clergy everywhere, January was 32 days long, as the Church Commissioners pressed the wrong button and delayed all of our pay by 24 hours. All of my compassion goes out to whomever made that mistake and I was extra thankful when my stipend arrived the next day.

It can sometimes be hard to remember gratitude for the good things in our lives. We have moved out of the Christmas season and into a brief window of Ordinary Time before the arrival of Lent. This is a good time to be anticipating the holy season, and a good time to be preparing our hearts. For what? For scrutiny by God? For punishment? For being made to feel bad for our sins? No. This is the time to prepare ourselves to be truly loved by God. His healing of us, which is promised in Lent, is not via punishment but through deep love for us, his children. We have to prepare ourselves to receive that love, and to do this we must clear out our hearts. Like a spiritual spring clean, we must sweep away all of that stuff we are carrying around that we don't need any more. The little sins that comfort us briefly but ultimately make us sad and alone. The guilt that weighs so heavily. The fear of the future.

Get out your spiritual sweeping brushes, ready to clear all of that away, and leave room for the deep love of God, who thinks you are really lovely, actually, and is calling you into fullness of life.

Yours,  
Mother Alice

# Sunday's Collect and Readings (Year B)

## The 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**

## A reading from the book of The Proverbs

8.1,22-31

Does not wisdom call, and does not understanding  
raise her voice?

The Lord created me at the beginning of his  
work, the first of his acts of long ago.

Ages ago I was set up, at the first, before the  
beginning of the earth.

When there were no depths I was brought  
forth, when there were no springs abounding with  
water.

Before the mountains had been shaped, before  
the hills, I was brought forth when he had not yet  
made earth and fields, or the world's first bits of  
soil.

When he established the heavens, I was  
there, when he drew a circle on the face of the  
deep, when he made firm the skies above, when  
he established the fountains of the deep, when he  
assigned to the sea its limit, so that the waters  
might not transgress his command, when he  
marked out the foundations of the earth, then I  
was beside him, like a master worker; and I was  
daily his delight, rejoicing before him always,  
rejoicing in his inhabited world and delighting in  
the human race.

This is the Word of the Lord.

**THANKS BE TO GOD**

## A reading from the letter of Paul to the Colossians

1.15-20

Christ is the image of the invisible God, the firstborn  
of all creation; for in him all things in heaven and on  
earth were created, things visible and invisible,  
whether thrones or dominions or rulers or powers—all  
things have been created through him and for  
him. He himself is before all things, and in him all  
things hold together. He is the head of the body, the  
church; he is the beginning, the firstborn from the  
dead, so that he might come to have first place in  
everything. For in him all the fullness of God was  
pleased to dwell, and through him God was  
pleased to reconcile to himself all things, whether  
on earth or in heaven, by making peace through  
the blood of his cross.

This is the Word of the Lord.

**THANKS BE TO GOD!**

## Hear the Gospel of our Lord Jesus Christ according to John

1.1-14

**GLORY TO YOU, O LORD!**

In the beginning was the Word, and the Word was  
with God, and the Word was God. He was in the  
beginning with God. All things came into being  
through him, and without him not one thing came  
into being. What has come into being in him was  
life, and the life was the light of all people. The light  
shines in the darkness, and the darkness did not  
overcome it.

There was a man sent from God, whose name was  
John. He came as a witness to testify to the light, so  
that all might believe through him. He himself was  
not the light, but he came to testify to the light. The  
true light, which enlightens everyone, was coming  
into the world.

He was in the world, and the world came into  
being through him; yet the world did not know  
him. He came to what was his own, and his own  
people did not accept him. But to all who received  
him, who believed in his name, he gave power to  
become children of God, who were born, not of  
blood or of the will of the flesh or of the will of man,  
but of God.

And the Word became flesh and lived among us,  
and we have seen his glory, the glory as of a  
father's only son, full of grace and truth.

This is the Gospel of the Lord.

**PRAISE TO YOU, O CHRIST!**

## Thursday's Readings (Year B)

### A reading from 1 Kings 11.4-13

For when Solomon was old, his wives turned away his heart after other gods; and his heart was not true to the Lord his God, as was the heart of his father David. For Solomon followed Astarte the goddess of the Sidonians, and Milcom the abomination of the Ammonites. So Solomon did what was evil in the sight of the Lord, and did not completely follow the Lord, as his father David had done. Then Solomon built a high place for Chemosh the abomination of Moab, and for Molech the abomination of the Ammonites, on the mountain east of Jerusalem. He did the same for all his foreign wives, who offered incense and sacrificed to their gods.

Then the Lord was angry with Solomon, because his heart had turned away from the Lord, the God of Israel, who had appeared to him twice, and had commanded him concerning this matter, that he should not follow other gods; but he did not observe what the Lord commanded. Therefore the Lord said to Solomon, 'Since this has been your mind and you have not kept my covenant and my statutes that I have commanded you, I will surely tear the kingdom from you and give it to your servant. Yet for the sake of your father David I will not do it in your lifetime; I will tear it out of the hand of your son. I will not, however, tear away the entire kingdom; I will give one tribe to your son, for the sake of my servant David and for the sake of Jerusalem, which I have chosen.'

This is the word of the Lord.

