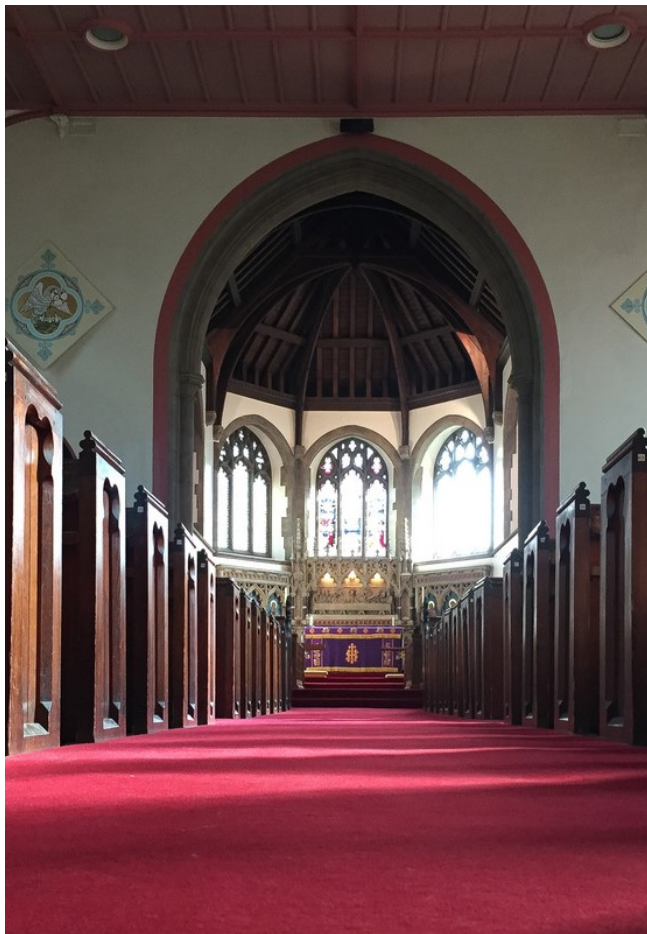




ST PAUL'S CHURCH

WINCHMORE HILL



**DETAILS OF OUR LENT PROGRAMME AT ST PAUL'S
CAN BE FOUND ON PAGES 8 TO 11**

Parish Magazine

Price 50p

February 2024

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Dear Friends

Lent begins this year on 14th February. It is such a precious opportunity to renew our spiritual lives and draw closer to God. Whatever your circumstances, and wherever you are on your journey of faith, I encourage you to do Lent well! Here are some ideas about how to do that:

Make Sunday worship a priority: I think one of the biggest shifts in church attendance in my lifetime has been the redefinition of 'regular' church attendance. That's partly because of the ever-increasing demands on people's time, and the variety of other activities which now take place on Sundays. If you are someone who struggles to come to church every Sunday, then how about resolving to attend church every Sunday for Lent.

By doing so we enter into the rhythm of the Church's life. It is good for the soul! Our service pattern of 8am, 9.15am and 10.30am is designed to make it as easy as possible for people to come to church, and children are welcome at *all* of our services. And, this Lent, we're holding services on Sunday evenings at 6pm as well, exploring how different styles of music in worship can help us connect to God. You'll find more details in our Lent leaflet.

Give some time each day to God: Religion is not just for Sundays. Our Christian life should permeate the entire week. If it is not already your habit, try to spend some time each day with God. That might be just five minutes of saying your prayers, or reading a passage from the Bible, or listening to a podcast on your commute. There's an array of apps to help with this, if you're technologically minded. If you're someone who benefits from routine, then make it the same time each day.

Focus on Easter: Lent isn't an arbitrary 40 days of self-improvement; it's a time of preparation for our celebration of the death and resurrection of Jesus at Easter. Try to remember that everything we do in Lent— worship, prayer, fasting, abstinence, almsgiving – has as its goal the preparation of our souls for the celebration of the most extraordinary thing that's ever happened in the history of the world. By spending time and effort during Lent we make ourselves more worthy to celebrate Holy Week and Easter – and we are more open to the transformation this celebration offers.

