



Church of King Charles the Martyr
NOTICES
Sunday 15 March
Mothering Sunday



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

0900 Said Eucharist

Officiant: Revd Emma-Jane Wilkinson

This is a more reflective said Communion service for those that find Mothering Sunday a difficult day, which many of us do for a wide variety of reasons.



1030 Joint Service with Communion

Officiant: Revd Emma-Jane Wilkinson

Churchwarden: Bill S

Readers: Nicola T

Intercessor: Emma K

Chalice: Judith R

Welcomers: Ro A, Jenny D

Powerpoint: Nicola T

Music: 285 (NEH) For the beauty of the earth, 408 (NEH) Love Divine, 58 Broken for me, 348 Make me a channel of your peace, 186 (NEH) Tell out my soul

Anthem: Ave Maria - Arcadelt

Readings for Sunday 15 March

Mothering Sunday

Collect

God of compassion,
whose Son Jesus Christ, the child of Mary,
shared the life of a home in Nazareth,
and on the cross drew the whole human family to himself:
strengthen us in our daily living
that in joy and in sorrow
we may know the power of your presence to bind together and to heal;
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.

Exodus 2.1–10 – page 58

Psalm 127.1–4

Colossians 3.12–17 – page 1184

John 19.25b–27 – page 1088

Post Communion

Loving God,
as a mother feeds her children at the breast
you feed us in this sacrament with the food and drink of eternal life:
help us who have tasted your goodness
to grow in grace within the household of faith;
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

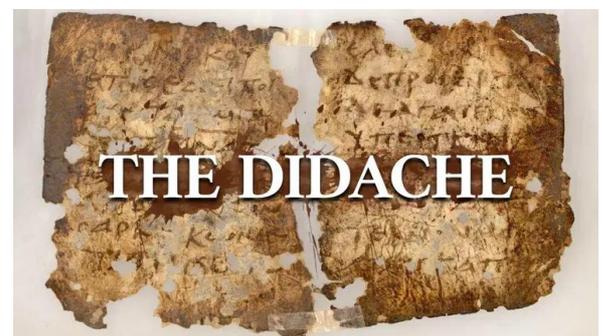
In our daily reflections and Lent groups this week we have been thinking about Communion and how important it is to our worshipping life.

Did you know that every time Jesus shared food, the gospel writers record that he took it, blessed it, broke it and shared it with those who were there. This happened when he fed the 5000, at the Last Supper, when sharing breakfast on the beach and when he stopped and shared a meal with the disciples who he met on the road to Emmaus. This is what we do in the Communion service whenever we break bread together. In fact, if you think about it, as we reflected at our Tuesday morning group, whenever we eat together, we must break the food so that you can share it – a cake needs to be cut, a chilli spooned out and a joint of meat needs slicing!



I wonder whether when you sit down to eat, you give thanks. My mum grew up in a family who didn't go to church, although she did, whilst my dad grew up in a family that did. When they got married, my Mum was desperate to say grace at every meal and my dad was desperate to stop doing so as it had embarrassed him that his mother always insisted on doing so wherever they were! It was a source of tension in their marriage so in the end my dad brought a book of graces, and we would choose a different one to say each night as we ate together. The compromise was – we didn't say grace when were out of the house! His favourite grace became, 'Good food, good meat, good God, let's eat!'

As we reflected this week on the Communion service, we read some extracts from one of the earliest written records that we have of the early church. It is called the Didache and dates to the 2nd century. In here, it suggests that for the Early Church, they remembered Jesus' instructions to share bread and wine in remembrance of him as part of a whole meal, more reflective of the Last Supper. And this is what we will be doing on Maundy Thursday as we think about how Jesus transformed the Passover meal, when he washed the disciples' feet, told them that the bread and wine that they were sharing were symbols of his body and blood, and predicted that someone would, that night, betray him. It is a very moving remembering, and I do hope many of you will join us – there is a sign-up sheet at the back of church, along with a list to sign if you can bring something for the meal. This made me reflect – are we really



sharing Communion whenever we sit and eat with friends or strangers – is the cafe an act of Communion as there we, along with God, are offering hospitality and becoming companions, literally, bread-sharers, on the journey of life. Something to ponder!



One of the people who attended the Lent course this week told us that in her tradition, Communion was often referred to as a ‘Picnic on the way to Heaven’ which I think is a beautiful image as, when we share in Communion, we are reminded, as Paula Gooder, writes that ‘just as manna was the bread for the Israelites on their journey to the Promised Land, so the Eucharist is the bread for our journey to heaven’. God provides us with daily bread to nourish our

bodies, and Jesus transforms that bread into food for our souls when together we share in Communion, because in Communion we are not merely remembering something that happened a long while ago, we are participating in Christ’s living presence among us, connecting us to each other and preparing us to go out into the world to share the good news with others.

So next time we share Communion together, or share a meal with friends, I pray that in the moment of breaking and sharing the bread, we will recognise Jesus and know that he is there with us, taking what we offer and blessing it, and giving us a foretaste of heaven.

