



# Church of King Charles the Martyr NOTICES

Sunday 22 February  
Sunday Lent I



**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: Judith R  
Intercessor: David T  
Chalice: Maureen T  
Welcomers: Lynn J

**Music:** 67 Forty days and forty nights, 63 All ye who seek a comfort sure, 383  
Jesu, Lover of my soul, 495 God is working his purpose out

**Anthem:** O Lord my God - Wesley

## 1100 Café Church

Officiant: David T  
Churchwarden: Phil T  
Readers: Emma K  
Intercessor: Peter S  
Welcomers: Ro A, Jenny D



Enjoy coffee and pastries while we explore together the basics of Christianity. You will be made very welcome – whatever your background or beliefs.

Sunday 22nd February  
KCM Church Main Hall 10.45

Do join us for Cafe Church where we will be discussing the "big issues" as part of our series on "Steps to faith". This week we will be looking at the gaps in our understanding about how the cosmos came into being, how life on earth came about and how life evolved from single celled organisms to sentient, thinking, creative humans. Do we simply try and fill the gaps in our understanding by saying it must be God, or are those gaps evidence of God intervening? The big issues over a coffee and pastry in a relaxed informal atmosphere.

### STEPS TO FAITH: 6



God of the Gaps or  
Gaps without God?

# Readings for Sunday 22 February

## Lent I

### Collect

Almighty God,  
whose Son Jesus Christ fasted forty days in the wilderness,  
and was tempted as we are, yet without sin:  
give us grace to discipline ourselves in obedience to your Spirit;  
and, as you know our weakness,  
so may we know your power to save;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

**Genesis 2.15–17, 3.1–7** – page 4

**Psalms 32**

**Romans 5.12–19** – page 1132

**Matthew 4.1–11** – page 967

### Post Communion

Lord God,  
you have renewed us with the living bread from heaven;  
by it you nourish our faith,  
increase our hope,  
and strengthen our love:  
teach us always to hunger for him who is the true and living bread,  
and enable us to live by every word that proceeds from out of your mouth;  
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.

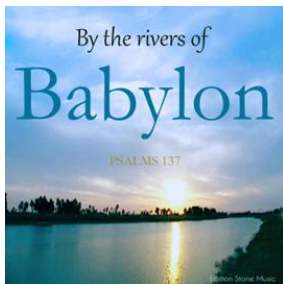
**Please give generously**

## Musings from the vicarage

For me, this week has been full of joy as we have prepared for Lent. On Tuesday over 100 pancakes were cooked and everyone had great fun at our pancake party – thank you to everyone who made it happen. Then on Wednesday we gathered both at KCM and at the Catholic Church to remember that ‘we are dust and to dust we will return’ as we were marked with the sign of the cross in ash.

A few of us on Tuesday morning also engaged with another, probably lesser-known Shrove Tuesday tradition – the burying or hiding of the Alleluia, something which the children also did at the pancake party in the afternoon.

As we know, the word Alleluia means praise the Lord, and is an expression of joy and gratitude that appears in both the Old and New Testament. And in Revelation, St John describes how the saints and angels in heaven sing unceasingly, “Alleluia, for the Lord our God the Almighty reigns”. It is a word which is included in much of our liturgy, and in the hymns and anthems that we sing throughout the year, but you will notice that we don’t sing or say it in Lent.



The practice of burying or hiding the alleluia began in the Middle Ages, and perhaps mirrors the Babylonians who, when they were in exile, hung their harps on the trees and refused to sing their songs of joy as they remembered Zion and longed for their return – something which is recorded in the psalm, but is probably better known because of the Boney M song!

In Lent, we are not in exile, but we are in a season where we are encouraged to be penitent, to examine ourselves and consider our relationship with God, as we prepare for the celebration of Christ’s passion, death and resurrection. It was therefore felt that the alleluia, as an expression of joy and jubilation, was out of place during this time. I suppose you could say that hiding it is, in many ways, like eating up all the good things in the fridge, as it is a deliberate act of liturgical abstinence, similar to abstaining from certain foods or practices during Lent.

Silencing the alleluia during Lent does I think, gives us an opportunity to pause, to listen to the silence, and to rediscover the true source of our joy — the risen Christ and it also reminds us of the importance of rhythms and cycles in our lives, showing that sometimes our faith needs both times of exuberance and times of recollection. Hiding it gives us permission to mourn, to grieve, and to be less than happy, because as Christians, we do not have to be happy all the time. It is a reminder that



it is okay not to be okay – to struggle and have bad days weeks or months, to not always be smiling and laughing and hopeful.

But hiding the alleluia is also a reminder that even on the darkest days there is hope, because in Lent we are journeying towards Easter morning and the joy of resurrection, and beyond that to our eternal home. It is so much more than an ancient tradition — it is a lesson for us all today as it teaches us that true joy does not depend on external circumstances but on our relationship with God, and it gives us the space to grow in faith, hope and love as we prepare ourselves for the celebrations of Easter.



So, as we journey through Lent together, let's remember that alleluia has not died it is only waiting for the right moment to resurface, more vibrant and fuller of life. And I hope and pray that when that moment comes, our hearts are ready to join the heavenly choir and proclaim, Alleluia! Christ is risen. He is risen indeed. Alleluia.

