



# ST PAUL'S CHURCH

## WINCHMORE HILL



**LENT PROGRAMME 2023 ON PAGES 8 TO 11**

**Parish Magazine**

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Dear Friends

Those of you who go back long enough at St Paul's may recall a time when the celebrant at the Eucharist prayed the Eucharistic Prayer facing the altar rather than the congregation. This is how the Eucharist has been most commonly celebrated in the history of the Church, until it became common in the 1970s and 80s to move the altar away from the wall – or to set up a free-standing altar – to allow priest and people to gather round the altar.

There was a stage of the pandemic when the only people physically present at the weekday Eucharist were Fr Calum, our curate at the time, and me. We decided to move the altar in the Lady Chapel back to its original position against the wall, because it felt very odd to be at different sides of the altar when there was ever only two of us present.

This letter isn't the place to set out the arguments for and against 'eastward' and 'westward' celebrations of the Eucharist – also known as 'ad orientem' and 'versus populum'. (Although feel free to use our new Questions box if you'd like to know more!) But, perhaps not surprisingly, celebrating the liturgy using the furniture as it was first intended felt much more natural, and the altar has remained in this position since we've been able to have more than just two of us present.

One of the unexpected and rather lovely consequences is that the height of the celebrant, chalice and stained glass in this chapel combine so that the face of Christ in the east window reflects perfectly in the precious blood. (See the image to the right.) I imagine it's more by accident (or providence) than design, but this is the view I get as I celebrate the holy mysteries.

(Letter continued overleaf)



It has been rather profound to see the face of Christ in the chalice each time I stand at this altar. I am reminded of the psalmist's prayer: "My heart tells of your word, 'Seek my face.' Your face, Lord, will I seek." (Psalm 27)

Later this month we start the holy season of Lent. It's a season for earnestly seeking the face of Jesus, in both the places where we might expect to find him, but also where we might not. It is a time to push out from our lives those things which hinder us from following him, and to gaze into his precious countenance. As we do so, we can be sure he beholds us with his eyes – that we are held in his divine gaze – and are invited into relationship with him.

With my love and prayers,

Fr Daniel

## St Paul's own Songs of Praise



on **Sunday February 12<sup>th</sup>** at **6pm**  
*followed by wine and snacks*

### **HALL HIRE**

The main Church Hall can be hired for weekend birthday parties.  
£50 per hour. Discounts available for regular use.

Ring the Parish Office for more information - 0208 886 4290

## Services in February 2023



ST PAUL'S CHURCH  
WINCHMORE HILL

Morning Prayer and Evening Prayer are said publically Monday-Thursday at 9am and 5pm

The church is open for private prayer Monday-Thursday from 9am to 5.15pm

Day	Date	Observance	Time	Services	Prayer Intention
W	1		12.30pm	Eucharist	The elderly
T	2	THE PRESENTATION OF CHRIST IN THE TEMPLE (Candlemas)	9am	Eucharist	That the light of Christ may spread throughout the world
F	3	St Anskar			Missionaries
S	4				The NHS
S	5	THE THIRD SUNDAY BEFORE LENT	8am 9.15am 10.30am	Said Eucharist Joyful Noise Eucharist Sung Eucharist	Our parish and its people
M	6				General Synod
T	7				Peace in Ukraine
W	8		12.30pm	Eucharist	Homeless day shelter in Enfield
T	9				The United Nations
F	10				Our churchwardens
S	11				The environments
S	12	THE SECOND SUNDAY BEFORE LENT	8am 9.15am 10.30am 6pm	Said Eucharist Joyful Noise Sung Eucharist Songs of Praise	Our parish and its people
M	13				Politicians
T	14	Ss Cyril and Methodius			The unity of the church
W	15		12.30pm	Eucharist	Foodbanks
T	16				The judiciary
F	17				Our PCC committees
S	18				Enfield Deanery
S	19	THE SUNDAY NEXT BEFORE LENT	8am 9.15am 10.30am 12pm	Said Eucharist Joyful Noise Eucharist Sung Eucharist Holy Baptism	Our parish and its people
M	20				The Bishop of Edmonton
T	21				Victims of modern day slavery
W	22	ASH WEDNESDAY	9am 12.30pm 8pm	Whole School Service Eucharist Sung Eucharist	Our keeping of Lent
T	23	St Polycarp			Candidates for baptism and confirmation
F	24				St Michael and AA, Negage
S	25				The terminally ill
S	26	THE FIRST SUNDAY OF LENT	8am 9.15am 10.30am	Said Eucharist Joyful Noise Sung Eucharist	Our parish and its people
M	27				Prisoners of conscience
T	28				Schools and places of education

Services times are subject to change. Please contact the Parish Office for details.

