

The Benefice of Foremark and Repton with Newton Solney

The First Sunday of Lent - Sunday 21st February 2021

Daily Reading Sunday 21st February to Saturday 27th February

Sunday 21st February - (1st Sunday of Lent)

Genesis 9: 8-17

God tells Noah he is establishing a covenant with him, his sons and their descendants. He sets his bow in the sky as a sign.

1 Peter 3: 18 - end

Baptism, an appeal to God for a good conscience, saves us through Christ's resurrection. It was prefigured by the saving of Noah's family in the water of the flood.

Mark 1: 9 - 15

Jesus is baptised by John and receives God's approval. He is immediately driven out into the wilderness, where he is tempted by Satan. John is arrested and Jesus begins his Galilean ministry.

Monday 22nd February

Psalm 11, Jeremiah 4:19-31, John 5:1-18

Tuesday 23rd February (Polycarp)

Psalm 44, Jeremiah 5:1-19, John 5:19-29

Wednesday 24th February

Psalm 6, Jeremiah 5:20-31, John 5:30-47

Thursday 25th February

Psalm 42, Jeremiah 6:9-21, John 6:1-15

Friday 26th February

Psalm 22, Jeremiah 6:22-30, John 6:16-27

Saturday 27th February

Psalm 63, Jeremiah 7:1-20, John 6:27-40

Next Sunday will celebrate The 2nd Sunday of Lent



Collect

Heavenly Father,
your Son battled with the powers of darkness,
and grew closer to you in the desert:
help us to use these days to grow in wisdom and prayer
that we may witness to your saving love
in Jesus Christ our Lord. Amen

FOR OUR PRAYERS THIS WEEK

For grace to keep Lent faithfully.

All continuing to provide spiritual and pastoral care to our parishes and those within the wider community during this period of COVID-19.

All our Church, Messy Church and Youth Alpha families that they may continue to deepen their faith.

Those serving God, here and abroad: Nick Parish training for ordination, Sarah Attwood as she continues her ministry with the church in Bosnia.

Those in need of long-term prayerful support: Andrew Pitchford, Lynn Wells, Ian Tennant, Samantha Taylor, Ted Weston, Alf Booth, Kay Howard, Claire Rose, Audrey Morris, Joan Taylor, Robin Nelson, Carl Baker, Shirley Wells, Lorna Griffiths, Karen Perks.

Prayer requests: Nazanin that she may be released in March when her sentence is due to end, for her family awaiting that day; all affected by the coronavirus and all seeking to contain & combat this pandemic.

Those who have recently died and those known to us, Rest in Peace; for their families and friends who mourn them, that they find comfort and strength in God's presence.

BENEFICE SERVICES AT ST WYSTAN'S

10.00am on SUNDAYS

Will continue during this lockdown.

PLEASE NOTE LIVE-STREAMING WILL BE ON ZOOM

These are the instructions for joining

Join Zoom Meeting

<https://us02web.zoom.us/j/7855049461>

Meeting ID: 785 504 9461

Telephone: 0203 901 7895

Enter the Meeting ID: 785 504 9461 when prompted. There is no password required.

The service will be uploaded to YouTube and Facebook afterwards.

WINTER OPENING TIMES - OUR CHURCHES CONTINUE TO BE OPEN FOR PRAYER

ST MARY'S [EVERY DAY] 10.00 – 3.00pm.

ST WYSTAN'S [WEEK DAYS] 10.00 - 4.00pm

St Wystan's is open on Saturdays 10.00AM – 3.00pm then it will be cleaned and set up ready for Sunday.

On **Sundays** the church will be cleaned after the service and then open for prayer until **4.00pm**.

DAILY PRAYER – A small group of us continue to say Morning Prayer each weekday from 9.00 – 9.30am

We use a Service Order from Iona Abbey. We 'meet' on Zoom and the telephone link works for this as well. If you wish to join us, then you are most welcome. Please ask Rebecca for a copy of the service order and a Zoom link.

BOOK OF COMMON PRAYER SERVICES

Those who enjoy Book of Common Prayer services may wish to explore the site of The Prayer Book Society where they advertise many such services on Sundays but also mid-week services.

<https://www.pbs.org.uk/churches-and-services/-1>

LENT GROUPS will all be on Zoom this year

We will be using the Methodist Church 2021 Lent course available as a PDF download. Its title is **WOVEN**, God's story, Your story, Every Story.

It is a simple and straightforward Course. It is very open to participants [and the Spirit] making it special by and through what we share.

There are three groups on offer, two based on the existing Bible Study Groups and an extra one offered by Martin the Vicar. We anticipate each meeting will last about an hour.

Stephen's Group Thursdays 7.30 Can accommodate a few more participants.

