

ABERDEEN ST MARK'S CHURCH OF SCOTLAND



**Standing on the Promises
OUR PRAYERS HAVE POWER
First Sunday in Lent
Sunday 1 March 2020
Mr. Stiubhart MacChoille**



“Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” (James 5:16)

“St Mark’s, sharing God’s love in the City Centre”

Welcome & Intimations

Children's Address:

Children's Prayer: (Children leave for Sunday School)

Praise: **CH4: 742** Rejoice in God's Saints

Prayer of approach including the Lord's Prayer

Praise: **CH4: 553** Just as I am

Readings: Proverbs 15: 29-33 (Page 530)
James 5: 13-20 (Page 1008)

Praise: **CH4: 542** Lord Speak to me

Sermon: Our prayers have power

Praise: **CH4: 546** Prayer is the soul's sincere desire

Prayers of thanksgiving and intercession

Praise: **CH4: 561** Blessed Assurance

Benediction:

Threefold Amen

Please join us downstairs in the Hall after the service for tea/coffee and fellowship.

Church Family News

- 1. Trustees' Meeting.** Elders are reminded that the Annual Trustees' Meeting to approve the Accounts will take place after worship this morning. Copies of the Accounts are available in the Deacons' Room this morning.
- 2. The Courts Service** takes place this afternoon at 13.30 in Constitution Court. All welcome.
- 3. The Guild of Friendship** meets tomorrow at 14.15 in the Hall for a games afternoon. All welcome.
- 4. The Guild** meets tomorrow evening at 19.30 in the Session Room to consider the Discussion Topic: "Companions on the Road".
- 5. The Men's Club** meets tomorrow evening at 19.30 in the Hall for a Games Night All welcome.
- 6. The Scottish Country Dance Class** meets on Wednesday 4 March at 19.30 in the Hall. All welcome.
- 7. Coffee Morning.** The Guild are holding a coffee morning from 10.00-13.00 in the Hall on Saturday 7 March. Donations of home bakes and raffle prizes will be gratefully received. Please come along and support this event.
- 8. The O.A.K. Special Lunch** in aid of Friends takes place on Thursday 5 March (12.00-14.00). Tickets (£7) are available from the O.A.K. Committee.
- 9. Lent.** Thinking of what to give up for Lent? How about – take a black bag or any other container that would hold 40 items. Every day put in 1 item that you can live without but that somebody else would find useful. Items could be from a wardrobe, drawer, kitchen cupboard,

bookshelf, cabinet, a CD, a DVD etc. Once filled you can then deliver it to a charity shop and remember that if you are registered Gift Aid to a particular one, they would also benefit. This way you would be not only decluttering but doing outreach to the community.

10.Lenten Studies – The Parables. Starting on Thursday 5 March for 5 weeks we are holding a discussion group to help us understand The Parables. We meet in the Session Room from 19.15 – 20.30. We will hear extracts from “The Parables - Then and Now” by A. M. Hunter to start us off and then break into discussion chaired by Peter Gray. We concentrate on the great parables beginning with the Prodigal Son and then the Sower. Do come and join us for this traditional Lenten exercise!

11.Somebody Cares. If you are able, please bring along one item of non-perishable (canned/packet) food each week to place in the food collection bin located in the hall.

12.Intimations. Please ensure that all intimations are passed on to the Church Office by 12.00 on Wednesday each week for inclusion in the Order of Service.

13.Please let us know of: -

(a) Any member of the Church or a member of their family being in hospital; or

(b) Any member of the Church who is unable to come on a Sunday and who would appreciate Home Holy Communion.

Please contact Carole in the Church Office (01224) 640672 or email: office@stmarksaberdeen.org.uk

14. Circle of Care Communion. If you can assist in bringing members to the Circle of Care Communion on Sunday 29 March, please add your name to the list in the Vestibule.

Future Services

Sunday 8 March	11.00	Morning Worship Second Sunday in Lent Mr. Stiubhart MacChoille
Sunday 15 March	11.00	Morning Worship Third Sunday in Lent Mr. Stiubhart MacChoille
Sunday 22 March	11.00	Morning Worship Fourth Sunday in Lent Mr. Stiubhart MacChoille
Sunday 29 March	11.00	Morning Worship Holy Communion Rev. Dr. Brian Sheret
	14.00	Circle of Care Communion Rev. Dr. Brian Sheret

DO YOU WANT TO FAST THIS LENT?

(in the words of Pope Francis)

- *Fast from hurting words and say kind words.*
- *Fast from sadness and be filled with gratitude.*
- *Fast from anger and be filled with patience.*
- *Fast from pessimism and be filled with hope.*
- *Fast from worries and have trust in God.*
- *Fast from complaints and contemplate simplicity.*
- *Fast from pressures and be prayerful.*
- *Fast from bitterness and fill your hearts with joy.*
- *Fast from selfishness and be compassionate to others.*
- *Fast from grudges and be reconciled.*
- *Fast from words and be silent so you can listen.*

(copied from a post on Facebook).