Contact the clergy if you would like to speak to someone regarding your spiritual life, or to make use of the Sacrament of Reconciliation (confession)

## MINISTRY TEAM ARTICLES

### ANY QUESTIONS?

#### THIS MONTH'S QUESTION - WHY DO WE PRAY?

(SENT IN ANONYMOUSLY)

When children are very small they spend a lot of time asking for things. My little one Lucy is two, she often asks for “yum yum”, she asks us to put her to sleep when she’s tired and she asks us to put her shoes on and take her outside: “Shoesies on!!!” As she gets older I’m hoping that the conversations that we have will become richer and more varied although having said that she has recently started offering me “cuddles” which is a welcome addition to her vocabulary.

When we first learn about prayer as followers of Jesus we often think in terms of petition, asking God for things we desperately need; “please God, if you’re there, help me with X, Y or Z”. There’s nothing wrong with petition, Jesus taught us to always and unashamedly ask for the things we need; our ‘daily bread’. However, I think much like me with my Lucy, Father God is hoping that we will deepen and enrich our prayer life in such a way that we converse with God as with a Father who is also our friend.

Jesus said to his disciples: “I no longer call you servants, I call you friends.” I remember hearing a wise preacher saying that God still has a lot of servants but what he really wants is more friends. Prayer is about developing our friendship with God, confiding in him, sharing our heart with him and also leaving space to listen to the whispers of the Holy Spirit as God speaks to us.

I also remember hearing a story about a wise old bishop who said he would pray in the morning for about one minute. “I minute!?” Someone exclaimed. “Yes,” He said, “I normally spend about 59 minutes sitting quietly to see if God has anything to say to me first and then I spend about a minute saying my prayers to him.”

So really prayer is about relationship with God, getting to know God as a Father who loves us, learning to listen to his voice which is the same voice that spoke over Jesus at his baptism “you are my *beloved* child.” We too as children of God need to learn to listen to this voice of love.

2 Peter v.4 is a very important verse in the Eastern Orthodox Church when it comes to prayer. It says that in Christ we are invited to “participate in the divine nature”. What an amazing and mysterious phrase. Through prayer we are learning to participate in something divine, to become in our very nature more like Christ as we spend time within the current of love, glory and honour that flows from Father to Son to Spirit and on and on eternally.

And finally to balance some of these ideas that may seem a little abstract, it's important to point out that prayer is also something that brings the spiritual and physical together. Jesus taught us to address ‘Our Father in heaven’ but to pray that his kingdom would come and break through, in the here now! The Hebrew word ‘amen’ is not an abstract word: it means to physically pick something up and carry it, it's the same word used for a pregnant woman that *carries* a child in her womb. So, when we say ‘amen’ we should expect that the world has really changed in some way because God has heard our prayer. Perhaps the thing that changes the most is us, as we spend time with God we are transformed by the Holy Spirit, as we amen/carry the promises of God in our hearts we grow stronger in faith and as we listen to the voice of love the ways that we interact with the world around us will also change for the better.

So, I hope all that I've written here answers the original question in some shape or form. I hope that those of you reading this will feel encouraged to press on in your life of prayer. And I hope that as we continue to pray we will all see God's kingdom breaking through in big and small ways in our lives!

Amen!

Fr Pete

### **PRAYER MINISTRY**

Once a month after the 10.30am Sunday services, one-to-one prayer ministry is available. If you would like to pray with a member of the Pastoral Team for a need of your own, or someone else's, just make your way to the front of church after the service, and one of the team will be available to pray with you.

