

Outlook

News & Information in the Life of Eastleigh Parish Church

*"Because of the Lord's great love we are not consumed,
for his compassions never fail.
They are new every morning;
great is your faithfulness."*

Lamentations 3:22-23

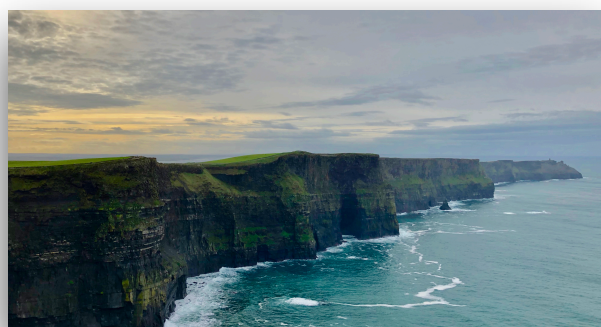
This Week at Eastleigh Parish Church *(all in All Saints' unless specified)*

Tuesday	9:00am in Morning Prayer 10:00am Stay & Play followed by lunch at 12noon
Wednesday	9:15am Holy Communion , followed by coffee time 7:30pm Christianity Explored
Thursday	9:00am Morning Prayer online (link on website) 4:00pm Youth (in lounge) & 7:15pm Choir

Various **Discipleship Groups** meet at different times during the week. Speak to their leader(s) for more info: Tues eve Phil/Bronnie 07858 596 794; Weds afternoon Ian 07809 668 118; Thurs eve Andy/Sarah 07775 805 873

A Collect for Epiphany Season

God of heaven,
you send the gospel to the ends of the earth
and your messengers to every nation:
send your Holy Spirit to transform us
by the good news of everlasting life
in Jesus Christ our Lord.



Bible Readings for 9:30am 28th January

Judges 4:1-24 (NIVUK)

Again the Israelites did evil in the eyes of the Lord, now that Ehud was dead. **2** So the Lord sold them into the hands of Jabin king of Canaan, who reigned in Hazor. Sisera, the commander of his army, was based in Harosheth Haggoyim. **3** Because he had nine hundred chariots fitted with iron and had cruelly oppressed the Israelites for twenty years, they cried to the Lord for help.

4 Now Deborah, a prophet, the wife of Lappidoth, was leading^[a] Israel at that time. **5** She held court under the Palm of Deborah between Ramah and Bethel in the hill country of Ephraim, and the Israelites went up to her to have their disputes decided. **6** She sent for Barak son of Abinoam from Kedesh in Naphtali and said to him, 'The Lord, the God of Israel, commands you: "Go, take with you ten thousand men of Naphtali and Zebulun and lead them up to Mount Tabor. **7** I will lead Sisera, the commander of Jabin's army, with his chariots and his troops to the River Kishon and give him into your hands.'"

8 Barak said to her, 'If you go with me, I will go; but if you don't go with me, I won't go.'

9 'Certainly I will go with you,' said Deborah. 'But because of the course you are taking, the honour will not be yours, for the Lord will deliver Sisera into the hands of a woman.' So Deborah went with Barak to Kedesh. **10** There Barak summoned Zebulun and Naphtali, and ten thousand men went up under his command. Deborah also went up with him.

11 Now Heber the Kenite had left the other Kenites, the descendants of Hobab, Moses' brother-in-law,^[b] and pitched his tent by the great tree in Zaanannim near Kedesh.

12 When they told Sisera that Barak son of Abinoam had gone up to Mount Tabor, **13** Sisera summoned from Harosheth Haggoyim to the River Kishon all his men and his nine hundred chariots fitted with iron.

14 Then Deborah said to Barak, 'Go! This is the day the Lord has given Sisera into your hands. Has not the Lord gone ahead of you?' So Barak went down Mount Tabor, with ten thousand men following him. **15** At Barak's advance, the Lord routed Sisera and all his chariots and army by the sword, and Sisera got down from his chariot and fled on foot.

16 Barak pursued the chariots and army as far as Harosheth Haggoyim, and all Sisera’s troops fell by the sword; not a man was left. **17** Sisera, meanwhile, fled on foot to the tent of Jael, the wife of Heber the Kenite, because there was an alliance between Jabin king of Hazor and the family of Heber the Kenite.

18 Jael went out to meet Sisera and said to him, ‘Come, my lord, come right in. Don’t be afraid.’ So he entered her tent, and she covered him with a blanket.

19 ‘I’m thirsty,’ he said. ‘Please give me some water.’ She opened a skin of milk, gave him a drink, and covered him up.

20 ‘Stand in the doorway of the tent,’ he told her. ‘If someone comes and

asks you, “Is anyone in there?” say “No.”’

21 But Jael, Heber’s wife, picked up a tent peg and a hammer and went quietly to him while he lay fast asleep, exhausted. She drove the peg through his temple into the ground, and he died.

22 Just then Barak came by in pursuit of Sisera, and Jael went out to meet him. ‘Come,’ she said, ‘I will show you the man you’re looking for.’ So he went in with her, and there lay Sisera with the tent peg through his temple – dead.

23 On that day God subdued Jabin king of Canaan before the Israelites. **24** And the hand of the Israelites pressed harder and harder against Jabin king of Canaan until they destroyed him.

Today’s Gospel Reading is Mark 1:21-28

Ministering to Older People

Did you know that we now have 3 regular, monthly, visits to local care homes? If you’d like to help serve at these services, chat to Ian.

Alston House	Fleming House	Catherine Court
2pm, final Thursday of each month	11am, 2nd Wednesday of each month	1:30pm, final Tuesday of each month
29th Feb; 28th March; etc.	14th Feb; 13th March, etc.	27th Feb; 26th March, etc.

In addition to the services mentioned above, there are several older, housebound, people that we visit regularly to share communion and spend time with. Would you be interested in becoming a visitor? Chat to Ian to learn more about this ministry opportunity. Full training would be available.



this week at the 11 o'clock service:
come to encounter
time of extended worship & prayer



Lamentations 3:19-33

19 I remember my affliction and my wandering,
the bitterness and the gall.

20 I well remember them,
and my soul is downcast within me.

21 Yet this I call to mind
and therefore I have hope:

22 Because of the Lord's great love we are not consumed,
for his compassions never fail.

23 They are new every morning;
great is your faithfulness.

24 I say to myself, 'The Lord is my portion;
therefore I will wait for him.'

25 The Lord is good to those whose hope is in him,
to the one who seeks him;

26 it is good to wait quietly
for the salvation of the Lord.

27 It is good for a man to bear the yoke
while he is young.

31 For no one is cast off
by the Lord forever.

32 Though he brings grief, he will show compassion,
so great is his unfailing love.

33 For he does not willingly bring affliction
or grief to anyone.

Next Bring & Share Lunch: 12noon, Sunday 4th Feb



These informal get-togethers are a great way to get to know one another better. And having eaten, there's ping pong table & other activities to enjoy, and lots of coffee to be drunk as we spend time with one another.