Welcome to our Parish Eucharist today - please help us to help you by observing the following throughout:

- It is mandatory to wear a face covering/mask in church unless you are exempt.
- Sit on your own, or with members of your household/bubble, in one of the marked socially distanced places.
- Say (not sing) the congregational responses in a normal conversational tone not in a loud voice.
- Stay in your place Holy Communion will be brought to you.
- Take very great care, by maintaining social distancing both inside and outside S Lawrence’s.

Our Maximum Capacity is 50 for Eucharists, 30 for Funerals and 6 for Weddings and Baptisms.

Entrance Antiphon  
Cf. Ps 30: 3-4
Be my protector, O God,  
a mighty stronghold to save me.  
For you are my rock, my stronghold!  
Lead me, guide me, for the sake of your name.

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen.

The Lord be with you  
And also with you

Introduction
Today's readings revolve around healing and belief. Jesus risks touching a diseased man in order to heal him, while Paul talks about challenges of conscience in a world of differing beliefs. The invitation here is to be open to the call to trust that God is at work amid our fear of difference and "otherness" and our fear of the darkness within ourselves.

Penitential Act
The Lord calls us to bring our weakness and our failings to him, for he is full of mercy for all who turn to him.

Lord Jesus, you come to meet us in the darkness of our deepest fears.  
Lord, have mercy.  
Lord, have mercy.

Lord Jesus, you are always willing to heal us.  
Christ, have mercy.  
Christ, have mercy.
Lord Jesus, you call us to freedom of mind and heart.
Lord, have mercy.
Lord, have mercy.

Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.  Amen.

Collect
O God, who teach us that you abide
in hearts that are just and true,
grant that we may be so fashioned by your grace
as to become a dwelling pleasing to you.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.

First Reading  Leviticus 13:1-2,44-46
The unclean man must live outside the camp

The Lord said to Moses and Aaron, ‘If a swelling or scab or shiny spot appears on a man’s skin,
a case of leprosy of the skin is to be suspected. The man must be taken to Aaron, the priest,
or to one of the priests who are his sons.

‘The man is leprous: he is unclean. The priest must declare him unclean; he is suffering from
leprosy of the head. A man infected with leprosy must wear his clothing torn and his hair
disordered; he must shield his upper lip and cry, “Unclean, unclean.” As long as the disease lasts
he must be unclean; and therefore he must live apart: he must live outside the camp.’

This is the word of the Lord.
Thanks be to God.
Responsorial Psalm 31(32):1-2,5,11
R/ You are my refuge, O Lord; you fill me with the joy of salvation.

Happy the man whose offence is forgiven,
whose sin is remitted.
O happy the man to whom the Lord
imputes no guilt,
in whose spirit is no guile. R/

But now I have acknowledged my sins;
my guilt I did not hide.
I said: 'I will confess
my offence to the Lord.'
And you, Lord, have forgiven
the guilt of my sin. R/

Rejoice, rejoice in the Lord,
exult, you just!
O come, ring out your joy,
all you upright of heart. R/

Second Reading 1 Corinthians 10:31-11:1

Take me for your model, as I take Christ
Whatever you eat, whatever you drink, whatever you do at all, do it for the glory of God. Never do anything offensive to anyone – to Jews or Greeks or to the Church of God; just as I try to be helpful to everyone at all times, not anxious for my own advantage but for the advantage of everybody else, so that they may be saved. Take me for your model, as I take Christ.

This is the word of the Lord.
Thanks be to God.

Gospel Acclamation cf.Ep 1:17,18
Alleluia, alleluia!
May the Father of our Lord Jesus Christ
enlighten the eyes of our mind,
so that we can see what hope his call holds for us.
Alleluia!

The Gospel
The Lord be with you
And also with you

Hear the Gospel of our Lord Jesus Christ according to Mark
Glory to you, O Lord.

