

Electoral Roll This will be exhibited on the Steward's Desk today and on request from a Steward on weekdays until 17th February. If you wish to vote at the APCM and your name is not on the Roll, or if you have any amendments or wish your name to be deleted, please complete a form and leave in the folder on the Steward's Desk by Wednesday 17th February at the latest. Those already on the Roll need **not** reapply. – Emma Wright, Electoral Roll Officer

February's Abbey charity is the Sudan Church Association, nominated by Ronald and Phyllida Buxton. The SCA supports the Anglican Church in Sudan in relieving poverty and bringing peace in Sudan. Find out more on the board and in the magazine. There is a collecting box on the Steward's Desk. Thank you.

Ash Wednesday, the first day of Lent falls on 17th February, the services will be as overleaf 'Services this Week'.

Stations of the Cross This most popular devotion will be held each Friday of Lent at 12noon in the Abbey, followed by a simple lunch in the Vicarage in aid of the Bishop's Lent Appeal.

Holy Hour Saturdays 4:30-5:30pm during Lent This year's Lenten devotions will take the form of a 'Holy Hour' each Saturday from 4:30 to 5:30, ending with Evening Prayer. Holy Hour will take place in the Lady Chapel, with exposition of the Blessed Sacrament in silence for an hour. All are most welcome to attend for just a few minutes or the whole hour, to offer prayers and devotions before the Blessed Sacrament. It is hoped that this valuable devotion will give us an opportunity to offer more focussed prayers and devotions at this most holy time. Please see the Holy Hour poster on the notice-board for more details.

Abbey Lent Lunch Thursday 25th February 12:30pm-1:30pm at the Abbey Hall. All welcome. Donations for Christian Aid.

Women's World Day of Prayer The service this year takes place on Friday 5th March at 2:00 pm in the Roman Catholic Church. It is an ecumenical service, prepared for 2010 by the women of Cameroon. The service always plans to use as many participants as possible, and this year the Abbey congregation has been apportioned the Intercession section. If you would be willing to assist with reading the prepared prayers, please contact Diana Reid 01953 605 455.



WYMONDHAM ABBEY

*The Abbey church of St Mary and St Thomas of Canterbury, Wymondham, Norfolk
Founded by William D'Aubigny in 1107
with Spooner Row and Silfield*

NEXT BEFORE LENT

Sunday 14th February 2010

The Collect

Almighty Father, whose Son was revealed in majesty before he suffered death upon the cross: give us grace to perceive his glory, that we may be strengthened to suffer with him and be changed into his likeness, from glory to glory; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Gospel: Luke 9.28-36

Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, 'Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah. 'Peter did not know what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, 'This is my Son, my Chosen; listen to him!' When the voice had spoken, Jesus was found alone. And the disciples kept silent and in those days told no one any of the things they had seen.

Post Communion Prayer

Holy God, we see your glory in the face of Jesus Christ: may we who are partakers at his table reflect his life in word and deed, that all the world may know his power to change and save. This we ask through Jesus Christ our Lord.

We welcome all visitors to the Abbey, especially those who are worshipping with us for the first time today. Please make yourself known to the clergy and to other members of the congregation. Details of today's services are below:

8:00am – HOLY COMMUNION (BCP)

The Sunday called Quinquagesima, p.82

9:15am – INFORMAL COMMUNION (CW)

Hymns: 209 Hark, my soul
954 We are marching
683 There's a wideness in God's mercy
554 Peace is flowing like a river
577 Rejoice in the Lord always

10:30am – SUNG EUCHARIST (CW)

Hymns: 494 Christ is the world's true Light
234 Christ, whose glory fills the skies
296 Lord, enthroned in heavenly splendour
282 Faithful Shepherd, feed me
427 O praise ye the Lord!

Music at the Sung Eucharist:

Setting: *Statham in D*
Motet: *Here, O my Lord* – Whitlock
Organ Vol: *Canterbury Improvisation No. 1* – S.S. Campbell

Readings:

Old Testament: Exodus 34.29-35 Reader – *Roy Headland*
Gospel: Luke 9.28-36
Intercessor: *Pauline Corbould*

11:00am SPOONER ROW

Holy Communion. Fr. Tony Snasdell. Readers: Philip Aldred and Janet King

6:30pm – EVENSONG (BCP)

Readings: Exodus 3.1-6 Reader – *Pauline Corbould*
John 12.27-36a Reader – *Patrick Faircliffe*
Psalm: 2 (said)
Magnificat: Chant 52 Nunc Dimittis: Chant 49
Hymns: 246 418

SERVICES THIS WEEK:

Morning Prayer: Mon – Fri 8:30am, Sat 9:30am
Evening Prayer: Mon – Sat 5:30pm
Tuesday: 10am Pram Service, 7:15pm Holy Communion
Ash Wednesday: 9:30am Said Eucharist with Imposition of Ashes
11:00am Said Eucharist with Imposition of Ashes
(at Spooner Row)
7:15pm Sung Eucharist with Imposition of Ashes
Thursday: 9:30am Holy Communion
Friday: 12noon Stations of the Cross

PRAYER INTENTIONS THIS WEEK:

Date	Day	Observance	Intention
14	Sunday	<i>Sunday Next Before Lent</i>	Parish Community
15	Monday	<i>Sigfrid, Bishop, 1045</i>	Our Bishops
16	Tuesday	<i>Feria</i>	Our Flower Ladies
17	Wednesday	<i>Ash Wednesday</i>	Our Lenten Devotions
18	Thursday	<i>Feria</i>	The Development Project
19	Friday	<i>Feria</i>	The Abbey Circle
20	Saturday	<i>Feria</i>	The Norfolk & Norwich Hospital

NOTICES AND DIARY FOR THIS WEEK:

Wed 17th Mothers' Union meet 2:30pm in Abbey Hall for a talk by Mrs. Mollie Warman 'The Work of the Women's Institute'.
Next Sun 21st Deadline for items for February Parish Magazine.

PCC Baptism Rep next Sunday is Sue Gooch.