



Church of King Charles the Martyr  
**NOTICES**  
Sunday 1 March  
**Lent 2**



**NOTE: All services are broadcast live on Facebook\***

\*Please see a Welcomer or Church Warden for advice on where to sit to avoid the camera

### **0930 Sung Eucharist**

Officiant: Revd Emma-Jane Wilkinson  
Churchwarden: Bill S  
Musicians: Simon and Choir  
Readers: John S  
Intercessor: Sue T  
Chalice: Robert B  
Welcomers: Jean B

**Music:** 338 At the name of Jesus (omit \* verse), 76 Take up thy cross (omit \* verse), 148 The God of Abraham (omit \* verse), 420 O Jesus, I have promised

**Anthem:** God so loved the world – Stainer

### **1100 Morning Worship with Communion**

Officiant: Revd Emma-Jane Wilkinson  
Churchwarden: Phil T  
Readers: Peter S  
Intercessor: Gary D  
Chalice: Phil T  
Welcomers: Ann D, David H  
Powerpoint: David H  
Childrens Groups: Emma K, Annie SB

**Music:** 33 At the name of Jesus, 465 Such love, 246 I, the Lord of sea and sky, 370 My Lord, what love is this, 601 You laid aside your majesty, 375 (NEH) I danced in the morning

# Readings for Sunday I March Lent 2

## Collect

Almighty God,  
you show to those who are in error the light of your truth,  
that they may return to the way of righteousness:  
grant to all those who are admitted into the fellowship of Christ's religion,  
that they may reject those things that are contrary to their profession,  
and follow all such things as are agreeable to the same;  
through our Lord Jesus Christ,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

**Genesis 12.1–4a** – page 13

**Psalm 121**

**Romans 4.1–5, 13–17** – page 1131

**John 3.1–17** – page 1065

## Post Communion

Almighty God,  
you see that we have no power of ourselves to help ourselves:  
keep us both outwardly in our bodies,  
and inwardly in our souls;  
that we may be defended from all adversities which may happen to the body,  
and from all evil thoughts which may assault and hurt the soul;  
through Jesus Christ our Lord.

## **Potters Bar Food Bank**

The food bank is in need of

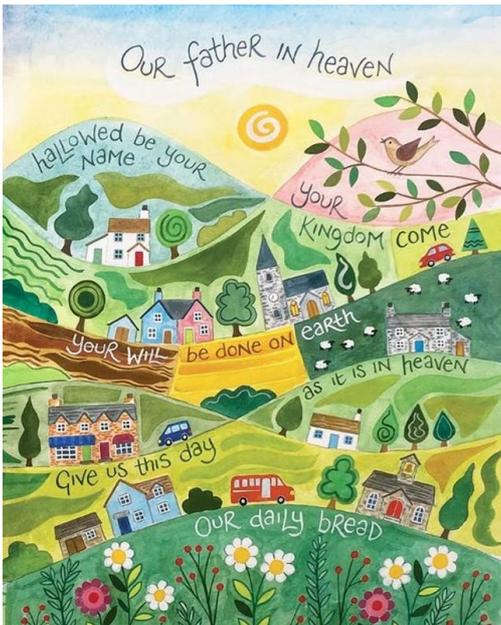
***non perishable food (including cooking oil, tinned meat and fish, tinned fruit), toiletries, laundry and washing detergent and home cleaning products.***

The collection boxes are in the Link corridor outside the office. Access to the foodbank is by referral, please speak to local clergy in confidence.

**Please give generously**

## Musings from the vicarage

This week in our Lent reflections we have been thinking about prayer and in particular, Jesus' own prayer life and what influence that had on his disciples as they asked him to teach them how to pray. When they asked him that question, we know he went on to teach them the Lord's Prayer, of which we are all very familiar.



