

Christ Church C of E

Ireton Road

Colchester

☎ 01206 542307

✉ christ-church-vestry@btconnect.com

www.colchesterchristchurch.org.uk



Sunday 10th March 2019



Welcome to Christ Church

We extend a very warm welcome to everyone.

Services

Today

9.30 am Holy Communion
Traidcraft Stall

6.30 pm Spirit Space

Wednesday 13th March

10.00 am Holy Communion
In St Marys Chapel

Sunday 17th March

9.30 am Café Worship

6.30 pm Holy Communion



Refreshments - the service will be followed by refreshments – please do stay and share some fellowship together.

Prayer - people are available in the Chapel after the service to pray with you for healing or for any other needs

Children are always welcome - Flames (Sunday School) meets together in the Headgate Room every Sunday during term time. All primary age children are very welcome and those who are younger too, if accompanied by an adult. Please do ask the door stewards for directions.

Hearing loop – there is a hearing loop in the building. If you use a hearing aid please set it to “+”.

Christ Church Anglican Congregation Vision Statement

“Through our worship, mission, nurture and service we want to enable all people to enter into a living relationship with Jesus Christ”

Diary for this week

Monday 11th March 2019

10,00 am Coffee +

Tuesday 12th

9.00 am Morning Prayer
10.00 am Time Together on Tuesday
3.15 pm FRoG Club

Wednesday 13th

10.00 am Holy Communion in St Mary's Chapel

Friday 15th

7.30 pm Splodgy Youth

Rector:

Revd Canon Paul Norrington
(01206) 563478

Associate Priest:

Revd Canon Pat Prestney
07825 222780

Church Wardens:

Rod Green
(01206) 768242
Judith Cronshaw
(01206) 543178

Church Treasurer:

Nigel Humphreys
(01206) 579379

Children and Family Worker

Emma Jarratt
07930 605674
emma@colchesterchristchurch.org.uk

Church Office:

Liz Bird
(01206) 542307

christ-church-vestry@btconnect.com

Service notes

Each week there will be space here for you to jot down any notes you want to make during the service

Introductory Prayer

Into your presence we come, Father God, as your children have done throughout the centuries. In vast Cathedrals, parish Churches, Chapels, homes, warehouses, converted cinemas, in lonely isolated places. Alone or gathered together with others, your Church is wherever your people meet together in worship, in fellowship and in prayer.

Be with us now, loving Father.

Your presence is discernable wherever your Spirit is allowed to enter

Be with us now, loving Father.

Remaining seated we sing: Father God, fill this place

Our young people and leaders leave us for their own activity and worship.

Psalm 91 (*verses 1, 2, 9-16*)

please stand if you are able

A: Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.

B: I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust.'

A: If you say, 'The Lord is my refuge,' and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent.

B: For he will command his angels concerning you to guard you in all your ways;

A: they will lift you up in their hands, so that you will not strike your foot against a stone.

B: You will tread on the lion and the cobra; you will trample the great lion and the serpent.

A: 'Because he loves me,' says the Lord, 'I will rescue him; I will protect him, for he acknowledges my name.'

B: He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honour him.

A: With long life I will satisfy him and show him my salvation.'

Song: The splendour of the King

A time to acknowledge our faults

please sit

Lord God, as we begin our journey through Lent, give us the desire to seek first your Kingdom, the honesty to admit our failings, and the humility to receive your forgiveness, through Jesus Christ our Lord. **Amen.**

Let us hear the commandments which God has given to his people, and examine our hearts:

I am the Lord your God: you shall have no other gods but me

Amen. Lord, have mercy.

You shall not make for yourself any idol

Amen. Lord, have mercy.

You shall not dishonour the name of the Lord your God

Amen. Lord, have mercy.

Remember the Sabbath and keep it holy

Amen. Lord, have mercy.

Honour your father and your mother

Amen. Lord, have mercy.

You shall not commit murder

Amen. Lord, have mercy.

You shall not commit adultery

Amen. Lord, have mercy.

You shall not steal

Amen. Lord, have mercy.

You shall not bear false witness against your neighbour

Amen. Lord, have mercy.

You shall not covet anything which belongs to your neighbour

Amen. Lord have mercy upon us and write all these your laws in our hearts.

In a moment of honest reflection, let us confess to God our failure to keep these commandments.....

May Almighty God have mercy on us, forgive us our sins, and bring us to everlasting life, through Jesus Christ our Lord. **Amen.**

The Gospel:

please stand

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

Glory to you, O Lord.

Luke 4.1-13 – Jesus is tested in the wilderness

This is the Gospel of the Lord.

Praise to you, O Christ.

