

**Notices:** Please take this sheet home with you.

**Fair Trade Stall:** Steph will be here today, Sunday 12<sup>th</sup> February, after the 9.30am service. So do take this opportunity to stock up on all your favourite items. Thank you.

**Baby Café:** Please note that there is no Baby Café this Friday 17<sup>th</sup> February as it is half term. It restarts the following Friday 24<sup>th</sup> February.

**FOSM Lunch:** This delicious lunch is happening on Thursday 16<sup>th</sup> February. There is a sign-up sheet at the back of the church. Everyone is welcome to come to this very sociable occasion, so do join us.

**Alive @ 4:** This service is happening on Sunday 19<sup>th</sup> February at 4pm, in St Michael's Rooms. There will be fun, fellowship, bible stories, activities, crafts and high tea. For more details ring Mary Lamb on 01728 638897 or Wendy Phelan on 01728 720125.

**Resurfacing St Michael's Church driveway:** From Monday 27<sup>th</sup> February for one week, the driveway at the Church Street entrance of St M's is being resurfaced and there will be no access from Church Street to the church. The path at the back of church will also be re-laid at the same time.

**The Healing Team:** Two members of the Healing Group will be present in our Space For Grace after the 9.30 service today for anyone to share their concerns, doubts, fears or worries or to say thank you. It is done in complete confidence.

**The next meeting of Knit and Stitch** will be at 2pm on Tuesday 14<sup>th</sup> February. We plan to make some items to be given away at Easter to the children. Ideas for decorations indicating "Creation" for a festival weekend in May, plenty of scope there! Do come for a chat, share ideas, bring your own project and have a cuppa, we like to welcome new people. More details from Geraldine or Mary: 638897

**Serving In Mission**, based in Wetheringsett, Suffolk is recruiting for 3 staff in its Stewardship and Finance teams. See [www.sim.co.uk](http://www.sim.co.uk) for more details and the poster in the porch.

**Thank you** for all your donations of food to the food bank bin at the back of the church. Everything from St Michael's goes to the Woodbridge Salvation Army. Unfortunately they say the need is still as urgent as ever. Quite a lot of the people they help are homeless and don't have access to cookers, so could you bear that in mind when you are buying. Every week Russell and Phoebe who run the Woodbridge branch have to buy in extra food to make up the shortfall so anything you give is much appreciated. Tinned meat or fish and other basics are the most urgently needed (all within the sell by date please). Sandy Rowles

**Children's activities during the 9.30am service:** Deborah, Edith or Victoria would be very pleased if any children here today would like to come and join in some Sunday school activities in the Tower Room just before the sermon starts.



## The Third Sunday Before Lent - Sunday 12<sup>th</sup> February 2017

### Today's Service:

**Processional Hymn:** 407 Jesus, where're thy people meet

**Gradual Hymn:** 79 Blest are the pure in heart

**Offertory Hymn:** 579 O thou, who at thy eucharist did'st pray

**Final Hymn:** 201 Forth in thy name, O Lord, we go

**Collect:** Eternal God, whose Son went among the crowds and brought healing with his touch; help us to show his love, in your Church as we gather together, and by our lives as they are transformed into the image of Christ our Lord. Amen

### First Reading: Deuteronomy 30.15–20

15 See, I have set before you today life and prosperity, death and adversity. 16 If you obey the commandments of the LORD your God that I am commanding you today, by loving the LORD your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the LORD your God will bless you in the land that you are entering to possess. 17 But if your heart turns away and you do not hear, but are led astray to bow down to other gods and serve them, 18 I declare to you today that you shall perish; you shall not live long in the land that you are crossing the Jordan to enter and possess. 19 I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live, 20 loving the LORD your God, obeying him, and holding fast to him; for that means life to you and length

of days, so that you may live in the land that the LORD swore to give to your ancestors, to Abraham, to Isaac, and to Jacob.

For the word of the Lord.

Response (ALL) **Thanks be to God.**

**Gradual Hymn:** 79 Blest are the pure in heart

**Alleluia:** Alleluias for the Sundays before Lent - Mawby

**Response (ALL) Alleluia x 4**

**GOSPEL: Matthew 5.21–37**

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

Response (ALL): **Glory to you O Lord.**

On the mountain, Jesus gathered his disciples around him and taught them, saying: 21 'You have heard that it was said to those of ancient times, "You shall not murder"; and "whoever murders shall be liable to judgement." 22 But I say to you that if you are angry with a brother or sister, you will be liable to judgement; and if you insult a brother or sister, you will be liable to the council; and if you say, "You fool," you will be liable to the hell of fire. 23 So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, 24 leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. 25 Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. 26 Truly I tell you, you will never get out until you have paid the last penny. 27 You have heard that it was said, "You shall not commit adultery." 28 But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart. 29 If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. 30 And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell. 31 It was also said, "Whoever divorces his wife, let him give her a certificate of divorce." 32 But I say to you that anyone who divorces his wife, except on the ground of unchastity, causes her to commit

adultery; and whoever marries a divorced woman commits adultery. 33 Again, you have heard that it was said to those of ancient times, "You shall not swear falsely, but carry out the vows you have made to the Lord." 34 But I say to you, Do not swear at all, either by heaven, for it is the throne of God, 35 or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. 36 And do not swear by your head, for you cannot make one hair white or black. 37 Let your word be "Yes, Yes" or "No, No"; anything more than this comes from the evil one.'

This is the Gospel of the Lord. Response (ALL): **Praise to you O Christ.**

**Post Communion:** Merciful Father, who gave Jesus Christ to be for us the bread of life, that those who come to him should never hunger; draw us to the Lord in faith and love, that we may eat and drink with him at his table in the kingdom, where he is alive and reigns, now and forever. Amen.

**Please pray for:** Robin Self, Patrick Lewin and Graham Vellacott, Olwin Bridges, Desmond and Renee Clifton, Trevor Newton, Joyce Davis and any who are unwell at this time.

**Give thanks** for the life of Robert Rowles on the first anniversary of his death.

**Wednesday 15th February** – 10.30am Holy Communion in the Rectory.

**Next Sunday:** Sunday 19<sup>th</sup> February 2016: 8am Eucharist (Book of Common Prayer.) 9.30am Parish Communion and Baptism service. 4.00pm Alive@4 family worship in St Michael's Rooms. Saxtead: 11.15am Holy Communion (Common Worship.)

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