Please be assured of my prayers as we enter this holy season together. May we have grace to grow in holiness, deny ourselves, take up our cross, and follow Jesus Christ this Lent.

With my love and prayers
Fr Daniel

Services in February 2024



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

ST PAUL'S CHURCH
WINCHMORE HILL

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

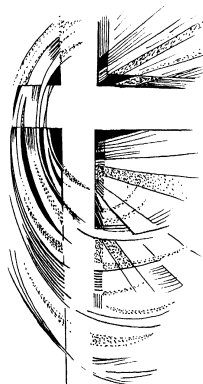
Day	Date	Observance	Time	Services	Prayer Intention
T	1				Our churchwardens
F	2	THE PRESENTATION OF CHRIST IN THE TEMPLE (Candlemas)	12pm	Eucharist at Holy Trinity	Our offering of ourselves to God
S	3	St Anskar			Missionaries
S	4	SECOND SUNDAY BEFORE LENT	8am 9.15am 10.30am 12pm	Said Eucharist Joyful Noise Eucharist Sung Eucharist Holy Baptism	Our parish and its people
M	5				Peace in Ukraine
T	6				Children's ministry
W	7		12.30pm	Eucharist	Victims of climate change
T	8				Our volunteers
F	9				Racial justice
S	10				The emergency services
S	11	SUNDAY NEXT BEFORE LENT	8am 9.15am 10.30am	Said Eucharist Joyful Noise Sung Eucharist	Our parish and its people
M	12				Safeguarding
T	13				Family life
W	14	ASH WEDNESDAY	12.30pm 8pm	Eucharist Sung Eucharist	Our keeping of Lent
T	15				Prisoners of conscience
F	16				Religious
S	17				
S	18	FIRST SUNDAY OF LENT	8am 9.15am 10.30am 6pm	Said Eucharist Joyful Noise Eucharist Sung Eucharist Taizé Service	Our parish and its people
M	19				Peace in the Holy Land
T	20				The clergy
W	21		12.30pm	Eucharist	St Paul's School
T	22				Care of creation
F	23	St Polycarp			Persecuted Christians
S	24				Vocations to the priesthood
S	25	SECOND SUNDAY OF LENT	8am 9.15am 10.30am 6pm	Said Eucharist Joyful Noise Sung Eucharist Compline	Our parish and its people
M	26				The media
T	27				The sick
W	28		12.30pm	Eucharist	Our uniformed organisations
T	29				Anderson Jeremiah

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)

COLLECT FOR ASH WEDNESDAY

ALMIGHTY and everlasting God, who hastest nothing that thou hast made, and dost forgive the sins of all them that are penitent: Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.



FEBRUARY 2024 FLOWER ROTA

3rd February Adele Houldsworth

10th February Sally Shearman

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.

HALL HIRE

The main Church Hall can be hired for weekend birthday parties.

£52.50 per hour. 3 hour minimum for a party booking

Discounts available for regular use. For more information,

contact our Facilities Manager, Ayse Eris,

at facilities@spwh.org

Any articles, information or adverts for events for the March magazine should be sent to the editor by the 16th January.

magazine@spwh.org or via Parish Office

6. INDIVIDUAL THANKSGIVING PSALMS

From Psalm 116

I love the LORD, for he heard my voice; he heard my cry for mercy. Because he turned his ear to me, I will call on him as long as I live. The cords of death entangled me, the anguish of the grave came over me; I was overcome by distress and sorrow. Then I called on the name of the LORD: 'LORD, save me!'

Individual thanksgiving psalms are a category of psalms found in the book of psalms. Characterised by an individual's expression of gratitude and thankfulness to God for personal blessings, deliverance or salvation, they offer a glimpse into the intimate relationship between the psalmist and their understanding of God's role in their lives.

In Psalm 30, the psalmist rejoices in thanksgiving for God's intervention in troubled times. This psalm begins with a declaration of praise: "I will exalt you, Lord, for you lifted me out of the depths and did not let my enemies gloat over me." This opening sets the tone for the psalmist's gratitude, ascribing freedom from hardship to divine compassion. The psalmist goes on to describe a moment of distress, possibly an illness, and how God's healing transformed mourning into dancing.

