

e-mail: [sthelenasoffice@cytanet.com.cy](mailto:sthelenasoffice@cytanet.com.cy) Postal: PO Box 42409, 6534 Larnaca, Cyprus  
 Upper Room: Flat 201, St Helena's Court (adjacent to the Church)  
 web: [www.sainthelenaschurch.com](http://www.sainthelenaschurch.com) **Chaplain:** Ven Dr John Holdsworth 99 658 147  
 If you wish to include anything in the bulletin, please contact Deb Graham by noon Wednesday  
 on 99173079 or email to [debgraham1982@gmail.com](mailto:debgraham1982@gmail.com)

**Diary of the week:** Please note the activities (\*) take place in the Upper Room

<b>Sunday</b>	<b>10th March</b>	<b>9.30am</b> 11am – 1pm	<b>Holy Communion: Fr Geoff Graham</b> Pervolia shop open
Monday	11th March	11am-2pm 1pm	Larnaca Shop closed Pervolia shop open Dancing with Jim
Tuesday	12th March	10.30am 11am – 2pm 7-9pm	Council Meeting * Pervolia shop open
Wednesday	13th March	10am – 1pm 11am – 2pm 2-3.30pm	Larnaca shop open Pervolia shop open Pastoral Afternoon – Terminal Illness
Thursday	14th March	11am – 2pm	Pervolia shop open
Friday	15th March	10am – 1pm 11am – 2pm	Larnaca shop open Pervolia shop open
Saturday	16th March	11am – 2pm	Pervolia shop open
<b>Sunday</b>	<b>17th March</b>	<b>9.30am</b> 11am – 1pm	<b>Holy Communion: Fr Geoff Graham</b> Pervolia shop open

### Post Communion Prayer

Merciful Lord,  
 grant your people grace  
 to withstand the temptations of the world, the flesh  
 and the devil,  
 and with pure hearts and minds to follow you,  
 the only God;  
 through Jesus Christ our Lord. **Amen**



St Helena's Anglican Church



**Welcome to St Helena's  
 in the name of Christ.**

*If you are a baptised  
 Christian of any tradition,  
 you are invited to receive  
 Communion.*

*We will be having coffee in  
 the courtyard  
 after the service, please  
 join us.*

**10th March, 2019**

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

### **Looking Forward –**

*First, many thanks to all who helped with the last book sale. Because of some absences we really needed people to step up and they did, so again, many thanks. The day raised €157. I am writing this before the Lebanese evening, but that looks set to be a great success and many thanks to Sue and Farrah for suggesting and organising it.*

*Throughout Lent our services have a slightly different form, and each begins with a cross-based liturgy. Each week a different symbol from the passion story is added to the base of the cross. On Easter Day we sweep those away and replace them with flowers. On Mothering Sunday our preacher and celebrant will be the Bishop. He will use the opportunity to dedicate our building work. Hopefully, he will see us at our best. Next Tuesday morning we have a Council Meeting. If there is anything you would like to see discussed there please have a word with Deb or any Council member. On Wednesday we have the next in our series of Pastoral afternoons. The theme this time is terminal illness. I hope the discussion might include those who care for the terminally ill, as well as what the best practice in palliative care looks like. Anyone and everyone is welcome to come along and participate as you feel moved. We meet between 2 and 3.30pm.*

**John Holdsworth, Parish Priest**



**Pray for** the licensed public lay ministers of the diocese.

**Pray also** for the Epiphany Church in Doha which has six congregations of more than 600 people whom worship in four Languages – English, Tamil, Marathi and Igbo. It is truly a 'global' church with members of more than 30 nationalities.

**There are some gaps on the roster. Please see if you could fill them.**

**The Larnaca charity shop would welcome volunteers to help out. Please see Liz or Brian if you have some spare time.**

**This morning's readings:** Deuteronomy 26. 1-11  
Romans 10. 8b-13                      Luke 4. 1-13  
**Next week's readings:** Genesis 15. 1-12, 17, 18  
Philippians 3.17 – 4.1                      Luke 13. 31-35

**Please turn off** mobile phones before the service starts. We have a hearing loop installed. Please adjust your hearing aid accordingly.

### **Council Members**

**Chaplain:** Ven Dr John Holdsworth 24651327 / 99658147  
email: [archdeaconjohn32@gmail.com](mailto:archdeaconjohn32@gmail.com)

**Associate Priest and Pastoral Care Facilitator:** Fr Geoff Graham 99178068  
email: [geoffgraham1982@gmail.com](mailto:geoffgraham1982@gmail.com)

**Wardens:** Rowena Parkin 22532135/99450861 and Brian Cromwell  
24020376/96832221

**Treasurer:** Jan Dykes 24425578/99164911

**CC Secretary and Synod Rep:** Deb Graham 99173079

**Synod Rep:** Sue Mantovani 24652678/99594678

**Council Members:** Jean West 24425224/99950866, Elsie Shearsby, Hazel Fowlie, Marina Peters and Liz Taylor

**Co-opted Members:** Sue Holdsworth and Helen Barrett