

## What's happening this week at St Michael & St George's Church and around the area?

11.00 - 12.30 - All—Age Eucharist for the 3rd Sunday before Lent  
There will be a meeting to plan for Christian Aid week following the service.

### This week

**Monday** | 1am —Felix Food with the Community Champions at Our Lady of Fatima

**Tuesday** Bingo - 7.30pm in the church hall

**Saturday** | 1am Fitness run round Wormholt Park, meet at the Flagpole

### Looking ahead:-

**Next Sunday 24th February** - 11.00 - 12.30 - Parish Eucharist for the 2nd Sunday before Lent Fr Andy Rooney from Holy Innocents' Paddenswick Road will lead the service whilst Fr Ben is on leave. There will be a Prayer meeting for reconciliation after the service

**Ash Wednesday 6th March**—7.30pm service of Holy Communion to begin Lent

**The Electoral Roll** is now being completely revised, everyone needs to register again. If you have been worshipping here regularly for six months or more, please fill out a registration form. **The roll will be closed on 31st March.**

Would you like to join our rotas to read in church, lead the prayers or to be a steward?

Do you know anyone who needs a visit? Please speak to Fr Ben

### Who to get in touch with at the Church? Our contact details

#### Vicar:

Rev Ben Humphries Telephone 020 8735 0852  
Mobile 07712 460 680  
Email - ben.humphries@london.anglican.org



**Church Warden:** Sherri Akilagun can be contacted after the service

**Hall Manager:** Mathew Alfred 07702 935 802 thehallbookings@gmail.com

**Treasurer:** Steve Purcell 020 8840 2310 stevepurcell@btinternet.com

#### Deputy Churchwardens

Eunice Greene: 020 8749 6358

Veronica Mariqueo: 07463 779 511

#### Church Secretary

- vacant

#### Church Musician

Michael Rossi 07712 229 621



#### Sunday School

Alison McQueen 07534 507 552

#### Safeguarding Officer

Veronica Mariqueo 07463 779 511

#### Children's Champion

Norma Lynch 07932 712 959

#### Men's Fellowship

Boshi Mohlala: 07557 290 271

#### Women's Fellowship/Mothers Union

Sherri Akilagun  
Helen Purcell 020 8840 2310

#### Christian Aid

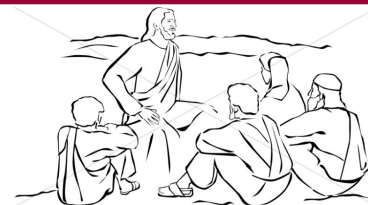
Ndu Amobi 07909 837 857  
Stephanie Agunpopo 07946 668 409

17th February  
2019

Welcome to our  
All Age Service

### Today's Collect

Almighty God,  
who alone can bring order  
to the unruly wills and passions of  
sinful humanity:  
give your people grace  
so to love what you command  
and to desire what you promise,  
that, among the many changes of  
this world,  
our hearts may surely there be  
fixed  
where true joys are to be found;  
through Jesus Christ your Son  
our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.



### Post Communion Prayer

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 for ever.

## The White City Rainbow

3rd Sunday before Lent

Gospel Reading The Gospel according to St. Luke  
Chapter 6: 17—26

### Jesus Teaches and Heals

He came down with them and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea, Jerusalem, and the coast of Tyre and Sidon. They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. And all in the crowd were trying to touch him, for power came out from him and healed all of them.

### Blessings and Woes

Then he looked up at his disciples and said:  
'Blessed are you who are poor,  
for yours is the kingdom of God.  
'Blessed are you who are hungry now,  
for you will be filled.  
'Blessed are you who weep now,  
for you will laugh.  
'Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice on that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets.  
'But woe to you who are rich,  
for you have received your consolation.  
'Woe to you who are full now,  
for you will be hungry.  
'Woe to you who are laughing now,  
for you will mourn and weep.  
'Woe to you when all speak well of you, for that is what their ancestors did to the false prophets.



## CAFOD

### Lent Family Fast Day will be on Friday 15 March 2019.

On this day, we are invited to have a simple meal, maybe bread and soup, and the money that we might have saved can be donated to charity.

It is organised by CAFOD, which is the Roman Catholic Fund for Overseas development, a sister organisation to Christian Aid. Our friends at Our Lady of Fatima will be fasting on 15th March, and we are invited to join in and to support them.