What distinguishes individual thanksgiving psalms is the personal nature of the narratives. The psalmists share their struggles, vulnerabilities and fears creating a connection between the reader and the emotions of the writer. In Psalm 34, the psalmist declares "I sought the Lord, and he answered me; he delivered me from all my fears." These words invite the reader to witness the intimate conversation between the psalmist and the divine. This openness in sharing personal experiences fosters a sense of communal understanding and empathy.

Psalm 116 is an example of a very powerful individual thanksgiving psalm. The writer begins by declaring their love for the Lord, acknowledging that God has heard their pleas for mercy. The psalmist reflects on a time of distress where he felt the grip of death

and in gratitude for deliverance, vows to love and serve the Lord. This psalm emphasizes the compassionate nature of God, who listens to the cries of the faithful. The act of calling on the name of the Lord is seen as a form of trust and reliance.

The individual thanksgiving psalms emphasise not only the importance of the act of gratitude but also its transformative effect. The movement from despair to thanksgiving mirrors the cyclical nature of human experience, where challenges are met with resilience and trust in the divine.

Despite their ancient origins, individual thanksgiving psalms continue to have relevance to our lives today. The struggles and triumphs portrayed in these psalms echo the experience of all peoples, transcending cultural and historical boundaries. The profound expression of gratitude serves as a bridge between the ancient psalmist and modern readers, inviting reflection on one's own journey of faith, challenges and moments of thanksgiving.

Alison Perera

INVITATION TO A TALK ON ANGELS

Everyone is invited to the next meeting of The Enfield Deanery Synod on Thursday 22nd February at 7.30 pm at Christ Church, Southgate during which Stephen Miller will be talking about his book 'The Tradition of Angels in Religion and the Visual Arts: Seen and Unseen'.

THE TRADITION OF ANGELS IN RELIGION AND THE VISUAL ARTS





ST PAUL'S CHURCH
WINCHMORE HILL

Lent 2024

'Create in me a clean heart, O God, and renew a right spirit within me.' Psalm 51

God gives us this sacred season of Lent to grow in holiness, deny ourselves, take up our cross, and follow Jesus Christ. The Church invites each of us to observe a holy Lent: by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy word.

Join us at St Paul's as we seek, with God's help, to become better disciples of Jesus Christ, and to grow in love and holiness. Through the days of Lent may we find ourselves readied for our celebration of the Lord's death and resurrection, and be transformed by his redeeming grace.

Lent starts on Ash Wednesday, 14 February

Eucharist, with imposition of ashes

12.30pm (said), 8pm (sung)



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 the clergy to make an appointment, or they 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.

Midweek Eucharist

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.

Every Wednesday at 12.30pm, plus Tuesday 19 March for St Joseph's Day

Holy Week & Easter 2024



Palm Sunday 24 March

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

Monday, Tuesday & Wednesday

7pm Said Eucharist and homily

Maundy Thursday 28 March

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

Good Friday 29 March

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

Easter Eve 30 March

8pm The Easter Vigil followed by *champagne*

Easter Day 31 March (Clocks go forward)

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

Guest preacher We welcome as our preacher for the main liturgies of the Holy Triduum the Revd Prebendary Irena Edgcumbe, Area Director of Training and Development for the Stepney Episcopal Area



Singing the Lord's Song:

Lent through music Sundays at 6pm

Sunday 18 February Taizé Service

Taizé is an ecumenical community in France which attracts tens of thousands of pilgrims every year. The worship at Taizé is characterised by simple, repetitive chants, interspersed with readings and silence.

This service will be based on worship in Taizé, and we'll be joined by friends from St Andrew's Church in Southgate, who regularly worship in this style. If you play an instrument and would like to play in the music group email vicar@spwh.org



Sunday 25 February Come-and-sing Compline

Compline is one of the monastic offices, designed to be sung before sleep. It uses medieval Gregorian chant, uniting us with the Church's prayer throughout the centuries.

