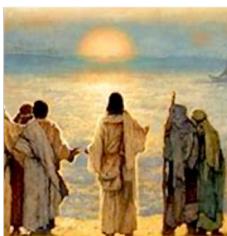




**22 January  
2023**

**Epiphany 3**



Welcome to  
St Barnabas' in Pound Hill and  
St Nicholas' in Worth

This sheet details the readings in today's services as well as notices for everyone.

## **SERVICES TODAY**

Certain services will still be available online (live or recorded)

08:15 Said Eucharist (BCP)      St Nicholas'  
Celebrant & Preacher      Fr Michael Boag

10:00 Child Friendly Eucharist      St Barnabas'  
Celebrant & Preacher Revd Sarah Upchurch

10:00 Sung Eucharist      St Nicholas'  
Celebrant & Preacher      Fr Michael Boag

Please try our new QR code to donate to Worth Parish. Scan this code with a smartphone to take you straight to a giving page.



## **Step into the light.**

January is a notoriously difficult month for many people; for some it is exceptionally painful, so I am mindful of this as I say the next line either gently or fervently, depending on each individual's unique circumstance.

Do not forget that you are a child of light(!)

Hundreds of years before the Lord Jesus was born, the prophet Isaiah spoke of the people who sat in darkness have seen a great light. This was Jesus.

Jesus healed every disease and every illness which was a sign of God's Kingdom on earth.

Jesus said to repent of our sins because he would die for our sin, Isaiah called this breaking the yoke of our burden. This would set us free, free to live a life without fear. Death, disease and illness is a part of our lives on earth but we are not subject to its limitations because of the Cross of Christ.

In a way, it is not complicated; sustaining and maintaining is the tricky part.

Step into the light, for you are loved completely and you belong in the light. Let the healing beams of light from the love of God envelop you and seal you with hope and peace.

Imagine the light of heaven upon your face. Turn your face to the light.

The peace of the Lord be always with you.  
Amen.

*Revd Sarah*

## Collect

God of all mercy, your Son proclaimed good news to the poor, release to the captives, and freedom to the oppressed: anoint us with your Holy Spirit and set all your people free to praise you in Christ our Lord.

**Amen**

## Reading *Isaiah 9.1-4*

But there will be no gloom for those who were in anguish. In the former time he brought into contempt the land of Zebulun and the land of Naphtali, but in the latter time he will make glorious the way of the sea, the land beyond the Jordan, Galilee of the



nations. The people who walked in darkness have seen a great light; those who lived in a land of deep darkness - on them light has shined. You have

multiplied the nation, you have increased its joy; they rejoice before you as with joy at the harvest, as people exult when dividing plunder. For the yoke of their burden, and the bar across their shoulders, the rod of their oppressor, you have broken as on the day of Midian.

## Psalm *Psalm 27.1,4-12*

The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?

One thing I asked of the Lord, that will I seek after: to live in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in his temple.

For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will set me high on a rock.

Now my head is lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the Lord.

Hear, O Lord, when I cry aloud, be gracious to me and answer me! 'Come,' my heart says, 'seek his face!' Your face, Lord, do I seek. Do not hide your face from me.

Do not turn your servant away in anger, you who have been my help. Do not cast me off, do not forsake me, O God of my salvation! If my father and mother forsake me, the Lord will take me up.

Teach me your way, O Lord, and lead me on a level path because of my enemies. Do not give me up to the will of my



adversaries, for false witnesses have risen against me, and they are breathing out violence.

## Reading *1 Corinthians 1.10-18*

"God is faithful, by whom ye were called unto the fellowship of his Son Jesus Christ our Lord."

Now I appeal to you, brothers and sisters, by the

name of our Lord Jesus Christ, that all of you should be in agreement and that there should be no divisions among you, but that you should be united in the same mind and the same purpose. For it has been reported to me by Chloe's people that there are quarrels among you, my brothers and sisters. What I mean is that each of you says, 'I belong to Paul', or 'I belong to Apollos', or 'I belong to Cephas', or 'I belong to Christ.' Has Christ been divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispus and Gaius, so that no one can say that you were baptized in my name. (I did baptize also the household of Stephanas; beyond that, I do not know whether I baptized anyone else.) For Christ did not send me to baptize but to proclaim the gospel, and not with eloquent wisdom, so that the cross of Christ might not be emptied of its power.

For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

## Gospel *Matthew 4.12-23*

Now when Jesus heard that John had been arrested, he withdrew to Galilee. He left

Nazareth and made his home in Capernaum by the lake, in the territory of Zebulun and Naphtali, so that what had been spoken through the prophet Isaiah might be fulfilled: 'Land of Zebulun, land of Naphtali, on the road by the sea, across the Jordan, Galilee of the Gentiles - the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned.' From that time Jesus began to proclaim, 'Repent, for the kingdom of heaven has come near.'