This is a prayer which, as we discovered in our discussions, is both a model and a map. As a model it is a condensed liturgical poem which can easily and frequently be repeated, but as a map it is a guide to help us express the things which are on our hearts at any particular time. Praying 'Our Father' may lead us into praying for our own families or our church family for example, or praying 'Give us this day our daily bread' invites us to pray about our own most practical needs. 'Let your kingdom come' is an opportunity to request help for the particular people, places and

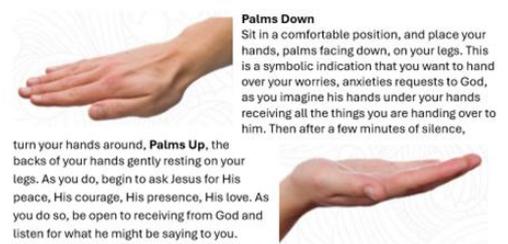
situations that are on our hearts whilst 'Forgive us our sins' is a challenge to name before God the ways that we have sinned.

My top takeaways from our discussions this week are these: Firstly, that when you are looking at a map there is no beginning – you must start from where you are, and that is so true about prayer. We may look at the prayer lives of others and feel like failures or listen to people praying and think we can never be so eloquent. But all God wants is us to start praying, to talk to him as our loving heavenly Father telling him what is on our minds and in our hearts. He doesn't care about the words we use – he just wants to hear from us, his children.

The second take away was – that God is not a drive-through. We cannot come to him with a shopping list of prayers and expect that by the time we finish praying, the answers will be ready for us at the next window! Sometimes we have to wait for answers and sometimes it can feel as if those answers are never coming. What we must remember is that the answers we want, may not be the

answers God gives and we need to trust that our loving heavenly Father knows what is best for us to help us to flourish.

The challenge I am taking away is this; When I am praying, how much time do I spend listening to God as well as talking because in a relationship we do both. We know that Jesus didn't just pray, he also listened to his father and so we should do the same. 'Palms down, Palms up' is a good way to help us start to do this more.



**Palms Down**  
Sit in a comfortable position, and place your hands, palms facing down, on your legs. This is a symbolic indication that you want to hand over your worries, anxieties requests to God, as you imagine his hands under your hands receiving all the things you are handing over to him. Then after a few minutes of silence,

turn your hands around, **Palms Up**, the backs of your hands gently resting on your legs. As you do, begin to ask Jesus for His peace, His courage, His presence, His love. As you do so, be open to receiving from God and listen for what he might be saying to you.

Peter Greig, the founder of the 24:7 Prayer Movement has this advice about prayer – keep it simple, keep it real and keep it up! May this be our mantra both as individuals and a church this Lent and beyond as we deepen our relationship with God and learn to trust him more for all that lies ahead.

Revd Emma

## Dates for your diary and for prayer

Each week our worship follows this pattern

<b>Tuesday morning</b>	1000 Eucharist
<b>Wednesday morning</b>	Please take a few minutes to pray for our community
<b>Sunday morning</b>	0930 Sung Eucharist; 1100 Morning Worship
<b>Friday 6 March</b>	1100 Service for World Day of Prayer at Our Lady and St Vincent
<b>Saturday 7 March</b>	0830 Churches Together Breakfast prayers at St Mary's, The Walk, EN6 1QQ
<b>Sunday 8 March</b>	1500 Messy Church
<b>Sunday 15 March</b>	0900 Said Communion 1030 Mothering Sunday joint service
<b>Sunday 22 March</b>	1700 Cross of Christ Service at which our friends from St Mary's will be joining us
<b>Sunday 29 March</b>	1100 Café Church 1700 Palm Sunday evensong at St Mary's

*For full details of services during Holy Week and Easter, please see our separate leaflet.*

## Prayer – Week beginning 1 March

We invite you to pray on a Wednesday morning, no matter where you are, for our community, our town and the wellbeing of all.

**Please pray for:** Revd Steven Young as he is instituted as Team Rector of Elstree and Borehamwood on Saturday and for all the churches in our deanery during Lent. We pray also for those in our church family who are currently awaiting operations or recovering from treatment.