Mark 1:40-45 The leprosy left the man at once, and he was cured
A leper came to Jesus and pleaded on his knees: ‘If you want to’ he said ‘you can cure me.’ Feeling sorry for him, Jesus stretched out his hand and touched him. ‘Of course I want to!’ he said. ‘Be cured!’ And the leprosy left him at once and he was cured. Jesus immediately sent him away and sternly ordered him, ‘Mind you say nothing to anyone, but go and show yourself to the priest, and make the offering for your healing prescribed by Moses as evidence of your recovery.’ The man went away, but then started talking about it freely and telling the story everywhere, so that Jesus could no longer go openly into any town, but had to stay outside in places where nobody lived. Even so, people from all around would come to him.

This is the Gospel of the Lord.

Praise to you, O Christ.

The Sermon

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is,
seen and unseen.

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father;
through him all things were made.

For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary
and was made man.

For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.

On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.

He will come again in glory
to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is worshipped and glorified,
who has spoken through the prophets.

We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

Prayers of Intercession  These responses may be used

Lord, in your mercy (or) Lord, hear us.
hear our prayer.  Lord, graciously hear us.

And at the end

Merciful Father, accept these prayers for the sake of your Son, our Saviour Jesus Christ. Amen.

The Peace
We are the body of Christ.
In the one Spirit we were all baptized into one body.
Let us then pursue all that makes for peace and builds up our common life.

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

Pray, my brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

Prayer over the Offerings
May this oblation, O Lord, we pray, cleanse and renew us and may it become for those who do your will the source of eternal reward.
Through Christ our Lord. Amen.

The Eucharistic Prayer
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.**

It is truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
Lord, holy Father, almighty and eternal God.

For you laid the foundations of the world  
and have arranged the changing of times and seasons;  
you formed man in your own image  
and set humanity over the whole world in all its wonder,  
to rule in your name over all you have made  
and for ever praise you in your mighty works,  
through Christ our Lord.

And so, with all the Angels, we praise you,  
as in joyful celebration we acclaim:

**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.**

Lord, you are holy indeed, the source of all holiness;  
grant that by the power of your Holy Spirit,  
and according to your holy will,  
these gifts of bread and wine  
may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed,  
took bread and gave you thanks;  
he broke it and gave it to his disciples, saying:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

In the same way, after supper  
he took the cup and gave you thanks;  
he gave it to them, saying:  
Drink this, all of you;  
this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.
Do this, as often as you drink it,
in remembrance of me.

Great is the mystery of faith:
Christ has died:
Christ is risen:
Christ will come again.

And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of the whole world;
rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this memorial of our redemption.
As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy
to stand in your presence and serve you.
Send the Holy Spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,
so that we,
in the company of Our Blessed Lady, S Paul,
S Lawrence and all the Saints,
may praise and glorify you for ever,
through Jesus Christ our Lord;
by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours, almighty Father,
for ever and ever. Amen.

The Lord’s Prayer
Let us pray with confidence as our Saviour has taught us
Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever. Amen.
We break this bread
to share in the body of Christ.
Though we are many, we are one body,
because we all share in one bread.

Lamb of God,
you take away the sin of the world,
have mercy on us.

Lamb of God,
you take away the sin of the world,
have mercy on us.

Lamb of God,
you take away the sin of the world,
grant us peace.

Jesus is the Lamb of God
who takes away the sin of the world.
Blessed are those who are called to his supper.
Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.

Communion Antiphon    Cf. Ps 77: 29-30
They ate and had their fill,
and what they craved the Lord gave them;
they were not disappointed in what they craved.

Prayer after Communion
Having fed upon these heavenly delights,
we pray, O Lord,
so that we may always long
for that food by which we truly live.
Through Christ our Lord. Amen.

Almighty God,
we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.
Send us out
in the power of your Spirit to live and work
to your praise and glory. Amen.
Final Blessing
May the God of all consolation heal us from all that hurts us and free us from all that binds us. And may almighty God bless you, the Father, the Son and the Holy Spirit. Amen.

The Dismissal
Go in peace to love and serve the Lord.
In the name of Christ. Amen.

