



**5 February
2023**

3 before Lent



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 Revd Gordon Parry

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

10:00 Sung Eucharist St Nicholas'
Celebrant & Preacher Revd Gordon Parry

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.



It's strange, isn't it, that we are already approaching Lent, after celebrating Christmas and Epiphanytide so recently, with the Presentation of Christ just last Sunday. Today's Gospel reading, after all the celebrations, takes us back to basics: how do you (and I) show the world that we are Christians?

Jesus tells us that, if we blend into the world with everyone else, we're pretty useless. Instead, we should affect others *positively* - just as seasoning brings out the best flavour in food.

Again, probably looking at some of the hilltops from where he was sitting, Jesus points out that a city on a hill cannot be hidden. Nor should we as Christians hide our faith. We need to stand out, brightly! We need, as Christians, to share our faith - like lights in our sad world. How? By not being quiet when we should speak out - even if we find ourselves doing so on our own. We shouldn't simply go along with the crowd.

More positively, we shouldn't ignore the needs of others - especially as the divide between rich and poor, through high inflation, gets ever bigger. As St James puts it (2.14) "What good is it if a person claims to have faith but has no deeds... Faith by itself, if it is not accompanied by action, is dead. (2.17)

So: much to chew on as we approach Lent. May these weeks be helpful and fruitful as we reflect on what it means to be a follower of Jesus, who gave his all for you and me!

Fr Francis

Collect

Eternal God, whose Son went among the crowds and brought healing with his touch: help us to show his love, in your Church as we gather together, and by our lives as they are transformed into the image of Christ our Lord. **Amen**

Reading *Isaiah 58.1-9a*

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practised righteousness and did not forsake the ordinance of their God; they ask of me righteous judgements, they delight to draw near to God. 'Why do we fast, but you do not see? Why humble ourselves, but you do not notice?' Look, you serve your own interest on your fast-day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord?

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rearguard. Then you shall call,

Then shall you call, and the LORD shall answer; you shall cry, and he shall say, Here I am...

say, Here I am.

and the Lord will answer; you shall cry for help, and he will

Psalm *Psalm 112.1-9*

Happy are those who fear the Lord, who greatly delight in his commandments. Their descendants will be mighty in the land; the generation of the upright will be blessed. Wealth and riches are in their houses, and their righteousness endures for ever. They rise in the darkness as a light for the upright; they are gracious, merciful, and righteous. It is well with those who deal generously and lend, who conduct their affairs with justice. For the righteous will never be moved; they will be remembered for ever. They are not afraid of evil tidings; their hearts are firm, secure in the Lord. Their hearts are steady, they will not be afraid; in the end they will look in triumph on their foes. They have distributed freely, they have given to the poor; their righteousness endures for ever; their horn is exalted in honour.

**HE IS NOT AFRAID OF BAD NEWS;
HIS HEART IS FIRM,
TRUSTING IN THE LORD.**

Reading *1 Corinthians 2.1-12*

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God. Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, 'What no eye has seen, nor ear

**NO EYE HAS SEEN,
NO EAR HAS HEARD, AND
NO MIND HAS IMAGINED
WHAT GOD HAS PREPARED
FOR THOSE WHO LOVE HIM.**

heard, nor the human heart conceived, what God has prepared for those who love him' - these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

Gospel *Matthew 5.13-20*



'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

'You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

'Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

Post Communion

Merciful Father, who gave Jesus Christ to be for us the bread of life, that those who come to him should never hunger: draw us to the Lord in faith and love, that we may

eat and drink with him at his table in the kingdom, where he is alive and reigns, now and for ever. **Amen**

SERVICES THIS WEEK		
Tues 7 Feb	10:30 Healing Eucharist	St Barnabas'
Wed 8 Feb	15:00 Messy Church	St Barnabas'
Thur 9 Feb	10:30 Said Eucharist	St Nicholas'
Sun 12 Feb	8:15 Eucharist (BCP) 10:00 Sung Eucharist 10:00 Sung Eucharist 11:45 Baptism	St Nicholas' St Barnabas' St Nicholas' St Nicholas'
Sunday 12 February 2023 2 before Lent Genesis 1.1-2.3 Psalm 136.1-9,23-26 Romans 8.18-25 Matthew 6.25-34		

Festivals this week	
Mon 6 Feb	The Martyrs of Japan 1597 (C)
Fri 10 Feb	Scholastica, sister of Benedict, Abbess of Plombariola c.543 (C)
(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.

St Nicholas' Julian Group

will meet for half an hour of silent prayer **Wed 8 Feb** at **12:30**. Please feel free to join us - everyone welcome!

Come and see, Crafts, Bible story, a song and a prayer, followed by Pizza and lollies.

The second February

Messy Church will meet on **Wed 8 Feb** 15:00-16:30 (in the Church) at St Barnabas'. Everyone welcome - mums, dads, grandparents, carers - come and have fun!



Friday Lunches

Friday lunch on **10 Feb** 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 8 Feb**. All welcome.

The Hangout

Youth Club at St Barnabas' on **Fri 10 February 19:00-20:30**
Ages 12-16. Entry free. Weekly during term time.

St Barnabas' Julian Group

Meets on **Mon 13 Feb** at **14:00** in St Barnabas'. All welcome.

Jumble Sale

Sat 18 Feb, 10:00-11:30, St Barnabas' Church Hall, in aid of St Barnabas' Refurbishment. Please save your jumble for us but please do not bring it before 17 Feb as we have nowhere to store it.

Helpers needed with this event. Please sign the list at St Barnabas' or inform Sue in the Office. Thank you.

CONTACTS

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LET ME GET THIS *STRAIGHT*.
I DO THE GOOD WORKS AND
GOD GETS THE *CREDIT*?



MATTHEW 5:13-20

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