Who would like to take part? Please speak with Ndu or Stephanie our Christian Aid reps.



### What should I pray for?

Here's a good idea—read from your bible the second book of Chronicles chapter 1 verses 7—13.

God invited Solomon to ask him for a gift in prayer. And what did Solomon ask for? He could have asked for all sorts of things—possessions, wealth, honour, to take the life of his enemies or even for his own long life. - and I expect that many of us might ask for those things too.

But what did Solomon ask for—he asked for wisdom and knowledge to live his life wisely and to do his job well - as king of Israel, for the benefit of others.

So take a moment to think about the kind of prayers that you are making to God, and what you are asking.

Like and Share us on Facebook

White City Church of England - St Michael and St George, London



## THE SPIRIT IS UPON ME

### Confirmation Classes

**Confirmation is the next step in the Christian life** when you are ready to learn and understand more about our faith, and to make an adult promise to be a Christian.

So are you ready to be confirmed?

Classes for adults and young people over the age of 12 years, beginning this month

The Confirmation service will be on Saturday 20th April at 6pm in St Paul's Cathedral.

Please speak to Fr Ben if you want to know more.

### White City Flicks Thursday Film Club—1pm

**14th March:** Cool Runnings April—no film club meeting

Film club is usually on the second Thursday of each month

### Join our running group!

Do you fancy getting fit in 2019? Jog with our fitness group on Saturday mornings in Wormholt park—for one or two laps—between 11am and 12 noon in the park.. Meet at the flagpole.



### A Prayer for you to use this week

#### A Prayer To God For My Enemies

Loving Father, thank You for the example of Jesus Who cried, Father forgive ... on the cross. Help me to be one that freely and willingly prays forgiveness over those who are my enemies, and those - who for whatever reason dislike or try to harm me.

Lord I thank You that when the people in our lives who despise and ill-use us drive us back into Your arms of love, so that we may lift them up to you in prayer – asking for their forgiveness and salvation and releasing in us any pent-up hatred or bitterness - that is so damaging to our souls and well-being.

Forgive my enemies Lord and all those who have tried to hurt or harmed me...Look down in pity on all those who I term 'enemies' and give me the grace to show them the love of Christ in my actions and attitudes towards them.

Keep my thoughts from becoming resentful or seeking revenge but rather release in my heart the peace that only comes from casting all my cares on You – including my enemies.

Give me the grace, not only to truly forgive all my enemies but also to bless those who persecute me – for in so doing I see a dim reflection of Your enormous grace towards me – for which I praise and thank You in Jesus blessed name, **Amen**

### Today's rota

Readings	Stephanie
Intercessions	Veronica
Stewards	Alfred and David
Chalice	Vita and Sherri

### Next Sunday's rota

Readings	Suzie
Intercessions	Queen
Stewards	Ndu snr & Ndu jnr
Chalice	Marion and Eunice

**Fair Trade Fortnight is from 25th February—10th March 2019.**

**We are a Fair Trade church, using Fair Trade products**



## United in the sacraments, word and prayer



### For those in any kind of need at the moment;

Comfort Dwomoah, Vita Williams, Mr Johnson, Fedora Stafford, Alice Harris, Bessie Peters, Alexandrina Matthews, Denis Noel, Connie Warren, Julian Greene.

### For those who have recently been in hospital:

Linda Strong, Stevenson Phillips, Christine Carey, Fred Sackey, Denzil Brown.  
Ron Brown.



### Blessed are those who have died in the faith of Christ:

Ashley Bullard (late of Mitchell House), Marcus Hewett.

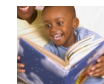
### Anniversary: our names are written in heaven.

Please let the Fr Ben know if you would like someone to be remembered in our prayer list.



The Christian Healing Mission in Hammer-smith has drop-ins for prayer every Tuesday from 11-12.30 and Thursday 14.15 - 15.45. [www.healingmission.org](http://www.healingmission.org)

### Next Sunday's readings



### The 2nd Sunday before Lent

Genesis: ch.2 vs 4b—9, 15—end  
Revelation : ch. 4  
Luke ch. 8. v 22—25

Join us for coffee or tea after the service

St Michael and St George ten years as a Fair Trade Church