Revd Emma

Dates for your diary and for prayer

Each week our worship follows this pattern

Tuesday morning	1000 Eucharist
Wednesday morning	Please take a few minutes to pray for our community
Sunday morning	0930 Sung Eucharist; 1100 Morning Worship
Thursday 19 March	1900 Children’s groups leaders meeting on-line
Sunday 22 March	0930 Parade service 1700 Cross of Christ Service with our friends from St Mary’s joining us
Tuesday 24 March	1100-1500 Safeguarding Training at KCM – see Notices
Wednesday 25 March	Revd Emma taking whole school assembly at Cranborne School.
Sunday 29 March	1100 Café Church – Who moved the stone? 1700 Palm Sunday evensong at St Mary’s
Thursday 2 April	1100 Cafe Easter Service – all welcome

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

Prayer – Week beginning 15 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: your 'mother church' where you first heard the good news that Jesus loves you and for their on-going mission. Pray for all mothers however they are feeling this weekend and for those who long to be mothers but aren't. Pray especially for mothers in war torn areas of our world who are grieving the recent loss of their child.

Those who live in: Kimptons Close, Kimptons Mead, Laurel Avenue

The recently departed: Daren Ellis, Graham Young and any others known to us personally.

Anniversary of death: Albert Edward Batho, Ivor Holmes, Trevor Basil Woodd, priest, Phyllis Maureen Deacon, Phyllis Emmans, Ginny McClellan 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) 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 22 March – Lent 5 / Passion Sunday

Readings: Ezekiel 37.1–14, Psalm 130, Romans 8.6–11, John 11.1–45

0930 Sung Eucharist with Parade

Officiant: Revd Emma-Jane Wilkinson
Churchwarden: Bill S
Musicians: Simon and Choir
Readers: Uniform Groups
Intercessor: Revd Emma with Young People
Chalice: Lynn Jones
Welcomers: Steve J

Music: 376 I heard the voice of Jesus say, 461 There's a wideness in God's,
Mercy 185 How deep the Father's love for us, Our God is a great big God

Anthem: Forgive our sins as we forgive - Worley

1100 Morning Worship

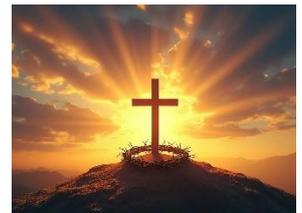
Officiant: Revd Emma-Jane Wilkinson
Churchwarden: Bill S
Readers: Sue T?
Intercessor: Peter S
Welcomers: Ann D
Powerpoint: Ed S

Music: TBC

1700 Cross of Christ

A service of music and readings, which tell the story of the crucifixion

Our friends from St Mary's will be joining us for this service



NOTICES

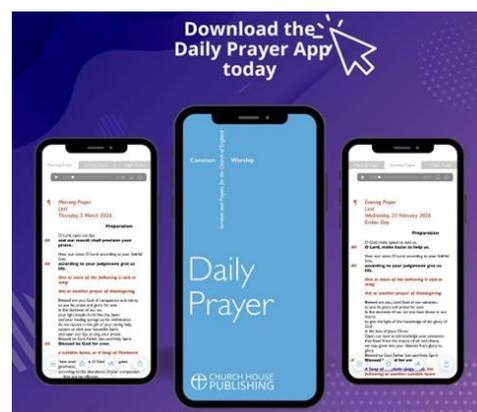
MAPPA. The MAPPA for April was emailed out last week. Please do check sooner rather than later, that you are able to do the tasks you have been allocated. If you are unavailable to make your allotted day, then please will you arrange to swap with someone else and then let Imogen know by email as she is not part of the WhatsApp group. If you have not received the MAPPA and were expecting to, then please let Imogen know. Spare copies are available at the back of the church.

Lent Study Groups. It's not too late to join one of our Lent groups if you find yourself free at any of the times below. This next week we will be looking at **offering service** and the following week, **sharing the good news** with others. Please do come and join us.

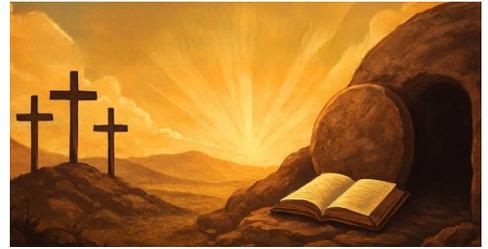


Tuesday 1045 – 1200 in Church following the Eucharist	Tuesday 1930 – 2100 Vicarage	Thursday 0930 – 1100 Church
17 th March	17 th March	19 th March
24 th March	24 th March	26 th March

Church of England Daily Prayer App. This week sees the fifth anniversary of the Daily Prayer App and podcast. Since its launch in 2021, it has had 3,750,000 listeners – one of whom has been Revd Emma! It is a great way to engage with the Daily Offices and to feel connected with fellow Christians across the globe. If you haven't tried it, why not download a podcast and have a listen to either Morning Prayer, Evening Prayer or Compline. I can guarantee, you won't be disappointed.