We will begin this evening with Fr Daniel teaching us the plainsong melodies, and then we will sing Compline together. If you don't want to sing, and just want to listen instead, then arrive for 6.30pm.



Sunday 3 March Choral Evensong

Evensong is widely regarded as one of the jewels in the crown of Anglican liturgy, and has been the inspiration for countless composers through the centuries.

St Paul's choir will sing settings of the responses, canticles, and an anthem, and there will be congregational hymns too. We welcome as our preacher the Revd Canon Paul Armstead, Rural Dean of Arundel and Bognor.



Sunday 10 March Contemporary Praise

There has been a boom in contemporary worship music since the 1960s which has gone hand in hand with the charismatic revival across the globe.

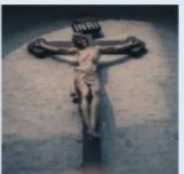
Fr Pete will lead us in a time of worship which will create space for us to encounter God and listen to the voice of the Spirit using music, readings and prayers.



Sunday 17 March Music at the Cross

The story of the passion, death and resurrection of Jesus Christ is the greatest story the world has ever heard. Christ's passion has, unsurprisingly, inspired the most exquisite art and music in the history of humankind.

Fr Daniel will lead a meditation on the Passion of Christ using recordings of choral music written for these days of Passiontide, and stunning works of art.



CHARITY COFFEE MORNING



There was a good turnout for our charity coffee morning on 13th January and everyone enjoyed the coffee, cakes and a bring-and-share table. We were joined by Christian Aid representative, Mohammad Eghtedarian, who was able to update us on the work of the charity. The event raised £233.47 for Christian Aid.

FR DANIEL'S SABBATICAL

As many of you know, I am taking a period of study leave (also known as a sabbatical) starting on 1st April. Church of England clergy are permitted to apply for three months' study leave after every ten years of ministry. I've been ordained now for almost 15 years, so I am looking forward to this opportunity to step back, reflect and renew. There will be more details in due course about arrangements for while I am absent. If you have anything which needs my attention before then please be in touch sooner rather than later, as most of March will be focused on my preparations for being away and on Holy Week. And, if you want to know what I'm going to be up to for three months, then head to my blog: walkingnorfolkschurches.wordpress.com.

Fr Daniel



Quiet Afternoon in St Paul's Church

Saturday 2 March, 1.30pm-4.30pm

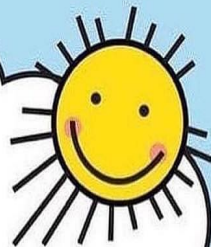
A time of stillness and reflection for Lent. Meditations, prayers, songs, quiet activities and sharing of reflections. Light refreshments available, please bring your own journal and blanket (if wanted). Please book your place by emailing pastoral@spwh.org



ST PAUL'S CHURCH

Mothers' UNION

Christian care for families



Parent & Toddler Group



Wednesday 1:30 to 3pm
St Paul's Church on Church Hill

£1 for under ones, £2 per child



Members of our Mothers' Union and friends celebrated the New Year on Thursday 25th January with a delicious afternoon tea (provided by committee members), some games and quizzes and an entertainment by the 'Music Hall Madams', whose performances raise money for Alzheimer's Research. We also celebrated the birthday of one of our members, Inagh Payne, whose birthday coincided with our meeting.



It was a most enjoyable afternoon and a lovely way to begin our 2024 programme



MOTHERS' UNION DIARY FEBRUARY 2024

THURSDAY 22ND FEBRUARY AT 2 PM IN THE CHURCH
'Crossing The Jordan: A Zimbabwean Journey of letting go'

Tash Reed, a cardiac and cancer rehab specialist in London and a member of a House Church in Battersea, will talk about volunteering in Zimbabwe in 2022.

**EVERYONE IS INVITED TO ALL OUR MOTHERS' UNION MEETINGS AND EVENTS
 SO DO COME ALONG AND JOIN US ON 22ND FEBRUARY
 AND STAY FOR REFRESHMENTS AFTER THE TALK**

SAVE THE DATE



Changemakers Conference 2024

Saturday 2 March 2024, 10:30am – 1pm
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Many thanks... David Mann and Vasile Selever

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