Background on the Gospel Reading
In today’s Gospel, we continue to hear Mark report the miraculous healings that Jesus performed in Galilee. The Gospel begins with Jesus healing a man with leprosy. Leprosy is a disfiguring, infectious skin disease that has been surrounded by many social and religious taboos throughout history. In 1873, the cause of leprosy, also known as Hansen’s disease, was identified. We now know that leprosy is caused by a bacterial infection. Although it is infectious, modern medical studies have shown that transmission is more difficult than previously thought. Since the 1940s, medical treatments have been available, and the patient no longer needs to be isolated once long-term treatment has begun.

In Jesus’ time, however, religious and social taboos dictated the behaviour of those with leprosy and other skin diseases. The Law of Moses provided for the examination of skin diseases by the priests, and if leprosy was identified, the person was declared unclean. People with leprosy lived in isolation from the community. They were instructed to rip their clothes and to announce their presence with loud cries when moving in the community. If the sores of leprosy healed, the Law of Moses provided a purification rite that permitted the person to return to the community.

In today’s Gospel, the man with leprosy took the initiative, approaching Jesus and asking for healing. In doing so, the leper violated the religious customs of the day by approaching a person who was clean. His request to Jesus can be interpreted as a courageous and daring act. The confidence of the leper in Jesus’ ability to heal him is evident in the words of his request. But his words can also be read as a challenge to Jesus, asking just how far Jesus was willing to extend himself in order to heal someone. While healing the man, Jesus touched him, which also violated established social norms. This is an important sign of the depth of Jesus’ compassion for the man and an important statement about Jesus’ interpretation of the Law of Moses. Although Jesus touched the leper, he did not break completely with the Law of Moses. He instructed the man not to tell anyone about the cure and told him to present himself to the priests as prescribed by the Law of Moses. The first instruction sounds nearly impossible to honor. Certainly, the man would want to share the good news of his healing, and his quick improvement would require an explanation. The second instruction honours the Law of Moses. Mark’s Gospel tells us that after this healing, it became difficult for Jesus to travel freely. There are several possible explanations for this. There might have been concern about the repercussions of Jesus’ breach of social and religious norms. In touching the man with leprosy, Jesus made himself unclean. Mark’s narrative, however, leads to the conclusion that Jesus’ movement was hampered by his popularity. Despite his instructions, the cured man spread the word about Jesus’ healing power. Even when Jesus was in deserted places, people sought him out in search of his healing.
LENT BEGINS ON ASH WEDNESDAY, 17TH FEBRUARY The first day of Lent is a day of fasting and abstinence, and, ideally everyone should attend The Eucharist at 18:00 which will include a Covid-safe Imposition of Ashes.

#LiveLent 2021: God’s Story, Our Story is The Church of England's Lent resources theme for 2021, building on the success of recent years. Both the book and the accompanying daily reflections encourage all Christians to think about their calling, how to share their faith and reflect on the difference Christ makes in our lives.

We witness to God’s story and the impact this has made to our story so that others might also find their story taking on new meaning in the light of God’s love. While the current restrictions on daily life necessitated by the pandemic present significant challenges, the suffering and isolation many continue to face make the need for us to share God’s love with our communities greater than ever. Rather than just being a Lenten discipline, this year’s #LiveLent is a joyful invitation to make witness a normal part of the Christian life, the natural overflow of a life lived in devotion to Christ.

What are the key elements of the Lent 2021 resources?
From Ash Wednesday (17 February) to Easter Sunday (4 April), there are six reflections for each week, written by Stephen Hance, the Church of England’s National Lead for Evangelism and Witness. Each reflection includes a short passage from the Bible, a brief exploration of the reading, and a prayer. Additionally, each week has a unifying theme and an action to be taken during the week.

The daily reflections are available through the booklet available to buy direct from Church House Publishing or Amazon. The booklet is also available in a Large Print format. The reflections are also available as a free app (already launched), emails, audio and through the Church of England’s social media accounts. The app version includes a daily Family Activity, offering a simple way to explore a story or a theme from the day’s reflection.