Cross of Christ Service Sunday 22 March at 1700. This is fast approaching and I still need some readers. Please let me know if you plan to be at the service and would like to read. This service is full of beautiful music and readings and looks to be very special. Put it in your diary and plan to be there.



Holy Week Services. Holy Week is fast approaching and there are lots of opportunities for us to walk with Jesus towards the cross.

Monday 30 March. I am running a **quiet day in the church.** This will involve different prayer station and activities giving us time and space to be alone with God. It will end with Communion, followed by a light lunch. Please sign the sheet at the back of church if you plan to attend. If you want to know more, please speak to Revd Emma.

Wednesday 1 April at 1900, we are holding a Tenebrae service. This is a quiet reflective service, which starts with candles alight and these are gradually extinguished during the service until only one remains at the end – the Christ light which cannot be extinguished. The service includes readings, music and time for reflection. It is a very moving experience.

Monday – Wednesday. Grab a cup of cocoa or your favourite night time drink, and join David and others at 2000 for Compline. I have heard from a lot of people how inspiring these times of prayer are, and I am looking forward to experiencing it for myself.

Maundy Thursday. Please sign the sheet at the back of the church if you would like to come to our Last Supper Meal to give us some idea of numbers. The meal is at

1930 on 2 April. It is a light meal of soup, bread and cheese. It will be followed by a procession to the church for a short service which includes the stripping of the altars and the opportunity to spend time in prayer at the garden of repose.

Everyone is welcome to join us for all or some of the evening. If you can help to provide some of the food for the meal, there is also a sign-up sheet for that! Any queries, please contact Revd Emma.



Messy Good Friday. At 1600 on Good Friday, we are holding Messy Church where the children will be making individual Easter Gardens and so we are looking for donations of the following: small flowers, small and large stones, moss, soil, and sticks. If you can donate any of



these, please leave them at the back of church or deliver them to the vicarage; we would be most grateful. Any offers of help on the day would also be appreciated.



Charlie's Angels – When you shop at Tescos 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. This week at Charlie's Angels we had fun making Mothers Day cards!



Churches Together Holiday Club.

SHIPWRECKED
COMING SOON
A Summer Holiday Club in Jonah
at King Charles the Martyr Church,
Mutton Lane, Potters Bar
Monday 27th July - Friday 31st July 2026
9.30 am - 1pm
<https://cclh.churchsuite.com/events/po7pz0mp>
For Primary Aged Children School Years 1-6 - £30
Teens - School Years 7-12 - Free

The Churches Together Holiday club books will soon be open. Please take a flyer from the back of church and give it to anyone who you think might be interested to attend. It is not too late to volunteer to help – register here: <https://content.scriptureunion.org.uk/volunteer> .

Also, encourage your teens to sign up to be young leaders at the Holiday club as this is a great opportunity for them to be young leaders. You can do this via the QR code or at <https://cclh.churchsuite.com/events/caxnqj6z>



Safeguarding Training. If you know that you need to complete the Foundation course (morning) and/or Domestic Abuse course(afternoon) then please sign up to complete these at the training that Helen and Cath are running on Tuesday 24 March. It is imperative that those who work with our children or vulnerable adults have completed this training so that we comply with the CofE requirements for volunteers. For more details, see the attached flyer or speak to Helen or Emma.

Safeguarding Awareness. Did you know that in 2024, in the UK, 6.6% of women and 3.0% of men experienced domestic abuse. This equates to an estimated 2.3 million adults. In part, these figures have led to the Mothers Union campaign **RISE UP** which they are encouraging churches to take part in. RISE UP stands for **Respond, Inform, Support, Empower, Unite and Pray**. On this Mothering Sunday, lets commit to pray for all those suffering from domestic abuse – and if that is you, remember we are here to help.

Eco Tip Mothering Sunday: why not celebrate those who nurture us by planting or sowing seeds to help nurture our planet. You could even look for a Mothering Sunday card that is made out of seed paper – they do exist!

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.
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How to access services at KCM

Sunday mornings go to the church website 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/UCbHtNFKZaN7fHV1kIL2tYUQ>

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

Please send information for this notice sheet to Imogen at office@kcm-church.org.uk by 5pm Wednesday evening.

In case of pastoral need, please contact Revd Emma.

Contact details:

The Vicar	Revd Emma-Jane Wilkinson	Rest Day:
		Friday
	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

Lay Minister / Reader	David Thomson	reader@
Church Warden	Phil Townsend	churchwarden1@
Church Warden	Bill Simpson	churchwarden2@
Safeguarding Officer	Helen Schmitz	safeguarding@
Admin Assistant	Imogen St Pierre	office@
PCC Secretary	Nicola Thrussell	pccsecretary@
Treasurer	Steve Jones	treasurer@
Children and Families Worker	Vacant	families@
Youth Worker	Vacant	youth@
Music	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 01707 665579



@KCMChurchPottersBar