



## St Michael and St Mary

### Information for the week beginning

### 15<sup>th</sup> March 2020 -Third Sunday of Lent

8.00 a.m.	Holy Communion (St Michael's)
9.30 a.m.	Parish Communion (St Michael's)
6.00.p.m.	Evensong (St Mary's)

### Coronavirus Update 13<sup>th</sup> March 2020

St Michael's and St Mary's continue to take proportionate and precautionary measures based on advice received so that we can meet in confidence.

Our current advice is:

- if you feel unwell, stay at home;
- carefully wash hands before you come to church and on site; washing facilities are available in both churches and all three halls;
- refrain from shaking hands - consider alternative signs of friendship;
- communion to be distributed standing and in the form of bread only; blessings will be offered without physical contact; distributors will wash their hands during the offertory and will receive communion after the congregation to avoid hand-to-mouth contact; Jesus meets us equally and fully 'in both kinds', bread and wine;
- with regret, we must now suspend catering at all parish events;
- look out for those you do *not* see; stay in contact with neighbours (by phone if necessary), especially if vulnerable; pastoral care is a responsibility of us all;
- maintain support for FEED foodbank (collection boxes in both churches) - FEED may face high levels of demand, and donating food + household staples is a witness against hoarding;
- confidentially advise the Parish Office if you are self-isolating;
- look at the Bishop of St Albans Four Golden Rules about 'what we haven't heard from the government' about coronavirus: <https://www.stalbans.anglican.org/coronavirus/>

Further updates, including to hall hirers, will be circulated as appropriate. In addition, we are looking at ways we might increase web-based faith-support for those who are unable to attend church.

### Contacts

Key information is available on [www.stmichaels-parishchurch.org.uk/](http://www.stmichaels-parishchurch.org.uk/) or via the Parish Office: 01727 835037 (9.00 a.m.–12.00 p.m. Monday, Tuesday, Thursday and Friday)

## Resources for today's 9.30am service

Children's groups are running for years R-7 in St Michael's primary school (Explorers and Seekers). The children's corner in the North Aisle contains themed-worksheets, books and toys. Parents, please remain responsible for your children in this space. If your child needs time-out or privacy (e.g. nappy change) the Tower Room is available and has sound relay of the service.

### **Today's readings are:**

Exodus 17: 1-7 (p. 59 in the Old Testament section of the pew Bibles)

Romans 5: 1-11 (p. 143 in the New Testament section of the pew Bibles)

John 4: 5-15, 31-42 (p. 88 in the New Testament section of the pew Bibles)

..... and will be read by David Carter and Anke King

*Between the first and second readings the choir sings **Psalm 95***

O come, let us sing unto the Lord:  
let us heartily rejoice in the strength of our salvation.

Let us come before his presence with thanksgiving:  
and show ourselves glad in him with psalms.

For the Lord is a great God:  
and a great King above all gods.

In his hand are all the corners of the earth:  
and the strength of the hills is his also.

The sea is his, and he made it:  
and his hands prepared the dry land.

O come, let us worship and fall down:  
and kneel before the Lord our Maker.

For he is the Lord our God:  
and we are the people of his pasture, and the sheep of his hand.

To-day if ye will hear his voice, harden not your hearts:  
as in the provocation, and as in the day of temptation in the wilderness;

When your fathers tempted me:  
proved me, and saw my works.

Forty years long was I grieved with this generation, and said:  
It is a people that do err in their hearts, for they have not known my ways;

Unto whom I swear in my wrath:  
that they should not enter into my rest.

*Prayers will be led by Gillian Davey*

### **During communion the choir sings:**

Like as the hart desireth the waterbrooks, so longeth my soul after thee, O God.  
Why art thou so full of heaviness, O my soul, and why art thou so disquieted within me?  
O put thy trust in God.

*Words from Psalm 42      Music by Vincent Novello 1781-1861*

Toilets are available in the Parish Centre at the east end of the churchyard.

Please stay for refreshments after the service in the Parish Centre.

