

All Saints' North Hillingdon

8th Feb 2026

5th Epiphany / 2nd before Lent



Genesis reminds us that God created our wonderful world and purposed us humans as his presence on earth to steward his good creation. **Question:** Where do you notice God's goodness and creative care in the world around you—and in yourself?

In Romans Paul reflects we are 'suffering' and that creation is 'groaning' and 'decaying' and that we hope and long for redemption of this world and our own bodies. **Question:** How does hope in God's future change the way you live with your present difficulties and frustrations?

In the Sermon on the Mount, Jesus addresses our everyday anxieties (food, clothing), saying that we should firstly trust our heavenly father, that worrying is pointless, and that 'all these things will be given unto you'. **Question:** What worries might God be inviting you to place into his care today?

These readings together remind us of our God who lovingly made our world, sustains it, and redeems it through him suffering. And invites us to join with him in this task.

New English Hymnal for 10 am service:

Opening	263	All Creatures of our God & King
<i>Psalm: Follow choir for responses (every 4-6 lines)</i>		
Gradual	342	Breathe on me Breath of God
Offert'y	258	O Christ the Same
Comm'n	397	Let us with Gladsome Mind
Sending	466	Thou whose almighty word

Regular Mid-week Events:

Wed - 10am Holy Communion

Followed by

10:30am Cake, Coffee & Chat in Hall



Tuesdays in Lent: Study Group 7.30pm from 24th Feb at Jonathan Mead's. **Thursday** mornings and afternoon groups also tbc.
Fridays in Lent: Stations of the Cross 6pm.

Lent Food Bank Collection @ rear of church.

Diary Dates:

Sun 8th Feb - Deanery Evening Prayer 5.30pm
St Laurence Cowley

Wed 18th Feb - Ash Wednesday service

10am and 7.30 pm

***don't forget to return your crosses
at the beginning of February***

Sun 22nd Feb – 1st Sunday of Lent

Sat 14th March – "Gary Barlow" is singing
in our hall. See Lesley for tickets.

Sun 15th March - Mothering Sunday

No 8am - 10am service only

Sun 29th March - Palm Sunday

**Giving is part
of our worship
You can use the
QR code or place
an offering in the
basket >>>>>**



THIS WEEK'S INTERCESSIONS:

Mark Callaghan, David Rance, Hazel & Helen Parris, Mabel and Tony Poon-Jones, Lyn Prior, Lynn Taylor, Tony Bond, Pat Szymański, Ann Tutton, Ruth Heslop, Jo Haunton, Mika Woods, Margaret Brown, John Williams, Sheila Scoates and Melissa Sinclair - Lord, give them courage and hope in their troubles; and bring them the joy of your salvation.

†

We remember anniversaries of the deaths of:

Ernest Mosby, Doris Blair, Len Trett, Emily Baker, Kit Williams and Angela Anderson.

Ryefield Care Home Communion Services:

Dates for 2026: 3rd March, 14th April, 5th May, 2nd June, 7th July.

'Salt and light' social action: Because if we aren't, no one is! Email our MP about current debates: danny.beales.mp@parliament.uk

Visits / Home Communion:

Anyone who would like a chat, pray or home communion, let me know; Rev Ulric Gerry 07909 127 929 ulricgerry@icloud.com. If anyone is not confirmed, St Pauls are doing such on Sat 4th April 2026. Let me know by Wed 4th March.

COLLECT

Almighty God,
you have created the heavens and the earth
and made us in your own image:
teach us to discern your hand in all your works
and your likeness in all your children;
through Jesus Christ your Son our Lord,
who with you and the Holy Spirit reigns
supreme over all things,
now and for ever.

FIRST READING Genesis 1:1 – 2:3

A reading from the book of Genesis.

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, "Let there be light"; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day. And God said, "Let there be a dome in the midst of the waters, and let it separate the waters from the waters." So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so. God called the dome Sky. And there was evening and there was morning, the second day. And God said, "Let the waters under the sky be gathered together into one place, and let the dry land appear." And it was so. God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. Then God said, "Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it." And it was so. The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good. And there was evening and there was morning, the third day. And God said, "Let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons and for days and years, and let them be lights in the dome of the sky to give light upon the earth." And it was so. God made the two great lights – the greater light to rule the day and the lesser light to rule the night – and the stars. God set them in the dome of the sky to give light upon the earth, to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. And there was evening and there was morning, the fourth day. And God said, "Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky." So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every kind. And God saw that it was good. God blessed them, saying, "Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth." And there was evening and there was morning, the fifth day. And God said, "Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind."

And it was so. God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good. Then God said, "Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth." So God created humankind in his image, in the image of God he created them; male and female he created them. God blessed them, and God said to them, "Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth." God said, "See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food." And it was so. God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day. Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

PSALM Psalm 136:1-9. 23-end

R For his mercy endures for ever.

Give thanks to the Lord, for he is gracious, R
Give thanks to the God of gods, R
Give thanks to the Lord of lords, R
Who alone does great wonders, R
Who by wisdom made the heavens, R
Who laid out the earth upon the waters, R
Who made the great lights, R
The sun to rule the day, R
The moon and the stars to govern the night, R
Who smote the firstborn of Egypt, R
And brought out Israel from among them, R
With a mighty hand and outstretched arm, R
Who divided the Red Sea in two, R
And made Israel to pass through the midst of it, R
But Pharaoh and his host he overthrew in the Red Sea, R
Who led his people through the wilderness, R
Who smote great kings, R
And slew mighty kings, R
Sihon, king of the Amorites, R
And Og, the king of Bashan, R
And gave away their land for a heritage, R
A heritage for Israel his servant, R
Who remembered us when we were in trouble, R
And delivered us from our enemies, R



For his mercy endures for ever.

Who gives food to all creatures, R
Give thanks to the God of heaven,
for his mercy endures for ever. R

SECOND READING Romans 8:18-25

A reading from the letter of Paul to the Romans.

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

GOSPEL Matthew 6:25-end

Hear the gospel of our Lord Jesus Christ according to Matthew.

Jesus taught his disciples, saying: "Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you – you of little faith? Therefore do not worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today."

POST COMMUNION

God our creator, by your gift the tree of life was set at the heart of the earthly paradise, and the bread of life at the heart of your Church:
may we who have been nourished at your table on earth be transformed by the glory of the Saviour's cross
and enjoy the delights of eternity; through Jesus Christ our Lord.