

## Deuteronomy 26.1-11

This passage can be seen as instructions for an act of worship for the people of Israel. It describes what we would call a harvest festival, giving thanks for the first fruits of the harvest. But it is more than that. There is thanksgiving for the land of Israel, which is understood as a gift from God, and this in turn is rooted in the key event in Israel's early history: liberation from slavery in Egypt. Undergirding it is the theme of journey: 'My father was a wandering Aramean.' Abraham journeyed to Canaan, the Israelites journeyed out of Egypt to the promised land. All this is to be deliberately recalled and remembered but in the context of worship of the God who saves his chosen people. Deuteronomy has a sacramental emphasis. The holy past of Israel is represented. Concrete things like food remind the people of the generosity of God and his liberating power. These elements are similar to the Eucharist, which means thanksgiving, whereby we eat the bread and drink the wine which reminds us of our liberation from the slavery of sin through the cross where Jesus's body is broken for us and his blood is shed for us that we might have new life and freedom. Lent reminds us of our Christian identity and where our centre lies in Jesus Christ. We review and reflect on our Christian commitment. We are on a journey of discovery, a pilgrimage of faith in God and if we are to remain focused we need to be reminded of the origins of our belief both Jewish and Christian. This is why regular attendance and involvement in the Eucharist is not an option, because when we are present, we worship God, we hear the story of our faith in Holy Scripture, and we remember in particular the liberating act of the Crucifixion by Jesus for us through the Eucharistic prayer, and we are fed with the bread of life. These actions sustain our faith and deepen our sense of God.

## Elements of the Mass

### Music in the Mass

You will have noticed since the beginning of Lent that the music in church used at mass has changed. The music we use in church reflects the nature of the worship we are taking part in. This means that when we have a great celebration the music will be exuberant with the use of the organ and perhaps other instruments as well. There might be fanfares or descants in some of the hymns. Just before Lent you might for example have sung lots of exuberant 'alleluias'; as you wouldn't be singing them in church during the Lenten season. During Lent the music is of a more sombre tone, for example in some churches there is no organ accompaniment, or some of the extra pieces of music are removed. This removal of music and the change in tone means that when Easter comes we sing with all the more exuberance. There is something very joyful for example when we ring the bells to accompany the singing of the Gloria at the Easter Vigil. Music in the Mass therefore reflects the nature of the celebration.

10th March  
2019

First Sunday  
of Lent

## Fasting



The whole church (including the Church of England via the Book of Common Prayer) tells us we must fast if we are adults in good health. In modern practice, two days are prescribed for fasting in the year, Ash Wednesday and Good Friday, though an individual can fast on any additional days he or she chooses. A light collation replaces what we would normally have for lunch, and then, towards evening, we might eat a simple meal, often fish, but certainly no meat. All Christians no doubt find fasting and abstinence difficult on these days and whenever they practise it. Yet Jesus, like John the Baptist before him, was very clear that prayer and fasting must go together, and we see this too in the lives of the saints. Fasting has always been intended to strengthen us spiritually by weakening the attraction of worldly pleasures (including food) and the attention we pay them. Today we often say too that 'giving something up' reminds us of what it meant for Jesus to give up everything including his life for us free. Fasting should also increase our compassion for the hungry. However we understand it, the message is clear: try fasting, if you want to get closer to Jesus.

### Prayers to Remember

O God, who by thy Son dost marvellously work out the salvation of mankind: Grant, we beseech thee, that, following the example of our blessed Lord, and observing such a fast as thou dost choose, we may both be subjected to thee with all our hearts, and united to each other in holy charity: through the same Jesus Christ our Lord.

### Gelasian Sacramentary



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# The Parish of Hawley

Registered Charity No. 1130589

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## FIRST SUNDAY IN LENT

(Page 727 Year C in the Missal)

Welcome to our services today

9.15am Sung Mass at All Saints'

11am Sung Mass at Holy Trinity

6pm Evensong, Stations of the Cross and Benediction at Holy Trinity

## WEEKDAY MASSES

### Monday 11<sup>th</sup>

*Feria in Lent*

9.30am at Holy Trinity

### Wednesday 13<sup>th</sup>

*Feria in Lent*

7.30pm at Holy Trinity

(7pm Exposition of the Blessed Sacrament)

### Thursday 14<sup>th</sup>

*Feria in Lent*

9.30am at Holy Trinity

### Saturday 16<sup>th</sup>

*Feria in Lent*

6.30pm at Holy Trinity

(Walsingham Cell)

(Confessions from 5.45pm)

## NEXT SUNDAY - LENT 2 (Year C)

9.15am Sung Mass at All Saints'

11am Sung Mass at Holy Trinity

6pm Evensong, Stations of the Cross and Benediction at Holy Trinity

## Psalm Response:

Be with me, O Lord, in my distress.

