



# St Anne's Church, Chingford

Web site: [www.stanneE4.org.uk](http://www.stanneE4.org.uk)

## 2nd March 2025 – Sunday Next before Lent

### Parish Eucharist - 10.00

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- Welcomers:** Rosalind Tatam, Bridget Tongo  
**Servers:** Caroline Acton, Lindsay Archer, Phil Hallsworth  
**Chalice:** Lindsey Archer, Lisa Markham  
**Lessons:** Joy Ventour  
**Prayers:** Julie Adesina  
**Leader:** Mick Scotchmer  
**Preacher:** Mick Scotchmer  
**Celebrant:** Jude Bullock  
**Music:** Bill Gloyn

- Hymns:**  
 105 Christ whose glory fills the sky  
 378 Jesus calls us here to meet him  
 62 Be still for the presence  
 463 Lord Jesus Christ  
 777 To God be the Glory



Eco thought for March

***In every headland, in every beach, in every grain of sand, there is the story of the earth.***

*Rachel Carson*

***This week***

|           |         |       |                           |
|-----------|---------|-------|---------------------------|
| Wednesday | 5th Mar | 20.00 | Sung Eucharist and Ashing |
| Thursday  | 6th Mar | 19.30 | Friends Hour              |
| Friday    | 7th Mar | 10.00 | Eucharist                 |
| Sunday    | 9th Mar | 10.00 | Parish Eucharist          |



## **Collect**

Almighty Father,  
whose Son was revealed in majesty  
before he suffered death upon the cross:  
give us grace to perceive his glory,  
that we may be strengthened to suffer with him  
and be changed into his likeness, from glory to  
glory;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **Post Communion**

Holy God,  
we see your glory in the face of Jesus Christ:  
may we who are partakers at his table  
reflect his life in word and deed,  
that all the world may know his power to  
change and save.  
This we ask through Jesus Christ our Lord.

## **Old Testament Reading**

***Exodus 34.29-35***

<sup>29</sup>Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that the skin of his face shone because he had been talking with God. <sup>30</sup>When Aaron and all the Israelites saw Moses, the skin of his face was shining, and they were afraid to come near him. <sup>31</sup>But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them. <sup>32</sup>Afterwards all the Israelites came near, and he gave them in commandment all that the LORD had spoken with him on Mount Sinai. <sup>33</sup>When Moses had finished speaking with them, he put a veil on his face; <sup>34</sup>but whenever Moses went in before the LORD to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded, <sup>35</sup>the Israelites would see the face of Moses, that the skin of his face was shining; and Moses would put the veil on his face again, until he went in to speak with him.

This is the word of the Lord.

**All Thanks be to God.**

## **New Testament Reading**

***2 Corinthians 3.12-4. 2***

<sup>12</sup>Since we have such a hope, we act with great boldness, <sup>13</sup>not like Moses, who put a veil over his face to keep the people of Israel from gazing at the end of the glory that was being set aside. <sup>14</sup>But their minds were hardened. Indeed, to this very day, when they hear the reading of the old covenant, that same veil is still there, since only in Christ is it set aside. <sup>15</sup>Indeed, to this very day whenever Moses is read, a veil lies over their minds; <sup>16</sup>but when one turns to the Lord, the veil is removed. <sup>17</sup>Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. <sup>18</sup>And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit.

<sup>1</sup>Therefore, since it is by God's mercy that we are engaged in this ministry, we do

not lose heart. <sup>2</sup>We have renounced the shameful things that one hides; we refuse to practise cunning or to falsify God's word; but by the open statement of the truth we commend ourselves to the conscience of everyone in the sight of God.

This is the word of the Lord.

*All*    **Thanks be to God.**

## **Gospel**

**Luke 9.28-36**

*When the Gospel is announced the reader says*

Hear the gospel of our Lord Jesus Christ according to Luke.

*All*    **Glory to you, O Lord.**

<sup>28</sup>Jesus took with him Peter and John and James, and went up on the mountain to pray. <sup>29</sup>And while he was praying, the appearance of his face changed, and his clothes became dazzling white. <sup>30</sup>Suddenly they saw two men, Moses and Elijah, talking to him. <sup>31</sup>They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. <sup>32</sup>Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. <sup>33</sup>Just as they were leaving him, Peter said to Jesus, 'Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.' Peter did not know what he said. <sup>34</sup>While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. <sup>35</sup>Then from the cloud came a voice that said, 'This is my Son, my Chosen; listen to him!' <sup>36</sup>When the voice had spoken, Jesus was found alone. And the disciples kept silent and in those days told no one any of the things they had seen.

This is the Gospel of the Lord.

