

The Team

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Youth & Children's Worker	Post currently vacant	
	Contact church office or vicars	
Lay Pastor	Nigel Andrews	
Church Wardens	Barry Moseley & Sandra Snell	
Safeguarding Officer	Carol Acheson	07857 202016
Church Administrator	Nikki Jackson	01205 310221
Asst Church Administrator	Pam Mellor	01205 310221

The Church Office is currently closed but please contact by email or via the vicars' number

01205 310221 churchoffice@holytrinityboston.org.uk

This week's prayer pointers

Senior Members: Community lunch; Residential & Nursing Homes and Services Team; Inclusion & Value.

Mission Focus: **Centrepont Outreach**

Lis and Ian will be praying for the world, our community and our church family from 9-9.30am. You may wish to join us in praying from home or wherever you are.

Prayer for Lent:

Opening prayer: Heavenly Father, your Son battled with the powers of darkness, and grew closer to you in the desert: help us to use these days to grow in wisdom and prayer that we may witness to your saving love in Jesus Christ our Lord. Amen

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*'Loving Jesus
Serving others'*

Sunday 7th March 2021

'Worship Together'

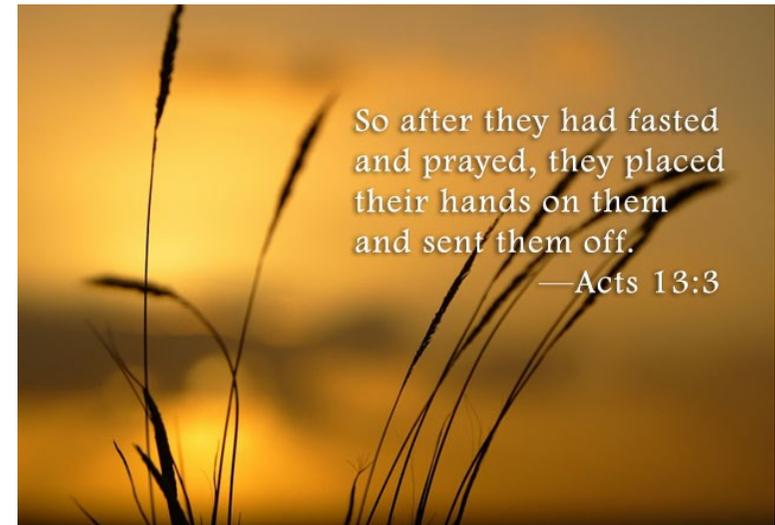
9.30am "Grow Together" with the Youth & Children team

10.30am Worship Together

Both these services are live in church and streamed online via YouTube

6.30pm Evening Holy Communion said (not live streamed)

All services are available on YouTube and Facebook. Our church building is open again for public worship but current restrictions still mean no gathering is allowed on church premises before or after the services. Please continue to consider carefully whether you need to come or can watch online at home.



**Spiritual Disciplines
Fasting**

Opening Prayer: Almighty God, your Son Jesus went up to joy but first suffered pain, and Jesus entered into glory but first was crucified. So, as we join in the way of the cross, please mercifully grant that it may be to us the way of life and peace. We ask this 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. Amen

Song 1

Seek you first the kingdom of God,
and His righteousness,
and all these things shall be added
unto you.
Allelu, alleluia.

Man shall not live by bread alone,
but by every word
that proceeds from the mouth of God.
Allelu, alleluia.

Ask and it shall be given unto you,
Seek and ye shall find;
Knock and the door shall be opened
up to you.
Allelu, alleluia

*Words and music Copyright © 1972 Maranatha!
Music*



Song 2

Water You turned into wine,
Opened the eyes of the blind;
There's no one like You,
None like You.

Into the darkness, You shine;
Out of the ashes, we rise.
There's no one like You,
None like You.

*Our God is greater, our God is stronger;
God, You are higher than any other.
Our God is healer, awesome in power,
Our God, our God.*

And if our God is for us then who could
ever stop us,
And if our God is with us then what
could stand against?

*Jesse Reeves, Jonas Myrin, Chris Tomlin,
Matt Redman © 2010 Thankyou Music*



Reading Matthew 6:16-18 ¹⁶When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷But when you fast, put oil on your head and wash your face, ¹⁸so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Thought for the day: Paula Sargeant

Fasting seems to have become one of the least currently practised spiritual disciplines despite being referenced over 50 times in the Bible. It was practised by David, Daniel, Ezra, Elijah & Moses amongst others for purposes of humbling and confession, seeking direction, asking protection and at the onset of ministry. From Jesus' words, in Matthew 6:16-18, we learn that fasting was an ongoing, conventional, spiritual practice and from the mention of fasting in Acts, we see its continued practice, particularly in the selection and appointment of Barnabas and Saul and of elders in the churches at Lystra, Iconium, and Antioch. Perhaps in this time of Lent, we can each explore what fasting might look like for us and how it can enrich and deepen our relationship with God.

Fasting is not for everyone. Children, the very elderly or those with eating disorders should not fast. Those who suffer from health complications should first consult with their doctor.

Song 3

There is strength within the sorrow
There is beauty in our tears
And You meet us in our mourning
With a love that casts out fear.

You are working in our waiting
Sanctifying us
When beyond our understanding
You're teaching us to trust

*Your plans are still to prosper
You've not forgotten us
You're with us in the fire and the flood
Faithful forever perfect in love
You are sov'reign over us*

You are wisdom unimagined
Who could understand Your ways
Reigning high above the heavens
Reaching down in endless grace

You're the lifter of the lowly
Compassionate and kind
You surround and You uphold me
And Your promises are my delight



**THE LORD IS MY
STRENGTH**
AND MY SHIELD;
My heart trusts
in Him,
& He helps me.
My heart
leaps for JOY
& with my song
I PRAISE HIM.
Psalm 28:7

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Even what the enemy means for evil
You turn it for our good
You turn it for our good
And for Your glory

Even in the valley You are faithful
You're working for our good
You're working for our good
And for Your glory

*Aaron Keyes Bryan Brown, Jack Mooring
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