



# ST PAUL'S PARISH NEWS



26<sup>th</sup> January 2023

## Sunday Worship – 29<sup>th</sup> January 2023 Epiphany 4 – Presentation of Christ in the Temple

8:00am - BCP Holy Communion at St Paul's, Scotforth Road

9:45am – Holy Communion, St Paul's, Scotforth Road

11:15am – Service of the Word at St Paul's, Hala

**Wednesday** at 9:15am – Morning Prayer  
Please contact Margaret Ives if you would like to join the  
telephone conference

**Thursday** at 9:15am - Holy Communion at St Paul's,  
Scotforth Road



*Worshipping God,  
Growing in Faith,  
Serving the Community.*

## FOR OUR PRAYERS

**Our mission Partners:** For Stephen and Marit Impey's work with Wycliffe Bible Translators International.

**From our Parish prayer diary:** Newlands Road, Farmdale Road, Chequers Avenue

**From our Church prayer diary:** Rowallan Cub Pack (16<sup>th</sup> Lancaster)

**Those who have asked for prayers for healing:** Mary Wilson, Eunice Parkinson, Marion Corkill, Reg Wollington, Mary Smith, Dorothy Camm, Lee Phillips, Denis Thorpe, Joan Guenault, John Harding

**All who mourn:** Helen Wolfendale, Peter Croxall, Anthony Stephen Walker

### Parish Diary for the coming week:

Date & Time	Name of Event
Thursday 26 <sup>th</sup> January, at 10am	Pastoral Team Meeting in Church

### Collect for 29th January 2023:

Almighty and ever-living God,  
clothed in majesty,  
whose beloved Son was this day presented in the Temple,  
in substance of our flesh:  
grant that we may be presented to you  
with pure and clean hearts,  
by your Son Jesus Christ our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### Readings for 29th January 2023:

#### Psalm 24

- 1 The earth is the Lord's and all that fills it,  
the compass of the world and all who dwell therein.
- 2 For he has founded it upon the seas

and set it firm upon the rivers of the deep.  
3 'Who shall ascend the hill of the Lord,  
or who can rise up in his holy place?'  
4 'Those who have clean hands and a pure heart,  
who have not lifted up their soul to an idol,  
nor sworn an oath to a lie;  
5 'They shall receive a blessing from the Lord,  
a just reward from the God of their salvation.'  
6 Such is the company of those who seek him,  
of those who seek your face, O God of Jacob.  
] 7 Lift up your heads, O gates;  
be lifted up, you everlasting doors;  
and the King of glory shall come in.  
8 'Who is the King of glory?'  
'The Lord, strong and mighty,  
the Lord who is mighty in battle.'  
9 Lift up your heads, O gates;  
be lifted up, you everlasting doors;  
and the King of glory shall come in.  
10 'Who is this King of glory?'  
'The Lord of hosts,  
he is the King of glory.'

## **Luke 2.22-40**

22 When the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord<sup>23</sup>(as it is written in the law of the Lord, 'Every firstborn male shall be designated as holy to the Lord'),<sup>24</sup>and they offered a sacrifice according to what is stated in the law of the Lord, 'a pair of turtle-doves or two young pigeons.' 25 Now there was a man in Jerusalem whose name was Simeon;\* this man was righteous and devout, looking forward to the consolation of Israel, and the Holy Spirit rested on him.<sup>26</sup>It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Messiah.\*<sup>27</sup>Guided by the Spirit, Simeon\* came into the temple; and when the parents brought in the child Jesus, to do for him what was

customary under the law, <sup>28</sup>Simeon\* took him in his arms and praised God, saying,

<sup>29</sup> 'Master, now you are dismissing your servant\* in peace, according to your word;

<sup>30</sup> for my eyes have seen your salvation,

<sup>31</sup> which you have prepared in the presence of all peoples,

<sup>32</sup> a light for revelation to the Gentiles and for glory to your people Israel.'

