

A Community enriched by Christian faith, worship and values.

HOLY TRINITY CHURCH, COOKHAM

IN THE BENEFICE OF THE
COOKHAMS.

SERVING AT THE HEART
OF THE COMMUNITY

Sunday 21st February 2021
First Sunday of Lent



Suspension of Services

The church is now closed to reduce the risk of spreading infection. We will continue to post services on our [website](#), [Facebook](#) and [YouTube - Cookham Churches](#).

This week:

- 11.00 [Eucharist for the first Sunday of Lent - Recorded](#)
6.30 [Compline – Night Prayer](#)



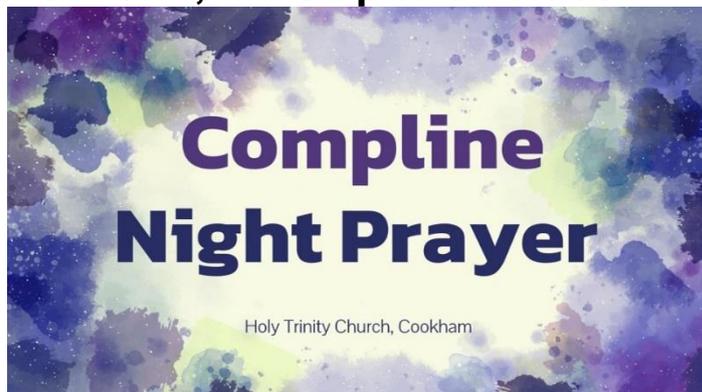
It's not too late to join! Lent Course 2021

Join us on Zoom from this **Wednesday 24th February at 3.00pm**. To register your interest

Email: office@cofe-thecookhams.org.uk
or call 01628 529661

Facts about Lent...

- Lent is the 40 weekdays from Ash Wednesday to Easter. Sundays aren't included.
- Since Sunday's aren't included, Lent technically lasts 46 days. When Lent started, it was only 36 days. Later, it was changed to 40 days.
- Why is Lent 40 days? Jesus spent 40 days in a desert. Noah had to wait 40 days for his ark to float. And Moses, along with his followers, travelled through the wilderness for 40 years before reaching the Promised Land.
- Christians are thought to have started the tradition of Lent around the year 325, during the Council of Nicea,
- The English word Lent is a shortened form of the Old English word *lencten*, meaning 'spring season'.
- Lent starts on Ash Wednesday. The ashes come from burning last year's palms that were distributed on Palm Sunday.
- One of Lent's central components is fasting. In New Orleans they have a huge party called Mardi Gras on Shrove Tuesday aka "Fat Tuesday," people party in the streets and get fat since they should be fasting for the next 40 days.



Compline – Night Prayer 6.30pm on YouTube

Compline is a service to close the day. It is an opportunity to give thanks for the joys of the day and a chance to reflect at the ending of the day before rest and sleep. Subscribe to our Channel and you can set a reminder to view. Tell your friends to do the same and you can all watch together!



COME AND SEE

Many people are asking deep questions of faith. Jesus says,

'Come and see, come and explore, let me help you to understand how all this fits together'.

So why not walk with us, as we walk with Jesus. Come and See is an invitation to everyone, for everyone. It's for anyone who feels adrift in this pandemic, whether or not they know anything about the Christian faith. Many people are asking deep questions of faith. Did you know 1 in 5 people watching church online during the pandemic didn't regularly attend before the crisis? Come and See is a free online experience to help you find out more about the Christian faith.

[Register here](#)



Evening Prayer

Evening Prayer is available to join via Zoom on **Thursdays at 5.00pm**. Please email the office to receive the joining link. Everyone is welcome



holyltrinitycookham.org.uk Sunday 21st February –First Sunday of Lent

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who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.



Every Mind Matters

Looking after your mental health

Having good mental health helps us relax more, achieve more and enjoy our lives more. [The NHS online](#) has expert advice and practical tips to help you look after your mental health and wellbeing. There is advice on supporting the mental health of children, young people and of course yourself. There is also practical advice on employment rights, benefits, physical health and how to find someone to talk to. A really great site - very simple and easy to use.

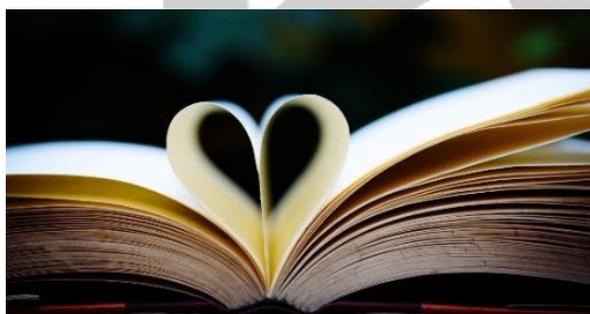


Please pray for those who are ill...

Lesley Fulker, Jean Lewis, Bryan Lewis, Charles Walmsley, David Ashwanden, Alastair McKerlie

Those who have died...

John Harris RIP, Irena Macielinski RIP, Jill Galloway RIP, Annette Puddle RIP, Mary Hartley RIP



Readings and Prayers for Sunday 21st February

Collect

Almighty God,
whose Son Jesus Christ fasted forty days
in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to
your Spirit;
and, as you know our weakness,
so may we know your power to save;
through Jesus Christ your Son our Lord,

Reading Genesis 9:8-17

Then God said to Noah and to his sons with him, 'As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.' God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.' God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

Gospel Mark 1:9-15

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.' And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

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.