As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the

lake - for they were fishermen. And he said to them, 'Follow me, and I will make you fish for people.' Immediately they left their nets and followed him. As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. Immediately they left the boat and their father, and followed him.

Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people.

### Post Communion

Almighty Father, whose Son our Saviour Jesus Christ is the light of the world: may your people, illumined by your word and sacraments, shine with the radiance of his glory, that he may be known, worshipped, and obeyed to the ends of the earth; for he is alive and reigns, now and for ever.

**Amen**

**Copy deadline for the next Parish Magazine is  
TODAY**

### SERVICES THIS WEEK

Tues 24 Jan	10:30 Said Eucharist	St Barnabas'
Thur 26 Jan	10:30 Said Eucharist	St Nicholas'
Sun 29 Jan	8:15 Eucharist (BCP) 10:00 Sung Eucharist 10:00 Sung Eucharist 11:45 Baptism 16:00 New Church Music and Lessons	St Nicholas' St Barnabas' St Nicholas' St Nicholas' St Nicholas'

### Sunday 29 January 2023 The Presentation (Candlemas)

Malachi 3:1-5      Psalm 24  
Hebrews 2:14-18      Luke 2:22-40

### Festivals this week

Tues 24 Jan	Francis de Sales, Bishop of Geneva, Teacher 1622 (LF)
Wed 25 Jan	<b>The Conversion of Paul</b>
Thur 26 Jan	Timothy and Titus, Companions of Paul (LF)
Sat 28 Jan	Thomas Aquinas, Priest, Philosopher, Teacher 1274 (LF)

(F) Festival; (LF) Lesser Festival; (C) Commemoration

### DIARY NOTES & NOTICES

**Toddlers Group** meets on **Tues 13:00-15:00 and Thurs 9:00-11:00** during term time in St Barnabas' Hall.

### 'Scrabble and Cake'

**Wed 25 Jan**, 14:30-16:30, in St Barnabas' Café. Come and play Scrabble (other games available), enjoy tea and cake and company. All welcome. £3.50. In aid of St Barnabas' Refurbishment.

## Pilgrim's Nurture Course

Usually on Wed nights at 19:00 in the Café at St Barnabas'; for those who are exploring or want to refresh their faith. Next meeting Wed **25 Jan.**

## Parish Prayer Group

will meet at 19:00 at St Barnabas' on Wed **25 Jan.** Please join us as we pray for our Parish, its clergy and its outreach.

## Friday Lunches

Friday lunch on **27 Jan** in the Pastoral Centre at 12:30. Two courses and a drink £7.00. To help with catering please book your place at the Pastoral Centre (café open Wed and Sat) or via the Parish Office, by Wed **25 Jan.** All welcome.

The Friday Lunch on **27 Jan** will be a little different.

Sue and Max Perry are hosting a family from the Ukraine and have been enjoying meals cooked by Halyna and Olena since July. The meal will be cooked by Halyna (Granny). Now is your opportunity to try Ukrainian Pork Patties and Mash followed by Ukrainian Apple Pie and Chocolate Brownies. We don't want to run out, so please book by letting Phyl know or calling the Office on 0300 111 8150 by **Wed 25 Jan.**

### The Hangout

Youth Club at St Barnabas' on

**Fri 27 January 19:00-20:30**

Ages 12-16. Entry free. Weekly during term time.

## Recycling

We recycle **milk bottle tops**. Containers are now available in the Narthex and on Sue's doorstep. Please deliver **by the end of January**.

We also collect used postage **stamps** (for the Hospice) and used **printer cartridges** (for McIndoe); please deliver to the Narthex.

## New Church Music and Lessons

You are warmly invited to an afternoon of New Church music and teachings in St Nicholas', on **Sun 29 Jan, 16:00**. We will be delving into divine providence, and playing some great hymns you may never have heard! This will be the first of a monthly series of similar events. For any queries, contact Eric van der Merwe (07861 058 016 [ericvandermerwe@me.com](mailto:ericvandermerwe@me.com)).

## Saturday Market

**28 Jan**, 10:00-11:30 in St Barnabas Café. Books, bric-a-brac, clothing, toys and games etc. All welcome. In aid of St Barnabas' Refurbishment.

## St Nicholas' – heating update

Installation of our new boiler, safe flue and efficient new radiators is well underway. Sorry that the conditions in church are wintry this week – we are hoping that everything will be in place for warm services in early February – thanks to everyone who is working hard on our behalf to make this happen. Rose Wells

## CONTACTS

### The Rector

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### Assistant Priest

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