33 And the child's father and mother were amazed at what was being said about him. <sup>34</sup>Then Simeon\* blessed them and said to his mother Mary, 'This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed <sup>35</sup>so that the inner thoughts of many will be revealed—and a sword will pierce your own soul too.' <sup>36</sup> There was also a prophet, Anna\* the daughter of Phanuel, of the tribe of Asher. She was of a great age, having lived with her husband for seven years after her marriage, <sup>37</sup>then as a widow to the age of eighty-four. She never left the temple but worshipped there with fasting and prayer night and day. <sup>38</sup>At that moment she came, and began to praise God and to speak about the child\* to all who were looking for the redemption of Jerusalem. <sup>39</sup> When they had finished everything required by the law of the Lord, they returned to Galilee, to their own town of Nazareth. <sup>40</sup>The child grew and became strong, filled with wisdom; and the favour of God was upon him.

### **Post Communion Prayer for 29th January 2023:**

Lord, you fulfilled the hope of Simeon and Anna,  
who lived to welcome the Messiah:

may we, who have received these gifts beyond words,  
prepare to meet Christ Jesus

when he comes to bring us to eternal life;

for he is alive and reigns, now and for ever.

## Readings for next Sunday:

Isaiah 58.1–9a [9b–12]; Psalm 112.1–9 [ or Psalm 112];  
1 Corinthians 2.1–12 [13–end]; Matthew 5.13–20

## Parish News received by email:

Reminder to contact us after Thursday 26<sup>th</sup> January ONLY IF you do not receive your weekly parish news email.

## The Snowdrop

Now is the time for snowdrops  
brightening dull days  
bringing cheer to our gardens  
and hope to the churchyard.  
A snowdrop seems a humble bloom  
demurely bowing its head  
as it nods in the breeze.  
Yet the purity of its whiteness  
dazzles,  
Its simple beauty breath-taking.  
Consider the snowdrop in wintertime,  
we might hear Jesus say,  
even Solomon in all his majesty  
was not so finely arrayed.  
In our world of celebrity  
where brazenness is all:  
in our thrusting culture  
where egos dominate  
the snowdrop speaks of other qualities,  
of gentleness and modesty  
and strength of character;  
so delicate and yet so hardy.  
How blest are the meek  
Inheriting the earth  
as snowdrops fill our gardens.



*Maureen Leach*



**Young Church:** it is wonderful that our Young Church is a vibrant and welcoming place for all the children who attend each week during term time. However, in order for us to provide consistent weekly sessions for our young people we are in desperate need of more Leaders. The more leaders we can recruit the less the demand each month it is for every leader – we are currently operating with minimum numbers on the rota and we may have to cancel sessions at short notice, as we have done this month, if we don't get

more volunteers. There is, with any post working alongside children, a safer recruitment process to follow. If you have any questions at all then please talk to Jayne – either at the end of a service or contact either by email: [safeguarding@stpauls-scotforth.org](mailto:safeguarding@stpauls-scotforth.org) or telephone the parish office: 843135.

### **“Then they sang a hymn”:**

The above quotation is from Matthew 26 v30. Jesus and the disciples had just shared supper together – now known as the Last Supper – and after singing the hymn together, they went out to the Mount of Olives. In Ephesians 5 v19, we are told to ‘sing hymns and psalms to the Lord with praise in your hearts.’ Colossians 3 v16 tells us to ‘sing psalms, hymns, and sacred songs; sing to God with thanksgiving in your hearts’.



After quite a long break from singing in church because of Covid restrictions, we are now back to singing four hymns and the Gloria at the 9.45am service on most Sunday mornings. Quite a number of the congregation have said how pleased they are to be able to joyfully sing hymns again, but perhaps there are a few who are still worried about being able to catch Covid through singing. Perhaps the following statements from qualified and reliable people, including a consultant in infectious diseases, might ease those worries.