The weekly newsletter will confirm when Prayer Ministry is available. If you do not already receive the newsletter by email and would like to, please contact the Parish Office at [office@spwh.org](mailto:office@spwh.org).

# LENT 2023



ST PAUL'S CHURCH  
WINCHMORE HILL





# Prayer Practices for Lent

*'Staying with God' as we journey towards Easter*

Tuesdays during Lent // online sessions // 7:30-8:30pm  
Hosted by the Bishops of London Diocese

— DIOCESE OF —  
**LONDON**



**WAY OF LIFE**

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**Tuesdays 28 February, 7, 14, 21 and 28 March 7.15pm-8.45pm**  
Paulin Room, Church Hall

For Lent 2023, the Bishops of London Diocese are hosting five online sessions exploring ancient ways of Christian prayer that are still relevant today and can help us spend time in the presence of God. We're going to join these as a church live on Tuesday evenings, providing time afterwards to reflect together as a group on the session.

28th February, The Examen  
7th March, Lectio Divina  
14th March, Centring Prayer  
21st March, Imaginative Contemplation  
28th March, Visio Divina (Praying with Pictures)

You can attend some or all of the sessions. It would be helpful if people could sign up by contacting the Parish Office at [office@spwh.org](mailto:office@spwh.org) or on 020 8886 4290.



## Eucharist for Ash Wednesday

The beginning of Lent, and a day set aside for fasting and abstinence as we seek to grow closer to the Lord in this holy season. The Eucharist includes a liturgy of penitence during which we are marked with ash, as a sign of our mortality, and a reminder that we are to trust ourselves to the mercy and compassion of God.

Wednesday 22 February, 12.30pm (said), 8pm (sung)



## Midweek Eucharist

Why not make a midweek celebration of Holy Communion part of your Lenten discipline this year? This simple, said service, lasting 25 minutes, including a short homily, fits into your lunchbreak if you're working from home, and provides a quiet, reflective space in the middle of the week.

Every Wednesday 12.30pm



## Choral Evensong for Lent

A service of psalms, readings, canticles and hymns appropriate for the season of Lent, using the exquisitely beautiful language of the Book of Common Prayer, led by St Paul's Choir. Our guest preacher is the Revd Rich Alldritt, Vicar of St Thomas, Oakwood.

Sunday 5 March 6pm



## Sunday services

And, of course, we have our usual Sunday services where we meet Jesus in Word and Sacrament. Lent is a good time to make a special effort to attend church each Sunday as we grow together in faith and holiness.

8am Said Eucharist 9.15am Joyful Noise  
10.30am Sung Eucharist with children's groups





## Tips for keeping a good Lent

*Lent is a period of 40 days, mirroring the 40 days Jesus spent in the wilderness, when we prepare ourselves for the celebration of the Lord's passion, death and resurrection at Easter. It is a season of penitence and self-denial. Here are few tips for keeping a good Lent:*

**Fasting:** Ash Wednesday and the Fridays of Lent are days of fasting and abstinence. It's traditional to eat and drink sparingly on these days, and to miss a main meal. Donate the money you save to charity. (Children, pregnant women and those with health needs shouldn't fast unless it's safe to do so.)

**Make your confession:** Some people find the practice of confessing their sins in the presence of a priest, and receiving sacramental absolution, a helpful way of 'spring-cleaning the soul' during Lent. Contact Fr Daniel to make an appointment, or he can put you in touch with another priest if you'd rather make your confession to someone you don't know.

**Give something up / take something up:** Lots of people give something up for Lent. Make sure it's something which helps you grow in your faith. Use the time and money you would have spent to help you grow in discipleship, and/or to help those in need. You could take something up to replace that which you have given up.

## Lent appeal

The Diocese of London's 2023 Lent Appeal will raise money to train leaders in Mozambique who can provide pastoral care and support for those with trauma.

Since 2017, over a million people living in northern Mozambique have been displaced by a violent insurgency and 4,000 have been killed. This is a population now who are deeply traumatised. Many professionals have said that their need for trauma counselling and support is as great as their need for food, but agencies and organisations do not have funds for this.