## Gospel Acclamation:

**People: Praise to you O Christ, King of eternal glory. (x2)**

Cantor: Man does not live on bread alone, but on every word that comes from the mouth of God.

**People: Praise to you O Christ, King of eternal glory. (x2)**

(The response is repeated after the Gospel reading.)

**ALL GREEK FROM NOW ON** - a reminder that in Lent the Kyries will be sung in their original Greek to a different musical setting from usual. We've used this alternative for a little while in Advent and Lent, so most of us will be able to sing along without any trouble.

**LENT CHARITY** - this year's nominated charity is "Step by Step". They work in Aldershot and the surrounding area helping young homeless people. Gift Aid Envelopes are available at the back of both churches.

**LENT LUNCH - Fridays, 12.30pm at Holy Trinity** - (Bread and Vegetarian Soup). If anyone would like to make some soup please see Rita Davies. A collection (optional) will be taken for our Lenten charity.

**LENT THOUGHTS** - this year you are encouraged to view the Guildford Diocesan Lent Resources. These are available as a downloadable resource or can be emailed to you.

[www.cofeguildford.org.uk/lent](http://www.cofeguildford.org.uk/lent) - leaflets are available in church.

**HAMS** - our men's group meeting is **tomorrow, Monday 11<sup>th</sup> March**, 8.15pm in Trinity Hall. As usual for our Lenten meeting we invite a member of the clergy. This year Fr William has agreed to be our speaker. Come along and join us for this occasion. Our meeting concludes with supper type refreshments by 10pm. We look forward to seeing you.

**WALSINGHAM CELL** meet **this Saturday, 16<sup>th</sup> March**. Mass 6.30pm at Holy Trinity followed by a bring and share supper, everyone is welcome.

**MOTHER'S UNION** meet on Monday, March 18<sup>th</sup> at 8pm in Trinity Hall. Fr Glyn will be our speaker.

## CULTURE OF INVITATION TRAINING - 26<sup>th</sup> March 2019 10.00 - 15.00 or 19.30 - 21.30

All are welcome to this event being held at St Peter's Church, Beales Lane, Wrecclesham, Farnham, Surrey, GU10 4PY led by Michael Harvey, Chief Executive for the National Week-end of Invitation, building on Thy Kingdom Come. Michael takes a comedic look at the life of the modern Christian. His hilarious seminar releases people to become invitational. It is not to be missed. Prepare to laugh and be challenged! Refreshments and lunch provided!!

**To Book:** go to Eventbrite UK and search for Culture of Invitation for a **free** ticket.

**THANK YOU** - Jim's quiz raised £525 for Help for Heroes.

**NEW ELECTORAL ROLL** - every six years Church of England parishes have to create a new Electoral Roll. No names are carried forward from the previous roll. The revision has now begun. All forms must be **returned by 2<sup>nd</sup> April**. Forms are available from Corinne Chapman and also from the back of our churches. The new roll will come into force on 28<sup>th</sup> April at the APCM. It is important that you fill in the form so long as you qualify, if in doubt ask. The electoral roll is the foundation of the whole structure of the governance of our church.

**SINGING FOR WELLBEING** - do you fancy having fun and improving your wellbeing? Then please contact Dennis Goddard on 01276 502315, email [d.goddard1@ntlworld.com](mailto:d.goddard1@ntlworld.com) This is not a choir, just a group to make a joyful noise!

**DAVID FLORENCE** - longtime parishioner. David was involved in a house fire a couple of weeks ago. He is recovering and is currently in Fleet Hospital, though will need to be rehoused at some point. If anyone is able to visit him they would be welcome. (He has struggled in the past decade following the death of Sally.)

**TEA AT TWO AT ALL SAINTS'** - meets from 2pm - 4pm.

**ITEMS FOR THE WEEKLY SHEET** should be sent by **Wednesday morning** to [pauline\\_scott@icloud.com](mailto:pauline_scott@icloud.com) thank you.