**Those who live in:** Drayton Avenue, The Drive, Dugdale Hill Lane

**The recently departed:** Daren Ellis and any others known to us personally.

**Anniversary of death:** Ted Connah, Olive Way, William Reeve and all whose anniversary falls at this time.

If you or someone you know is in need of prayer, please contact the ministry team to have a chat or ask to speak to one of the pastoral team who will be happy to support you. The prayer list is published each week. **It is reviewed at the end of each month, so please let us know if you wish a name to stay on the list.** If you or a loved one are not on the list and would like to be added, please do let Revd Emma or the Office know.

In line with the Parish Prayer Policy, please ensure that you have permission from the person whose name you wish to add to the list.

**Please email any requests for names to be added to the office ([office@kcm-church.org.uk](mailto:office@kcm-church.org.uk)) no later than 5pm on a Wednesday.**

If you wish to see a copy of the Parish Prayer Policy then please contact the office.

# ***Coming up in church and on Facebook***

## **Sunday 8 March – Lent 3**

**Readings:** Exodus 17.1–7, Psalm 95, Romans 5.1–11, John 4.5–42

### **0930 Sung Eucharist**

Officiant: Revd Emma-Jane Wilkinson with David T to preach  
Churchwarden: Bill S  
Musicians: Simon and Choir  
Readers: Helen S  
Intercessor: TBC  
Chalice: Steve J  
Welcomers: Lynn J

**Music:** 333 All my hope on God is founded, 379 In the cross of Christ I glory,  
116 O praise our great and glorious Lord, 437 Praise the Lord! Ye heavens,  
adore him

**Anthem:** As pants the hart - Brumby

### **1100 Morning Worship**

Officiant: Revd Emma-Jane Wilkinson with David T to preach  
Churchwarden: Phil T  
Readers: Lauren T  
Intercessor: Terry H  
Welcomers: Sue T, Maggie B  
Powerpoint: Gary D

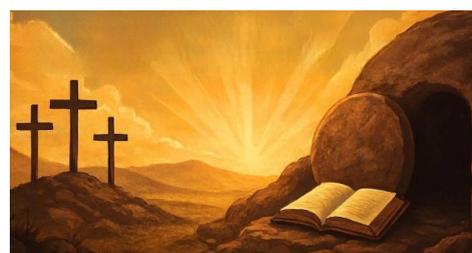
**Music:** 8 All heaven declares, 27 As the deer pants, 25 Ascribe greatness, 43  
Behold His love, 284 Jesus is Lord! 114 From heaven you came

### **1500 Messy Church**

Officiant: Revd Emma-Jane Wilkinson

# NOTICES

**Readers for the Easter Services:** As we begin to turn our thoughts towards Easter, there are lots of services where additional readers will be required. If you would like to read at our Cross of Christ service on Sunday 22 March at 1700 or at one of the services during Holy Week, please either email the office or speak to Revd Emma.



**Lent and Easter Services:** Please take a copy of the leaflet which outlines all that is going on at KCM during Lent and Holy Week and pray about what you could attend over the period and who you could invite to one or more of the services. If you know somewhere where you could put some of the leaflets, please ask Revd Emma or the office for multiple copies.

**Lent Study Groups:** During Lent there are three opportunities to join a weekly Lent group where we will be using the Church of England's lent materials – Draw near, Life-giving habits for lent. The sessions are centred around a summary of the Christian way from Common worship which identifies six activities essential to our calling as disciples. - worshipping together, **praying, exploring the Bible**, sharing **communion**, offering **service** and **sharing the good news** with others. Everyone is welcome to join us, even if you cannot attend every week.



Tuesday 10:45 – 12:00 in Church following the Eucharist	Tuesday 1930 – 2100 Vicarage	Thursday 9:30 – 11:00 Church
3 <sup>rd</sup> March	3 <sup>rd</sup> March	5 <sup>th</sup> March
10 <sup>th</sup> March	10 <sup>th</sup> March	12 <sup>th</sup> March
17 <sup>th</sup> March	17 <sup>th</sup> March	19 <sup>th</sup> March
24 <sup>th</sup> March	24 <sup>th</sup> March	26 <sup>th</sup> March