HARROW FOODBANK requires the following items for their February Shopping List:
Women's & Men's Deodorant, Small Washing Powder (1kg Approx), Tinned Macaroni Cheese, Sponge Puddings, Adult Toothbrushes (Singles), Marmalade, Small Packets Sugar (500g)
They do not need baked beans, cereal, dry pasta or dry spaghetti.
Alternatively, if you want to make a financial contribution, you can do so via the Harrow Foodbank website, or you can give Bridget Johnson a cheque made payable to Harrow Foodbank which she will pass on or send it to: Unit H2, Phoenix Business Centre, Rosslyn Crescent, Harrow HA1 2SP or ring the Foodbank on: 020 8416 7344.
Stuart Cowthorne writes DEAR EASTER EGG FANS, The 2021 Traidcraft Easter Eggs are now available to order, so if you would like to order some through me, please could you let me know how many you require and whether you want milk or plain chocolate. I source my Traidcraft orders from Heather Henshaw at All Saints Queensbury, who co-ordinates orders on behalf of several local churches. This enables her to obtain large discounts which she passes on to us. So if you order your Easter Eggs via me, I can obtain them at the following prices: The Real Milk Egg - £4.10 ~ the Real Dark Egg with Dark Choc Squares - £5.40

If you want to see a description of the products, the following link will take you to the relevant page on the Traidcraft web-site: www.traidcraftshop.co.uk/easter/easter-eggs. You are of course welcome to order them direct from Traidcraft but if you do that you will pay the full catalogue price of £5 (milk chocolate) and £5.95 (plain chocolate). If you look at the Traidcraft web-site you will see other selections of Easter Eggs as well, all of which I can obtain at a discount, for example: Divine Milk Chocolate Foiled Easter Mini Eggs (17 in a packet) - £3.65 ~ The Real Easter Egg Fun Pack - £4.50 If you would like me to order some for you, please could you let me know within the next two weeks (say, by 25th February). You can also order from me any other item that is in the Traidcraft catalogue if you would like to buy it at a discount. Clearly, during the present Covid restrictions it will not be possible for me to distribute your purchases after a church service so, like last year, I am prepared to deliver them to your doorsteps, observing the obligatory pandemic protocols. I recognise that for one or two of you that will entail a trip into the country but it will be good for recharging my car battery. With my best wishes to you all, Stuart

DIANA GLOVER RIP A long time parishioner, Diana, sadly died in Henry Nihill House (aka Edgware Abbey) on Tuesday 02/02. Diana, widow of John known to many of you as a member of the choir, had been very frail for many years and a long term resident of HNH. Diana’s funeral has been arranged for this coming Tuesday 16th February at 12 Noon here in church followed by cremation at Hendon. Owing to the current restrictions only her family can attend but we will live-stream the funeral. At a later date Diana’s ashes will be interred in John’s grave opposite the West Door. Our love and prayers go to her family and may Diana rest in peace and rise in glory!

In Your Prayers This Week

Please pray for our Parish and for its needs;

The Sick Those who are known to us personally and those whose names are read out in Church, the patients and staff of The Royal National Orthopaedic Hospital & St Luke’s Hospice, those who live in Henry Nihill House, Knights Court & Whitchurch Lodge the elderly & housebound of our Parish.

The Departed

Recently all those who have died as a result of the Covid -19 pandemic, those who died alone, or through the violence of others and Olive Bird, Ken Cording, Margaret Forrest, Diana Glover, Alan Lambert, Elizabeth Patson

THIS WEEK AT S LAWRENCE LITTLE STANMORE
both here in church & online
we are an inclusive Anglican Catholic Church (Church of England)
serving Canons Park (HA8) and its surrounding area

14 Sun       SIXTH SUNDAY IN ORDINARY TIME
10:00        The Parish Eucharist

16 Tue       09:30        The Eucharist
             12:00        Funeral of Diana Glover RIP

18 Wed       ASH WEDNESDAY
18:00        The Parish Eucharist
             with Imposition of Ashes

19 Thu       18:00        The Eucharist

21 Sun       FIRST SUNDAY OF LENT
10:00        The Parish Eucharist

Rector & Parish Priest - Fr Paul M Reece
t: 020 8909 5426 (24/7)
e: little.stanmore@london.anglican.org

PAWS FOR THOUGHT aka THE TAIL END
If your outgoings exceeds your income,
then your upkeep will be your downfall!
As found by George & Bertie the Rectory Retrievers