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

## Prayer – Week beginning 22 February

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:** our Lent groups as they begin this week that those of us who meet together will grow in our discipleship and grow closer to Christ.

**Those who live in:** Cranborne Crescent, Cranborne Road, Deepdene

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

**Anniversary of death:** Ruby Campbell, Dorothy Soer, Joan Batho, Phyllis Hawkes, Malcolm Brunning, Len Warne, Harry Massey 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 1 March – Lent 2**

**Readings:** Genesis 12.1–4a, Psalm 121, Romans 4.1–5, 13–17, John 3.1–17

### **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

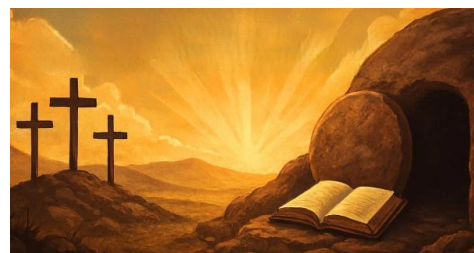


# NOTICES

**Janice Lacey's family** would like to thank everyone for their help with the funeral the last week. They are very grateful for all that we did to ensure that Janice had the funeral she wanted. Thank you particularly to the cafe for accommodating the timing so graciously. She is greatly missed by us as a church family. Do remember to keep her family in your prayers. There photos are used with their permission.



**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.



**Flowers in Church** Many congratulations to Joan who celebrated her 90<sup>th</sup> birthday last week. Enjoy the flowers which are in the foyer and were donated by her. They are in the foyer as we don't have flowers in church during Lent. If you would like to donate to the flower fund, please speak to Janice or Steve.

**Pancake Party and Ash Wednesday** Many thanks to everyone who helped with the Pancake party on Tuesday, especially those slaving away in the kitchen. Also, thank you to those who supported the Churches Together in Potters Bar Ash Wednesday service at the Catholic church. This was a very special occasion, and



it is so good to see Christians from across the town worshipping together in this way. Hopefully lots of you will join us again for their Walk of Witness on Good Friday and at the Easter Sunrise service. Each month, on the first Saturday of the month, we gather as Churches Together to pray – everyone is welcome to these meetings too.



**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.

**Lent Study Groups:** During Lent there are now three opportunities to join a weekly group as I have put an extra group in on a Tuesday morning following the Eucharist where we will be following a sermon series based on the Lent materials. We are trialling one on a Thursday morning at 1000 before the cafe opens to encourage people to come to the study and then go to the cafe for refreshments or lunch. This will be held in the church. The second group will meet on a Tuesday evening in the vicarage at 1930. Please sign the list at the back of church if you are interested in joining us.

<b>Tuesday 10:45 – 12:00 in Church following the Eucharist</b>	<b>Tuesday 1930 – 2100 Vicarage</b>	<b>Thursday 9:30 – 11:00 Church</b>
24 <sup>th</sup> February	24 <sup>th</sup> February	26 <sup>th</sup> February
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



# DRAW NEAR

## LIFE-GIVING HABITS FOR LENT

**Lent materials.** For our Lent groups, 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.

Alongside our course, there are daily devotions which can be accessed on the Everyday Faith app or via email. If you would prefer to have these in a book form, please let me know as I have some that you can purchase for £2.50.

There is also a parallel 40-day challenge for families and children which explores the life-giving habit of generosity in partnership with 40acts. To find out more, visit the website: [Draw Near: Life-giving habits for Lent | The Church of England](https://www.drawnear.org/)

### EverydayFaith app

Develop a daily connection with God, with daily reflections to inspire, equip and encourage you in your everyday faith.

Everyday Faith is free to download for iOS and Android.



## 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. *Further information for our **Teen Team** Volunteers (years 7-12) and how they should register will be available soon.*

## **UK Aid to Ukraine**

Last call for items for the Ukraine as the items are being collected from Stella's house on Tuesday 24 February. They are collecting:

- Summer clothes for all ages.
- Toiletries: toothpaste, tooth brushes, soap, shampoo, shower gel, toilet paper
- washing powder, ladies sanitary products etc.
- Medical items: Paracetamol (in date), bandages, plasters, hand sanitizer
- Non perishable food eg rice, pasta, chickpeas, lentils, beans, all pulses, tinned vegetables and fruit, biscuits, treats eg chocolate and sweets.
- Toys
- Maternity and baby items: milk formula, nappies, wipes

**Safeguarding Awareness:** On the 10 February, schools engaged in Safer Internet Day. This year the theme was 'Smart tech, safe choices – Exploring the safe and responsible use of AI'. Parents, carers, grandparents, and young people all have a role to play in creating safer digital spaces, especially as AI continues to evolve. So ask questions, stay curious, talk openly about what your young people are seeing and using online. You may find it useful to read these safety tips produced by the NSPCC [Artificial intelligence safety tips for parents | NSPCC](#)

**EcoTip for Lent I:** As part of your Lent practice this year, why not pray once a week for creation and those affected by climate change and try to have one positive conversation about caring for God's creation with someone you meet.

## 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:</b>
		<b>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**