To find out more or donate to the appeal please visit: [london.anglican.org/lentappeal2023](https://london.anglican.org/lentappeal2023)



## HOLY WEEK and EASTER 2023

  
ST PAUL'S CHURCH  
WINCHMORE HILL

### Palm Sunday 2 April

8am Said Eucharist  
10am Liturgy of Palms, Procession  
and All-Together Eucharist  
starting on The Green

### Good Friday 7 April

10am Children's Liturgy  
11.30am Ecumenical Walk of Witness  
2pm The Liturgy of Good Friday,  
with Holy Communion

### Holy Monday, Tuesday and Wednesday

7pm Said Eucharist and homily

### Easter Eve 8 April

8.30pm The Easter Vigil  
followed by champagne

### Maundy Thursday 6 April

8pm Sung Eucharist  
followed by Watch of the Passion  
until midnight

### Easter Day 9 April

8am Said Eucharist  
9.15am Joyful Noise Eucharist  
10.30am Sung Eucharist



## BURNS NIGHT

Seventy one parishioners and guests enjoyed our recent Burns Night celebrations. After a rousing welcome by our piper and a parade of the haggis we were given an English rendition of Burns's 'Immortal Memory' culminating in a whisky toast to the haggis (read by Martyn Caswell).



We then sat down to a sumptuous dinner of traditional cock-a-leekie soup, haggis, neeps and tatties followed by cranachan.

A successful raffle and auction of special champagnes (thanks to Scotts Travel, Nurjenna and La Paella restaurants) followed. We then danced to the Red River Band for the rest of the evening.

A small profit of about £400 was made.

A wonderful time was had by all – thanks to the organising Social Committee.



Martyn Caswell

## CHARITY COFFEE MORNING

The first parish coffee morning of the year was organised by the Charity Committee on Saturday January 14<sup>th</sup>. There was a good mix of people there, both children, who enjoyed the craft activities, and adults who enjoyed the chance to catch up with friends.

As well as the coffee and cakes, there was a bring-and-buy stall to recycle unwanted Christmas gifts.

Any gifts that remained at the end of the morning, plus a few cakes, were on sale after services the next day.

The total raised over that weekend for The Nightingale Cancer Support Centre, our annual charity, was an amazing £242.89!



Our next charity event for  
The Nightingale Cancer  
Support Centre

will be a

**Curry Night  
on Friday 10<sup>th</sup> March**

in the Church Hall.

More details to follow but  
please make a note of the  
date in your diary.



## FEBRUARY 2023 FLOWER ROTA

4 <sup>th</sup> February	Sharon Saunders
11 <sup>th</sup> February	Elaine Bunce
18 <sup>th</sup> February	Sally Sheaman

There will be no flowers in Church during Lent.

Our Flower Arranging Organizer, Adele Houldsworth, would be pleased to hear from anyone who would like to join the team. Both experienced flower arrangers and people who would like to develop their skills would be very welcome. To contact Adele ring 020 8360 3676.



# WARM WELCOME SPACE



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**TUESDAYS 2-5PM IN THE CHURCH HALL**

## EMERGENCY APPEAL FOR FOOD DONATIONS



**For the first time ever, the North Enfield Foodbank, and also foodbanks organised by local churches, are finding themselves giving out more food than is being donated to them. As a result, their stocks are running critically low!**

Thank you for all of the donations of non-perishable foodstuffs that are left in the church porch each week. Please keep them coming as this problem is not going to go away any time soon.

## Bishop Philip North



Many, many congratulations to Philip North who has been appointed the next Bishop of Blackburn. He is currently Bishop of Burnley.

In a statement following his appointment, Philip said, "I believe with all my heart that God has called me to carry Jesus across Lancashire, to bear witness to his love and peace here in this county.

Philip grew up in our parish and was a member of our church choir from an

early age until he went to University in York. Even after that he would occasionally sing with our choir

when he was back in London on vacation. (Philip can be seen at the right hand end of the front row of choristers in this photo, taken in 1973.)



Despite his attachment to Lancashire, he has not lost touch with the parish in which he grew up. In recent years he has been the preacher at two Patronal Festivals here at St Paul's - in 2012 and again in 2019, when he also led collective worship at St Paul's School where he had been a pupil.