Sermon

please sit

Affirmation and song of response:

please stand

For each step that we might take

Be our guide, O Lord of life

For each load that we might bear

Be our strength, O Lord of life

For each mountain we might face

Be our power, O Lord of life

For each river that might impede

Be our safety, O Lord of life

For each place where we might rest

Be our peace, O Lord of life

For each sunrise and sunset

Be our joy, O Lord of life

We sing: All I once held dear

Prayers of Intercession

please sit

The Peace:

please stand

Since we are justified by faith, we have peace with God through our Lord Jesus Christ who has given us access to his grace.

The peace of the Lord be always with you: **and also with you.**

We exchange a sign of peace.

Offertory Hymn: Behold the Lamb

Communion:

remain standing

The Lord be with you

and also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give thanks and praise.

for ever praising you and saying:

Holy, holy, holy Lord,

God of power and might,

heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

until he comes in glory.

**When we eat this bread and drink this cup,
we proclaim your death, Lord Jesus,
until you come in glory.**

for ever and ever.

Amen.

As our Saviour taught us, so we pray:

please sit

**Our Father in heaven, hallowed be your name, your kingdom come,
your will be done, on earth as in heaven. Give us today our daily
bread. Forgive us our sins as we forgive those who sin against us.
Lead us not into temptation but deliver us from evil. For the
kingdom, the power and the glory are yours now and for ever. Amen.**

We share bread and wine.

*There is also an opportunity for prayer. If you would like prayer for yourself or
someone else you are most welcome to move to the 'prayer place' to the left
of the dais where someone will meet with you.*

Post-Communion Prayer:

**Lord God, you have renewed us with the living bread from heaven;
by it you nourish our faith, increase our hope, and strengthen our
love. Teach us always to hunger for him who is the true and living
bread, and enable us to live by every word that proceeds from out of
your mouth; through Jesus Christ our Lord. Amen.**

Notices

Hymn: Lord, make me a mountain

Blessing

Dismissal:

Go in peace to love and serve the Lord.

In the name of Christ. Amen

Christ Church Colchester

Explore course

For those working with 0-11's in a church setting

Session 1

Wednesday 17th April, 6.30-10.00pm

or Saturday 4th May, 2-5.30pm

Session 2

Wednesday 24th April, 6.30-10.00 pm

or Saturday 11th May, 2-5.30 pm



e-mail: explore@colchesterchristchurch.org.uk
or call 01206 542307

Christ Church, Colchester



Spring back to life

Sunday 24th March

2- 6pm

Time and space for Reflection, Prayer, Fun and Fellowship

- mini workout
- refreshments
- reflection on the balancing act of family/work/etc
- destress with a homemade foot spa, or hand massage

Come and join us

Bring a towel, and bowl
(for the foot/hand spa) and your
favourite healthy recipe to share

Fancy some light exercise and great company? Then join Christ Church walking group on Saturday March 23rd



This 5 mile walk starts at The Hare and Hounds pub, Layer Breton, and takes us through country lanes and fields towards Abberton Reservoir. Non-walkers welcome at the pub.

We will meet at the pub car park, Crayes Green, Layer Breton, Colchester CO2 0PN at 10.45 am to make menu choices. Walk starts promptly at 11.00 am. We should be back at the pub by 1.00 pm.

In order for us to give the pub prior notice of approximate numbers, please sign in the foyer.

More details from Martin Nelson at: martin.nelson@colchester.gov.uk or call on: 07968000075.

Colchester Christ Church



Friends and Family QU?Z

Saturday 30th March - 7pm

*A relaxing Quiz evening – led by
the Baxter Family.*

*Hot supper included, bring your own
drinks*

*Teams should have a maximum of 6
adults plus children Cost:*

Free, Donations on the evening

Sign up on sheet in Foyer OR

E-mail: quiz@colchesterchristchurch.org.uk

Prayer for the Week

Dear Lord, challenge, empower and accompany us this week in our giving and receiving, the decisions and every step we make as we continue our Lenten journey. Amen



The World

- We pray for wisdom and peace over the various political tensions around the world.
- The situations in Israel, Syria, Yemen, Iraq and Afghanistan.
- Those areas of the world affected severely with flooding, all those who face lack of clean water, starvation and homelessness.

National and Local

- Our Queen and those who govern our lands.
- Wisdom in Parliament at the current time.
- Those from our armed forces who are deployed around the world.
- Our emergency and security services
- Those who have concerns over employment, debt and relationships.
- Those affected by crime and terrorism across the country and locally.

Our Church and pastoral needs

- Rev Canon Paul and Glyn Norrington
- Our ministry team
- Brian and Marilyn Beattie
- Valerie Dennis
- Those undergoing hospital tests, those recovering from surgery or receiving treatment and those who are unwell
- Those who mourn.
- Those struggling with everyday life both physically and mentally.

Streets of the week

Please pray for all those who live in Rawstorn Road, Papillon Road, St Albans Road

Pastoral Prayer Care Groups

Please pray for Eve Hodder, Clare & David Lankshear, Gwen Manning, Gordon Rodgers