*All*    **Praise to you, O Christ.**

## **Today's Music**

The incidental music is mainly French. Before the service are three items from music for the Mass dating from 1682 by Gabriel Nivers - "Prelude", "Recit de Voix humaine" and "Fugue". The rest of today's music is by leading Parisian organists of the mid/late 1800's - "Offertory" by Alexandre Guilmant, followed by five pieces by Léon Boëllmann, "Interlude", "Caprice", "Chant de Matin" and "Prière à Notre Dame". Finally, "Entree" from his 5th Mass setting. At the Peace "While on the sea" a Ukrainian hymn followed by the Prayer for Peace. During communion "Offertory" and "Chant pour Dieu" by Charles Lefebvre. The outgoing voluntary is the "Pontifical March" by Charles Gounod, best known as an opera composer, written for a competition for a Vatican celebration in 1869 and still used at major events there.

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We do not take a collection during the service at St. Anne's as we have a Parish Giving scheme. However if you wish to make a contribution you will find a plate at the back of church and a card reader if you prefer to donate in that way. If you would like to join the **Parish Giving** scheme



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please speak to Lindsey Archer or the church wardens. Also, scanning this QR code will provide information about the scheme and how you can make contributions if you wish.

**Ukraine and Eat or Heat** - We are still collecting for both at the back of the church—children, toddler's and baby items are still very much needed as the war takes its toll on the people of Ukraine. As are long lasting food products and hygiene products for Eat or Heat.

W

**Day of Recollection—Next Saturday** 8th March, starting at 10am. Please hold the date.

**Lent Course** - We will again be holding a Zoom Lent course this year on Wednesday at 8pm from 12th March to 9th April. It is entitled True Freedom and will look at modern slavery using the text of Galatians.

**Friends Hour:** During Lent on Thursday evenings from 7.30—8.30 the Church will be open for a Quaker style hour of silent worship, The worship begins when the first person arrives and ends with the sign of peace and the grace. All welcome.

S

**To celebrate the re-opening of Notre-Dame Cathedral**

the Valentine Singers will perform:

David Briggs' Messe Pour Notre-Dame and Louis Vierne's Messe Solennel Saturday, 15th March at 7pm. Doors open at 6.30pm St. Gabriel's Church, Aldersbrook, Wanstead, E12 5HH

#### FOR OUR PRAYERS:

We remember in prayer each day all those both known and unknown to us who are suffering in mind, body and spirit, for those who have care of them, for all who are living with difficulties and trouble at this time and for all who will enter eternity this week.

**Anniversaries for March:** 6th Lily Burnett, 9th Dorothy Rossiter, Joan Page-Webster, 10th Peter Simpson, 11th Florence Digman, 12th Elsie Muscutt, 15th Linda Smith-Pryor, 17th John Barwick, Violet Gibbs, 18th Aglaia Macropoulos, Cyril Ives, 21st Bernice Foster, Anthony Foster, 22nd Kim Runeckles, 23rd Derek Palmer, 24th Betty Crawford, 27th John Wood.

*Eternal rest grant unto them O Lord, and let light perpetual shine upon them,  
may they rest in peace and rise in glory. Amen*

## 5 Suggestions to make a good Lent;

- 1) As many of us already do: set a regular prayer/meditation time, every day. And don't be disappointed if you miss one! Just get back to it the following day. There is a Buddhist saying: 'Meditate daily for half an hour, unless you are busy – in which case meditate for an hour.'
- 2) As part of prayer time or on its own, a daily reading from the Bible. As a suggestion since we are looking at the letter to the Galatians during the Lent course, it might be an idea to read a few verses from Galatians each day.
- 3) Giving up something is good, taking up something is better! In fact giving up something is only good when it makes us better people and we share with those who 'have not' what we have given up. A suggestion: Random Acts of Loving Kindness. From dropping in on a neighbour to letting a beleaguered parent with challenging children go in front of you in the supermarket queue. Kindness always makes a difference.
- 4) Where possible come to parish events: The Lent course by Zoom, The Friends hour (see other side of page), and the day of recollection on Saturday 8<sup>th</sup> March. These are all designed to deepen our spiritual lives and Lent is an ideal opportunity to 'reset' our individual spiritualities.
- 5) Are there people who have been part of your life who caused you great hurt and pain? Hold them in prayer remembering the words on the cross 'Father forgive them for they know not what they do.'

## Friends hour

A holy hour has been part of Christian worship since long before the reformation. It is when a community gathers to worship in silence. Quaker (Religious society of Friends) spirituality is grounded in the Meeting for Worship, which usually lasts an hour. There is no liturgy, there is silence which every now and then is broken by someone who feels called to speak. Most meetings are usually silent. There is something quite powerful in people praying/meditating together in silence. We will sit in a circle (people can come and join in whenever they like and leave whenever they like). In the middle will be a table with some books on including the Bible to help our prayer time. The time is spent between each of us and God without interruption. All welcome.

### Dates:

Saturday 8<sup>th</sup> March: 10am – 2pm Day of Recollection

Every Wednesday: MMU Lenten course by Zoom 8-9pm

Every Thursday: Friends hour 7.30 – 8.30 pm