

St. Mark's Church



Notice Sheet for Sunday 28th July 2019



www.stmarksbarrow.org.uk



StMarksBarrow

A **warm welcome** to you if you are a visitor to St. Mark's today.
We hope you will enjoy worshipping with us and will come again.
Please introduce yourself to church members or to the clergy.
We invite you to stay for a cuppa in the Foyer after morning service.

Today 10.10 Prayer for St. Mark's, *all welcome* Vestry
10.30 Morning Prayer
6.30 Holy Communion ~ *Songs of Ascent 1 - Psalm 120*



Summer Sundays at St. Mark's

4 Aug 10.30 **Holy Communion**
we welcome from Thailand, Rev Somchai
6.30 **Evening Prayer** ~ *Songs of Ascent 2 - Psalm 121*

11 Aug 10.30 **Family Service**
6.30 **Holy Communion** ~ *Songs of Ascent 3 - Psalm 122*

18 Aug 10.30 **Holy Communion**, *by Extension*
6.30 **P3** ~ *Songs of Ascent 4 - Psalm 123*

25 Aug 10.30 **Morning Prayer**
6.30 **Holy Communion**, *by Extension*
Songs of Ascent 5 - Psalm 126

1 Sept 10.30 **Holy Communion**, *by Extension*
7.00 **Sunday Night Live** Costa Cafe

8 Sept 10.30 **Family Service**
6.30 **Holy Communion** ~ *Songs of Ascent 6 - Psalm 129*

Early Morning Prayer - 7.00 - 8.00am

St. Mark's Church, *in the Vestry*: Monday, Wednesday and Friday
Emmanuel Community Church: Saturday

contact details for the Vicar - vicar@stmarksbarrow.org.uk

Registered Charity No. 1139932

Song of Ascents Psalms 120 - 134

During the next nine Sunday evenings when we meet, we will be studying the Psalms of Ascent or degrees, so that begs the question *'What are the Songs of Ascent?'*

Answer: The Songs of Ascent are a special group of psalms comprising Psalms 120-134. They are also called Pilgrim Songs. Four of these songs are attributed to King David (122, 124, 131 and 133) and one to Solomon (127), while the remaining ten are anonymous.

The city of Jerusalem is situated on a high hill. Jews travelling to Jerusalem for one of the three main annual Jewish festivals traditionally sang these songs on the *'ascent'* or the uphill road to the city. According to some traditions, the Jewish priests also sang some of these Songs of Ascent as they walked up the steps to the temple in Jerusalem.

Each of the psalms in this collection begins with the title *'A Song of Ascents'*. While perhaps they were not originally composed for this purpose, these psalms were later grouped together for use in travelling toward Jerusalem for the yearly Jewish festivals.

The theme of each Song of Ascent offers much encouragement for those who seek to worship God today:

Psalm 120 : God's presence during distress

Psalm 121 : Joyful praise to the Lord

Psalm 122 : Prayer for Jerusalem

Psalm 123 : Patience for God's mercy

Psalm 124 : Help comes from the Lord

Psalm 125 : Prayer for God's blessing upon His people

Psalm 126 : The Lord has done great things

Psalm 127 : God's blessing on man's efforts

Psalm 128 : Joy for those who follow God's ways

Psalm 129 : A cry for help to the Lord

Psalm 130 : A prayer of repentance

Psalm 131 : Surrender as a child to the Lord

Psalm 132 : God's sovereign plan for His people

Psalm 133 : Praise of brotherly fellowship and unity

Psalm 134 : Praise to God in His temple

The Songs of Ascent continue to find a place among the many hymns and songs of worship of Jews and Christians today. They serve as powerful examples of how we can express our worship and love for God through the power of song.

Beach Prayer Brunch organised by Barrow Mission Community on Saturday 10th August, 10.00am at Biggar Bank, opposite The Castle. Bacon Buns and Fellowship *All welcome!*

Note the Barrow Mission Community Prayer Meetings restart in September - look for details of when and where!



Church Anniversary and Gift Day

Sunday 29th September. This year our gifts will for the project to replace the Rawlinson Street windows in Church and the Vestry Hall windows more details along with costs involved available shortly.

Vicarage Barbecue

Saturday 7th September at the Vicarage, 3.00pm - 6.00pm ish. Donations on the day and bring your own drinks alcoholic or none. Sign up sheet will be available at back of Church.

Notice Sheet

This is the last Notice Sheet before the summer break it restarts **Sunday 8th September**, copy to alan@stmarksbarrow.org.uk

Keswick Convention

13th July-2nd August.

Theme this year is '*Longing*'.

For more information see: www.keswickministries.org



Songs of Praise from Around the World

Sunday 28th July, 3.00pm on the lawn outside Dalton Community Church, Market Street, Dalton (*if wet Service will be held in Church*). With music by Dalton Town Band, the Service will be followed by refreshments. Retiring collection for Dalton Town Band funds.

Barrow Foodbank are appealing for volunteers to hand out leaflets at their next supermarket collections on **Friday 2nd and Saturday 3rd August**. If you could spare 90 minutes between 9.30 am & 5.00 pm either day, please ring Anne on 01229 343436 or email: supermarket@barrowfoodbank.co.uk Any help would be gratefully received, as stocks are low, and need to be increased before the school holidays begin. In 2018 9,856 were fed, including 3,485 children.

Ecumenical Tea Service

A Service with people who find longer Services difficult to deal with particularly in mind, it will be followed by tea, (*or coffee*) delicious cakes, and chat. It's for anyone, whether you usually go to a Church or haven't been for for years!

Next Service is **Monday 12th August**, 2.00pm at Holy Family Church, Ostley Bank off Harrel Lane. See poster in Foyer for more details.

SUNDAY NIGHT LIVE

Live Entertainment
with a Twist of Faith

Voce. Formed in 2008 to sing a couple of songs at a concert, Voce has gone from strength to strength with an eclectic mix of musical theatre, opera and contemporary music.

They will be performing a selection of songs from their new Stage and Screen concert and a few of old favourites. Come along with a friend to enjoy Voce's first appearance at Sunday Night Live.



The evening starts at 7.00pm and finishes at 8.30pm,
doors open at 6.30pm.