## Week beginning Sunday, 15<sup>th</sup> March 2020

Monday	9.00 a.m.	Morning Prayer (St Michael's)
Tuesday	9.00 a.m.	Morning Prayer (St Michael's)
	9.45 a.m.	Tiny Tots (Parish Centre)
	8.00 p.m.	Building Blocks of Faith (Lent Group) 4/6 : Church (Parish Centre)
Wednesday	9.00 a.m.	School Service (St Michael's)
	10.30 a.m.	Holy Communion (St Michael's)
	11.15 a.m.	Building Blocks of Faith 3/6 : Church (Parish Centre)
Thursday	9.00 a.m.	Morning Prayer (St Michael's)
	from 8.00 p.m.	Ladies' Night (Portland Arms)
Friday	9.00 a.m.	Morning Prayer (St Michael's)
	7.45 p.m.	Choir practice (St Michael's)

### Next Sunday: 22<sup>nd</sup> March 2020 - Mothering Sunday

8.00 a.m.	Holy Communion (St Michael's)
9.30 a.m.	All-Age Communion (St Michael's)
5.00 p.m.	Choral Evensong (St Michael's)
6.00 p.m.	Evensong (St Mary's)

... and for reflection, next Sunday's reading will be

John 19: 25b-27

## Please remember in your prayers

*those who are ill*

Jacqui Follett  
Jo Frost  
Debbie Greenwood  
Helen Huson  
Rachael Hymas  
Beryl Milnes  
Alice Reardon  
Cora Marie Varshney  
Paul Wiggett  
Barbara Woodward

# Notices

**Today, 15<sup>th</sup> March, Kenneth** is helping out at a neighbouring parish as a colleague is temporarily off work with sciatica.

During this time of worry, a simple way in which we can show Christian concern for one another is through our ongoing support of **FEED Foodbank**. FEED will be under particular strain as some families experience income volatility, and donating food and other household staples is a witness against the selfish irresponsibility which has emptied the shelves at some supermarkets recently. Collection boxes for FEED can be found at the back of St Michael's church and in the Schoolroom at Childwick.

**ELECTORAL ROLL:** The church's Electoral Roll **is now open for revision**.

- If you are already a member of the Roll, you do not need to complete a form. However, if you are unsure that you are on the Roll, and wish to check, please get in touch with Georgie in the office (01727 835037).
- If you are a regular worshipper aged 16 and above, and not yet on the Roll, please take an Electoral Roll Application Form from the back of either church, fill it in, and return to the Parish Office at the Vicarage **before 31<sup>st</sup> March**. Membership of the Electoral Roll gives you voting rights at parish meetings and helps keep our pastoral contacts up to date.

**First Aid Audit:** we are updating our records: if you have first aid training and would be prepared to use it (if needed!) during a service &/or other parish event, please could you let Sue Dyson know: [sue.dyson2@gmail.com](mailto:sue.dyson2@gmail.com) Likewise, if you do not have current first aid training but might like to receive some (or a refresher), please contact Sue. We may be looking to roll out some basic provision after Easter.

**Compost:** The compost bin in the churchyard is full. If you would like any compost, please bring your own bags and help yourself.

## **For Your Diary**

**Friday, 27<sup>th</sup> March: Community Litter-Pick** - A day of community action has been organised to give our village a Spring Clean. We'd love to be joined by helpers of **all ages** outside St Michael's Top School (AL3 4SJ) at one (or both!) of the following sessions:

- 9.00 a.m. - 10.00 a.m. (after school drop-off)
- 3.30 p.m. - 4.30 p.m. (after pick up)

Rubbish bags and litter-pickers will be provided but please come equipped with sturdy gloves and footwear. Refreshments will be provided in the Parish Centre afterwards. We look forward to seeing you!

**Dione Verulam and Kenneth Padley**

**The Friends' of St Michael's Church** have been allocated 110 tickets to sell, in aid of church funds, for a play **A Bunch of Amateurs** which will be performed at The Abbey Theatre, St Albans, on Thursday, 14<sup>th</sup> May. Start time 8.00pm. Tickets are available, for £12.00 / head, via email from **David Fletcher** ( [photofletcher@btinternet.com](mailto:photofletcher@btinternet.com) ) **or in the Parish Centre after the 9.30 a.m. service on 22<sup>nd</sup> March and 5<sup>th</sup> April.**