



Church of King Charles the Martyr  
**NOTICES**  
Sunday 8 March  
**Lent 3**



**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 with David T to preach  
Churchwarden: Bill S  
Musicians: Simon and Choir  
Readers: John S  
Intercessor: Lynn J  
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: 2 needed  
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** **Courage – sharing our faith with others**

Officiant: Revd Emma-Jane Wilkinson

# Readings for Sunday 8 March

## Lent 3

### Collect

Almighty God,  
whose most dear Son went not up to joy but first he suffered pain,  
and entered not into glory before he was crucified:  
mercifully grant that we, walking in the way of the cross,  
may find it none other than the way of life and peace;  
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 17.1–7** – page 75

**Psalm 95**

**Romans 5.1–11** – page 1132

**John 4.5–42** – page 1066

### Post Communion

Merciful Lord,  
grant your people grace to withstand the temptations of the world, the flesh and  
the devil,  
and with pure hearts and minds to follow you, the only God;  
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

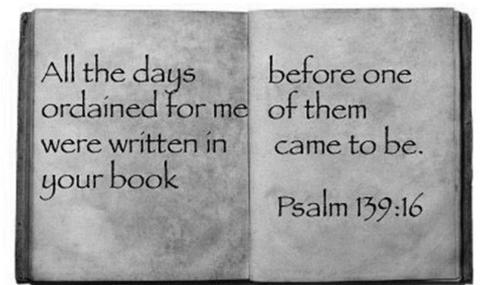


I wonder how much time each week you spend reading and what genre of book is your favourite? I also wonder how much of that time is spent reading the bible. This week in our Lent reflections we have been thinking about the bible, and in particular how St Paul says that it is an essential part of our armour because as he writes in 2 Timothy 3, "All Scripture is God-breathed."

What he is saying is that just as in the beginning God breathed life into Adam, so God breathes life into His Word. So, when

we open the bible, we are not simply reading ancient religious literature; we are encountering the living breath of God.

I feel very fortunately, because, like Timothy, I have known the Holy Scriptures since infancy and have been immersed in the stories and the belief that the bible is God inspired, since a very young age. I can remember my Dad reading the Scripture Union Quest bible reading notes with me each night before I went to bed; I remember the annual Scripture Union bible exams that we studied for in Sunday School; I remember learning to recite Psalm 100 and the books of the bible in order for a Girls Brigade badge and I could go on.



But I think one of the biggest influences was my Grandmother's Promise Box. If you don't know what a promise box is, it is a box which contains 365 promises from the bible written on little slips of paper which are tightly rolled up and stood upright in the box. As a child, I went home from school every day to my grandmothers for lunch, and the first thing I would do when I got into the house was pull out a promise.

Many of those promises and verses I memorised and, even if I can't quite tell you chapter and verse of where they come from, I can remember them and at various points in my life, different verses have been very significant.

Recently a friend asked me what my favourite bible verse was and that proved a very difficult question to answer, as so many have great significance. In the end I narrowed it down to the four which I have included as pictures in these musings. I'd love to know what your favourite bible verses are and how they have sustained you through your life.

Paul went on to say to Timothy that knowing the scriptures had made him “wise for salvation” and this can also be true for us. Why? Because from Genesis to Revelation, the bible tells one great story: the story of God’s saving love fulfilled in Jesus and it therefore leads us to Jesus.



It is my prayer, that we at KCM are people, like Timothy, who are formed by scripture, and that as we dwell more and more in the bible over the months and years to come, God’s word is breathed into our lives, transforming us and helping us to get to know Jesus better, because then the Word of God is not only written on the pages of the book, but on our hearts. Happy reading and may you feel the breath of God this week.

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>Sunday 15 March</b>	0900 Said Communion 1030 Mothering Sunday joint service
<b>Sunday 22 March</b>	0930 Parade service 1700 Cross of Christ Service with our friends from St Mary’s joining us
<b>Tuesday 24 March</b>	1100-1500 Safeguarding Training at KCM – see flyer
<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 8 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:** the situation in the Middle East and for all those fearing for their lives in Iran and other places at this current time. Pray for those who have lost loved ones, homes and livelihoods and those who are fleeing the country, and for those who are worried about loved ones in the area. Pray for peace in our world.