**Diocesan Prayer Diary** As you may be aware, everyday people in the diocese pray for one of the churches in the diocese and on Ash Wednesday, KCM was the church being prayed for. In a work of the Spirit, Revd Atalie Gaines was presiding at the midday eucharist in St Albans Abbey that day for the first time since returning from her study leave. She messaged me and said how wonderful it was to be able to pray for us all. I am sure we also hold Revd Atalie in our

prayers as we await news of the new Bishop of St Albans. If you would like a copy of the Diocesan prayer diary to use in your own personal prayers, it is available here: [Daily-Prayer-Diary-2601-2603-A4.pdf](#)



**Charlie's Angels** – When you shop at Tesco's over the next few weeks, please put some blue tokens into the collection point for Charlie's Angels as we are currently one of their charities. We are hoping to receive a grant of £1500 to help us to update and buy new toys for the group. They are a lovely group and the leaders do a fantastic job and they really deserve this recognition.

Tell your friends and spread the word. You can even make a video like mine [Tesco Stronger Starts](#) to share on social media if you go to [Tesco Stronger Starts](#) and search for King Charles the Martyr.

### Upcoming Dates

**World Day of Prayer.** A women-led, global, ecumenical movement. The service this year has been prepared by Christian women from Nigeria and will take place at 11am on Friday 6 March at Our Lady and St Vincent Church, followed by refreshments. All are very welcome. (see attached flyer for more information)



**Mothering Sunday** this year is on Sunday 15 March and in preparation we would be grateful if, people would collect and bring in small clear plastic bottles. There will be a Tesco bag at the back of church or a box in the link corridor. Like last year, these will be planted with pansies to give to the mothers who are in church that day.



If Mothering Sunday is a day that you find difficult, which many of us do for a wide variety of reasons, there will be a more reflective said communion service at 0900 that morning in addition to the joint service at 1030.

**Churches Together Holiday Club.** As you are aware, this year's Churches Together Holiday Club will run from Monday 27th – Friday 31st July inclusive at King Charles the Martyr Church, Mutton Lane. We need volunteers for arts and crafts, games, music and drama, registering children, catering and supporting the Teen Team with their group. Registration for volunteers can be done at <https://content.scriptureunion.org.uk/volunteer> . Please



**feel free to register even if you did not complete a form in November/ December last year.** If this is your first time volunteering and you are not sure what to do, please contact Nicola on [pottersbar@rcdow.org.uk](mailto:pottersbar@rcdow.org.uk) at Our Lady & St Vincent Church and she will arrange a time to meet with you and complete the registration process with you. All volunteers will be required to complete a full DBS check and some safeguarding training.

**Great news – our Teen Team Volunteers (years 7-12) can now sign up to work as young leaders at the Holiday Club.** This means helping with groups and other activities during the morning as well as having their own bespoke programme during the week. This is a great thing for our young people to get involved with so do encourage those you know to sign up. You can do this via the QR code or at <https://cclh.churchsuite.com/events/caxnqj6z>



**First Aid Training.** I am looking to book a first aid course for volunteers at some point in the near future, as with most of the members of the congregation who were previously trained, the training has expired. If you would be interested in joining this training, would you please let me know so that I can gauge interest before speaking further with the provider who Christ Church Little Heath have recommended. Revd Emma

**UK AID Ukraine.** Many thanks to everyone who contributed to our community collection for Ukraine. We had so many donations that the driver could not believe his eyes and told me to pass on his thanks to you all. His van was pretty full.  
Stella



**Safeguarding Awareness:** Our Parish safeguarding officer shared a safeguarding reflection with me this week, and what struck me were these two

phrases: 'Safeguarding is not a bureaucratic imposition – it is what love looks like when it is properly organised' and 'Safeguarding is not an administrative hoop but a moral commitment'. We all do well to remember these when we get a reminder to do our safeguarding training – I must check that mine is all up-to-date, is yours?

**EcoTip for Lent 2:** Take time to pause, to wonder at creation, to help restore it and to live more lightly on the earth. Did you know that at present humans are using the world's resources faster than they can restore themselves naturally; this is not sustainable in the long term.