**THANKS BE TO GOD!**

### A reading from Psalms 106.3,35-41

3 Blessed are those who observe what is right and always do what is just.  
35 They mingled with the nations and learned to follow their ways,  
36 So that they worshipped their idols, which became to them a snare.  
37 Their own sons and daughters they sacrificed to evil spirits.  
38 They shed innocent blood, the blood of their sons and daughters,  
39 Which they offered to the idols of Canaan, and the land was defiled with blood.  
40 Thus were they polluted by their actions, and in their wanton deeds went whoring after other gods.  
41 Therefore was the wrath of the Lord kindled against his people, and he abhorred his inheritance.

### Hear the Gospel of our Lord Jesus Christ From Mark 7.24-30

GLORY TO YOU, O LORD!

From there he set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. He said to her, 'Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs.' But she answered him, 'Sir, even the dogs under the table eat the children's crumbs.' Then he said to her, 'For saying that, you may go—the demon has left your daughter.' So she went home, found the child lying on the bed, and the demon gone.

This is the Gospel of the Lord.

**PRAISE TO YOU, O CHRIST!**

### Contact Information

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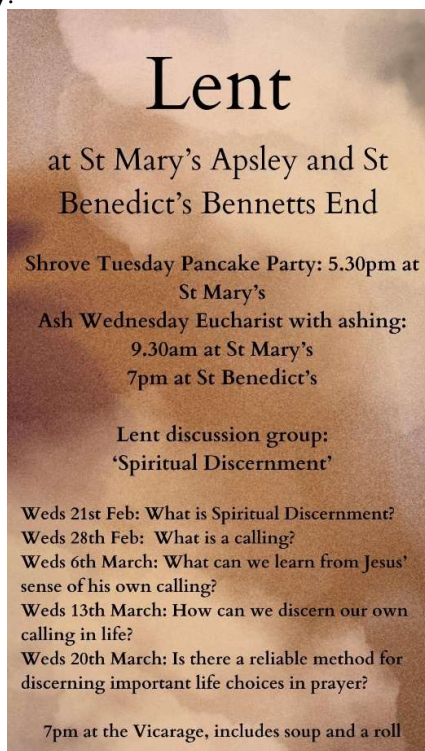
# Notices

Please send any input for next week to Sue in the Benefice office on [SaintsKL2@fiscali.co.uk](mailto:SaintsKL2@fiscali.co.uk) by noon on Wednesday and copy it to [StMarysApsleyEnd@gmail.com](mailto:StMarysApsleyEnd@gmail.com).

## Pancake Party

Tuesday 13<sup>th</sup> February at 5:30pm

Come and join us for a Pancake Party on Shrove Tuesday.



## Sanctuary Flowers

There is a list at the back of church if you would be willing to do the Sanctuary flowers during this coming year, once or regularly. Just fill in your name or speak to Rosemary.

## Welcome Boxes for Nascent House

Thank you to everyone's response in recent weeks to the request for donations. The needs are now for flannels, sponge bags, sweets (small packets), individual bars of soap, boxes of tissues and plastic boxes with lids (17L to 25L). Please remember that the products must not contain alcohol. Susan and Viv

## Sponsorship for our organists



Our organist today, Ian Hope, is sponsored by an anonymous donor. If you would like to sponsor the organist, perhaps to celebrate a special occasion or in memory of a loved one, please email Janet

on [janet@apsleyend.co.uk](mailto:janet@apsleyend.co.uk).

It would be good to have some sponsorship for services in Lent & around Easter.

## Foodbanks at St Mary's and St B's

St Mary's foodbank is open 12.30-2.30 on Tuesdays and 10.00-12.00 on Thursdays with a community café serving simple hot food. We are currently very short of all stock and would value donations either to the church or to Dunelm. We continue to need assistance at both foodbanks and at St B's on Wednesday 9.30-12.00. If you can help, do speak to Mother Alice.

## Children's Books

We have had some children's books donated to the foodbank. Feel free to take what you would like and leave a donation that can be used towards heating the refectory when the foodbank is using it.

## The Revd Lizzie Hood

will be retiring at the end of April. Her farewell service will be on Sunday 28th April at 3pm at Holy Trinity.

## Dates for your diary

Tues 13 <sup>th</sup> Feb	Pancake Party at 5.30pm
Wed 14 <sup>th</sup> Feb	Ash Wednesday Service St Mary's 9.30am St Benedict's 7pm
Fri 1 <sup>st</sup> Mar	World Day of Prayer at Adeyfield Free Church
Sun 10 <sup>th</sup> Mar	Mothering Sunday
Sun 17 <sup>th</sup> Mar	Messy Church
Sun 24 <sup>th</sup> Mar	Palm Sunday
Fri 29 <sup>th</sup> Mar	Good Friday
Sun 31 <sup>st</sup> Mar	Easter Sunday
Mon 1 <sup>st</sup> Apr	Pilgrimage to St Albans Cathedral
Sun 21 <sup>st</sup> Apr	Messy Church

## Rotas - Who's doing what when

	4 <sup>th</sup> February	11 <sup>th</sup> February
	9.30 Eucharist	9:30 Eucharist
Music	Ian Hope	Bruce Boardman
Warden	Rosemary Bladon	Harry GB
Sides duty	Ann Wiggins	Katharine Harper
Welcomer	Sylvia Low	Roger & Angela Witts
Reading	Melanie Henley	Fiona Shirley
Intercessions	Laura GB	Sue Jakeman
Offertory	Fiona Ellison & Melanie Henley	Susan & Colin Rivett
Chalice	Katharine Harper	Susan Rivett
2nd Counter	Jim Aylott	Roger Witts
Refreshments	Jan & Trevor Wilson	Laura & Harry GB
Sunday School	Hazel Pritchard	Lilian Hepwood