**Those who live in:** Elmfield Road, Elmscroft Gardens, Heather Way

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

**Anniversary of death:** Sean Cousins, Malcolm Gardener, Paul Herron, Henry Whittingham, priest, Doreen Batho, Ethel Hunter, Kim Langfeld, Olamide Oshodi 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 15 March – Mothering Sunday

**Readings:** Exodus 2.1–10, I Samuel 1.20–end, Psalm 127.1–4, 2, Colossians 3.12–17, John 19.25b–27



### 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: Phil T

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, 63 (NEH) All ye who seek a comfort sure, 348 Make me a channel of your peace, 58 Broken for me, 186 (NEH) Tell out my soul

**Anthem:** Ave Maria - Arcadelt

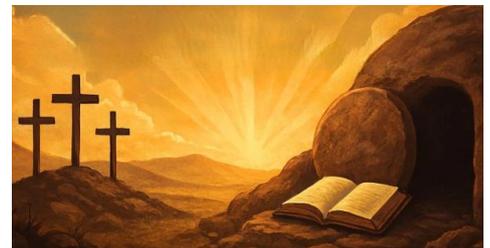
# NOTICES

**MAPPA.** The MAPPA for April was emailed out earlier this 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.



**Plastic Bottles for Mothering Sunday.** If anyone has any small plastic bottles they no longer need then please pass them to Lynn as soon as possible so they can be used for planting flowers in, ready to give out at the service next Sunday. Thank you, Lynn.

**Readers for the Easter Services:** Thank you to those who have volunteered - we still need more! 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 ASAP.



**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
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



**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.

**Churches Together Holiday Club.** As you are aware, this year’s Churches Together Holiday Club will run from Monday 27<sup>th</sup> – Friday 31<sup>st</sup> 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

**The Children's Society.** Every year our Christingle Services raise money for The Children's Society, which is an organisation that was founded 145 years ago by Edward Rudolf. He saw something in society that needed to change and he refused to stay silent. To find out more about their work, watch this 'Then and now' video



[https://www.youtube.com/watch?v=eo3\\_Q3eDvDk](https://www.youtube.com/watch?v=eo3_Q3eDvDk) in which the presenter meets with descendants of Edward Rudolph to reflect on his legacy, and then the CEO shares what that fight looks like for young people today – and what the society are doing about it. If you would be interested having a collection box for small change for the Children's Society, speak to Robert Burt who is our representative and I am sure he would love to give you one.

**Safeguarding Awareness:** On Tuesday 24 March, Helen alongside Cath from Christ Church Little Heath, are running in-person safeguarding training for those who need to complete the Foundation course (morning) and/or domestic abuse (afternoon). Lunch will be provided. It is imperative that those who work with our children or vulnerable adults have completed this training, so please if you know you need to do, either commit to coming on the day or complete it online by this date. If you are unsure if you need to, please speak to Helen or Emma. For more details, see the attached flyer.

**EcoTip for Lent 3:** If you're doing a small DIY job and need some paint, it's worth checking out your local Recycling Centre as they often have tins of paint people have donated - much better for the planet for this to get used than have to dispose of it!

## 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](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>
	01707 661266 / 07549516589	<b>Friday</b>
		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**



## **SAFEGUARDING TRAINING**

**TUESDAY MARCH 24<sup>TH</sup>**

As churches, we must complete the Archdeacon's Visitation form for Safeguarding by the end of this month.

One of the questions asked is whether all volunteers have completed basic training in safeguarding.

Another question asks whether all volunteers who work with children and vulnerable adults have completed their **Foundation Training and Domestic Abuse Training.**

We need to be able to say 'Yes' to the answers, but we know there are a few who have not yet completed training.

We are therefore running the Church of England on-line training together in person at **King Charles the Martyr Church** for all to catch up. This will be facilitated group training, not individual.

The training will be as follows-

**11.30am Foundation Safeguarding module**  
**1pm Lunch (provided)\***  
**1.30pm Domestic Abuse module**  
**3pm finish**

*If you only need to complete domestic abuse, you are welcome to join us for lunch and stay for the afternoon.*

To accommodate numbers please RSVP to Helen Schmitz (PSO KCM) [safeguarding@kcm-church.org.uk](mailto:safeguarding@kcm-church.org.uk) or Cath Hawes (PSO, Children's worker CCLH) [cath@cclh.org.uk](mailto:cath@cclh.org.uk) or speak to either of us. It's very important that you attend unless you would prefer to complete the online training yourself by 24<sup>th</sup> March. Thank you.

*\*Please let us know of any dietary needs*