## Supporting the work and mission of this church

The Church of King Charles the Martyr provides a spiritual focus and outstanding facilities for the local community. It is **OUR** church and like all charities is dependent on the generosity of its members, the local community, and others to make it prosper.

The church and halls cost us over **£3000 a week** to run and this isn't possible without your generosity.

*If you would like to support the work of the Church of King Charles the Martyr, you can do this either as a one off or by joining our regular giving scheme please speak to our Treasurer to set up **regular giving** to help us plan*

- by joining the Parish Giving Scheme [Potters Bar King Charles - Parish Giving Scheme](#)
- with the **cashless giving machine in church or online** on our webpage.
- **Remember us in your Will.** Legacies are a tax efficient way of giving to the church. Please do think about us when making or revising your Will.
- 

## How to access services at KCM

**Sunday mornings** go to the church website [www.kcm-church.org.uk](http://www.kcm-church.org.uk) and click on the link on that page it will take you to Facebook where you will be able to click on the LIVE streaming or watch the services from previous weeks.

If you are in church, please be aware that services are live streamed and that you may like to sit nearer the back if you do not wish to be on camera.

## How to stay in touch

This notice sheet is posted on our website each week, emailed to all those on our mailing list and posted to those without email access. *If you would like to receive a paper copy of this notice sheet please contact the office.*

The Church office is staffed and open to the public 9am - 12noon Monday and Thursday. Please do call ahead to ensure that someone will be available to help you. Outside of these hours email and calls are monitored but please be aware it may take a few days for us to get back to you.

We have a **KCM Family WhatsApp** group for information about the church and a **KCM Social WhatsApp** group to share the more lighthearted social chat – if you would like to join these groups please contact Revd Emma or the wardens to be added.

### Keep an eye on our social media

YouTube <https://www.youtube.com/channel/UCbHtNFKZaN7fHVIkIL2tYUQ>

Facebook <https://www.facebook.com/KCMChurchPottersBar/>

Please send information for this notice sheet to Imogen at [office@kcm-church.org.uk](mailto:office@kcm-church.org.uk) by 5pm Wednesday evening.  
In case of pastoral need, please contact Revd Emma.

### Contact details:

<b>The Vicar</b>	<b>Revd Emma-Jane Wilkinson</b>	<b>Rest Day: Friday</b>
	01707 661266 / 07549516589	vicar@

**Please email the relevant person and we will get back to you as soon as we can.**

All email addresses are [xxx@kcm-church.org.uk](mailto:xxx@kcm-church.org.uk)

<b>Lay Minister / Reader</b>	David Thomson	reader@
<b>Church Warden</b>	Phil Townsend	churchwarden1@
<b>Church Warden</b>	Bill Simpson	churchwarden2@
<b>Safeguarding Officer</b>	Helen Schmitz	safeguarding@
<b>Admin Assistant</b>	Imogen St Pierre	office@
<b>PCC Secretary</b>	Nicola Thrussell	pccsecretary@
<b>Treasurer</b>	Steve Jones	treasurer@
<b>Children and Families Worker</b>	Vacant	families@
<b>Youth Worker</b>	Vacant	youth@
<b>Music</b>	Simon Worley	music@

**For all hall enquires please email Imogen or Nikki using the halls address and they will respond as soon as they can. [www.kcm-church.org.uk](http://www.kcm-church.org.uk) 01707 665579**

 **@KCMChurchPottersBar**

# Lent 2026

**This Lent, why not join one of KCM's Lent groups and discover more about discipleship.**

**All groups start week commencing 23.02.26**



**DRAW NEAR**

You're invited to join our

## Lent Groups

**Tuesday 1045 - 1200 in the church following the 1000 Eucharist**

**Tuesday 1930 - 2100 at the Vicarage**

**Thursday 0930 - 1100 in the church and then enjoy coffee or lunch at the Community Café**

These are opportunities to gather together during Lent to consider the habits and patterns which help us grow as disciples of Christ. Topics include sharing in: worship, prayer, scripture, communion, service and good news.

**KCM**  
KING CHARLES THE GREAT'S CHURCH  
Know Christ More • Make Christ Known

**Everyone welcome**