*In the early days of Covid it was agreed that 'more information was urgently needed. That information is now available. It turns out that singing is no more dangerous Covid-wise, than talking at a similar volume'.*

*Not only is singing together now accepted as 'safe' but it is also being used to promote health. Singing can now be prescribed by GP's. 'Singing requires deep and regular breathing, which can have an immediately tempering effect on stress levels, and a more long-term effect on lung capacity.' 'The results of a study of English National Opera's Breathe programme, which has treated almost 2,000 long Covid sufferers across England shows that as a result of weekly breathing and singing sessions, participants found improvement in breathlessness and general wellbeing'. 'There is even some evidence that it may help to sustain a healthy immune system'.*

So, join in with the thousands and thousands of people who are again regularly singing in small or large groups, and enjoy the experience. As a famous psychologist said, 'I don't sing because I'm happy. I'm happy because I sing'. We have the added bonus of being able to 'sing hymns to God with praise and thanksgiving in our hearts'.

*Christine Medd*



**Venue: St Paul's Parish Hall,  
Scotforth Road, LA1 4TS**

**Monday's - 2pm – 3.30pm:**  
5<sup>th</sup> December 2022  
16<sup>th</sup> January 2023  
6<sup>th</sup> February 2023  
6<sup>th</sup> March 2023  
17<sup>th</sup> April 2023  
15<sup>th</sup> May 2023  
5<sup>th</sup> June 2023  
3<sup>rd</sup> July 2023  
7<sup>th</sup> August 2023  
4<sup>th</sup> September 2023  
2<sup>nd</sup> October 2023  
6<sup>th</sup> November 2023  
4<sup>th</sup> December 2023

**St Paul's Church**  
**Tea @ 2pm**

**Drinks and biscuits**

**Opportunities to socialise with others**

**Games – dominoes, cards**

**Bring your knitting or crafts**

## Contactless Giving in Church is now available.

Our machine will be at the back of church so that on your way out, rather than giving a cash donation, you could consider giving by card.



**Submissions for the Parish News:** The deadline each week is Tuesday at noon but we can always add contributions to the following week's Parish News. We look forward to receiving your contributions and supporting each other in the Body of Christ during this time. Please email the parish office, leave a message on the answer machine for a telephone submission or post/leave an article for the Parish Office in the Parish Hall letter box.

- **VICAR:** Rev Dr Rebecca Aechtner:
  - Tel: 749693; Email: [vicar@stpauls-scotforth.org](mailto:vicar@stpauls-scotforth.org)
  - *Rest day is Friday – if you have an urgent enquiry then please contact a Churchwarden.*
- **CHURCHWARDEN:**
  - Mrs Jayne Weatherill:
    - Tel: 60597 or 07986993007; Email: [sjayneweatherill@gmail.com](mailto:sjayneweatherill@gmail.com)
- **PARISH OFFICE:** The office is open Monday to Friday from 9.30am – 12 noon.
  - Tel: 01524 843135; Email: [office@stpauls-scotforth.org](mailto:office@stpauls-scotforth.org)
- **BAPTISMS AND WEDDINGS:** Booking enquiries - please contact Jayne Weatherill through the parish office or Email: [lifeyvents@stpauls-scotforth.org](mailto:lifeyvents@stpauls-scotforth.org)
- **CHURCH WEBSITE & HOW TO HIRE OUR ROOMS:**
  - <https://stpauls-scotforth.org> then visit the Hiring our Spaces area at the top of the page.
- **FACEBOOK:** regular updates about life at St Paul's can be found:
  - @scotforthstpaulschurch
- **INSTAGRAM:** @scotforthstpauls
- **PASTORAL CARE TEAM:** Our Clergy and Pastoral Care Team are here to listen and to pray. You can contact them by either emailing [pastoral@stpauls-scotforth.org](mailto:pastoral@stpauls-scotforth.org) or telephoning Irene on Tel: 64701.
- **Scotforth School:** Headteacher – Mrs Katie Walsh – Tel: 01524 65379