2012



2019

In 2017, a Group from our church even bumped into Philip while on Pilgrimage to Walsingham.

Please pray for Philip as he prepares to become Bishop of Blackburn.



Walsingham 2017



The Mothers' Union welcomed in the New Year with a party on 19<sup>th</sup> January. Despite it being a rather wet afternoon, it was well attended by members and friends.

The afternoon began with a number of puzzles and table quizzes - the most popular being twenty questions about the 1960s, which brought back happy memories for quite a few of those present.

The afternoon ended with a delicious afternoon tea provided by the committee and members.



## MOTHERS' UNION DIARY FEBRUARY 2023

### THURSDAY 23<sup>RD</sup> FEBRUARY AT 2 PM IN THE CHURCH

OUR FORMER VICAR, DAVID NASH, WILL GIVE A TALK ENTITLED  
"SUCH A LONG JOURNEY: THE STORY OF SOME WOMEN HYMN WRITERS"  
THE TALK WILL BE FOLLOWED BY REFRESHMENTS IN THE HALL.

**EVERYONE IS INVITED TO ALL OUR MOTHERS' UNION MEETINGS AND EVENTS  
SO PLEASE JOIN US ON 23<sup>RD</sup> FEBRUARY.**

## PRAYER BOARD



King of kings and Lord of lords,  
making the true light to shine:  
lighten our darkness now and evermore  
that with our lips and in our lives  
we may praise you;  
for you are our God, now and for ever.



**Amen.**



## OUR PATRONAL FEAST



We celebrated our Patronal Festival on Sunday 29<sup>th</sup> January with a wonderful combined service at 10 o'clock, bringing together our usual Joyful Noise and Sung Eucharist congregations.



The service was made all the more special by having as our guest preacher The Rt Revd Will Hazlewood, Bishop of Lewes and a dramatization of the life of St Paul by younger members of our church.



### ENFIELD CHORAL SOCIETY

is looking for new members.

There is no audition; all you need is an enthusiasm for singing and a fairly confident voice.

Rehearsals on Tuesday evenings at St Stephen's Church, Bush Hill Park.  
7.30 - 9.30pm

Interested? Please contact [membership@enfieldchoralsociety.org.uk](mailto:membership@enfieldchoralsociety.org.uk)

or visit our website

[www.enfieldchoralsociety.org.uk](http://www.enfieldchoralsociety.org.uk)

Enfield Choral Society's next concert will be

### **The Creation by Haydn**

and will be at St Paul's church on Saturday 18<sup>th</sup> March.

## CANDLEMAS



Candlemas is a lesser known Christian Festival occurring on 2<sup>nd</sup> February each year.

It commemorates the Presentation of Christ at the Temple in Jerusalem forty days after his birth. We can read in Luke 2 that Joseph and Mary took their 40 day old son, Jesus, to the Temple and offered sacrifices in accordance with the Jewish Law.

While there they met two people who recognised Jesus as the long-awaited Messiah. The first was Simeon, who is described in Luke's gospel as 'righteous and devout'. Guided by the Holy Spirit, Simeon went to the Temple and there he recognised Jesus as the Messiah. We can read in Luke 2 that he took the baby in his arms and praised God using words that are still used in church services today – the Nunc Dimittis, or Song of Simeon. Simeon ended his song of praise with these words, describing Jesus as:

A light to reveal you to the nations  
and the glory of your people Israel.

The second person to recognise Jesus that day was Anna, described by Luke as a prophet. Then aged 84, she had lived, worshipped and prayed in the Temple for decades since being widowed at a young age, all the time awaiting the arrival of the Messiah. Like Simeon, she recognised Jesus as the Messiah sent by God to free the Jewish nation from foreign bondage (at that time the Roman bondage).

The words of Simeon, describing Jesus as a light to reveal God to all nations, explains Candlemas's association with lighted candles. This has been so since the middle of the 5<sup>th</sup> Century.

In the past people believed that Candlemas predicted the weather for the rest of the winter using the words of a traditional rhyme:

*If Candlemas Day be fair and bright, winter will have another fight.,  
If Candlemas Day brings cloud and rain, winter won't come again.*

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For more details call  
Christopher Daly – membership secretary  
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