Feb. 18th, 25th, March 4th, 11th, 18th & 25th

Ruth's Group Wednesdays 7.30pm Can accommodate a couple more participants

Feb. 17th, 24th, March 3rd, 10th, 17th & 24th

Martin's Group Mondays [and one Wednesday] 7.00pm Can accommodate about 8-10 participants

Feb. 22nd, March 1st, 8th, 22nd, 29th and on Wednesday March 17th.

Book your place with Stephen, Ruth or Martin direct for the zoom invite and if you need it a link to the booklet.

COVID VACCINE

This is an email from a South Africa Mother's Union member in Johannesburg – through the Mother's Union in this country – via Elsa Dixon – to me – and now to you. It is worth considering and comparing what she writes with the situation in our country even a few weeks ago when things were at their worst for us.....

Dear Gillie

Thanks for your mail. We are fine. Good to hear that all is well with you and Joe.

Around us here, people are going through so much. After Xmas, we had high numbers of infected people and deaths increased. We seeing families burying 2 or 3 people in a month. One family we know buried 6 people within 4 weeks.

The numbers are decreasing now. The challenge is people still go to gatherings, parties, funerals etc. We now have with the vaccination programme. Have you vaccinated already?

Mothers Union, we losing so many mothers. We get death notifications not less than 4 times a week.

Also, some parishes and dioceses mothers union could not do elections last year. Hope the next months will be better and enable them to have them.

Physical church services are starting this coming Sunday, the numbers are limited to 50 per service. We continue having our meetings virtually. The past Saturday, we had mothers union quiet day service. The chaplain organized it virtually, the prayers and readings were being send on phone messaging/whatsapp and it made it possible for all to connect spiritually.

Please take care.

Warmest regards

Meisie

This quote from a BBC report puts our pride in our vaccination programme in perspective. We should be proud of the system which we have – it is so well organised and runs so smoothly, but it is not the same across the world.....

Hoarding by wealthy nations, funding shortfalls, regulations and cold chain requirements have slowed the process of rolling out the vaccines. "The world is on the brink of a catastrophic moral failure and the price will be paid with lives and livelihoods in the poorest countries," warned WHO head Dr Tedros Ghebreyesus. Calls for equity have been growing. Close to 40 million doses have been administered in at least 49 higher-income countries, compared to just 25 doses given in just one of the lowest-income countries [in Africa], according to Dr Tedros. "Not 25 million, not 25,000, just 25," he said, without saying which country. [January 22nd]

Send a Cow

Every day families face poverty that is extreme, cruel, and worst of all – unnecessary. But rural Africa is rich with opportunity and where there is land, there is hope.

Send a Cow doesn't impose solutions, we help grow them from within. That's why they work. Our African-designed solutions were developed with, and for, the communities we support. Families get back the skills and confidence they need to get the most from their land. Families can grow enough food, earn a living and go after their dreams. We've changed a lot since 1988. We no longer send cows from the UK, we source them locally. In fact, providing livestock is just a tiny part of what we do.

And because the families we work with pass on what they know, success quickly multiplies, from family to family, community to community, generation to generation.

Why not host a virtual coffee morning with a difference this Lent

This Lent, Send a Cow is asking people to **Love Your Neighbour** in support of our refugee work in Uganda. Get social, bring hope and raise funds by holding a virtual coffee morning on Zoom! To make it different from your normal Zoom meetings, invite a Send a Cow speaker to join you - we can tell you about our refugee projects and your guests can ask as many questions they like - all socially distanced!

To book your Send a Cow speaker, email: annhatton@sendacow.org

To download your free resources visit: sendacow.org/lent

PRAYING AT BEDTIME

Last week I offered a simple routine to follow that could lead to a better night's sleep. This week I'm drawing on a website which encourages parents to pray with their children at bedtime. It states that bedtime prayers are very beneficial for children and lists the following benefits. It goes without saying, [trust the Vicar to then go on and say it!!!], as we are all children of God, the benefits are not just for those who are young.

1. Saying Bedtime Prayers Helps Reduce Stress

Studies have shown that spending some time each night on self-reflection and prayer reduces stress levels in both adults and children. Praying increases feelings of calmness and wellness, thus, reducing the ill-effects of stress. Prayers can also nullify the negative effects of stress, on physical health.

2. Praying Helps With Self-control

Research has found that people who pray regularly have better discipline and self-control than people who do not pray. Studies have also shown that children who pray regularly are less prone to throwing tantrums and are more disciplined.

3. Praying Makes One Compassionate

Praying makes people more kind and compassionate. This is a value you definitely want to inculcate in your child. Studies have shown that regular prayer can reduce aggressive behaviour and prevent angry outbursts in adults and children. Praying for the needs of other people makes children more empathetic and sensitive to the feelings of people around them. Overall, praying makes kids nicer.

4. Praying Helps Develop Trust

Praying with your child strengthens the bond of trust and unity between you and your child. Praying with family members can help your child get closer to them.

5. Praying Makes One More Forgiving

Adults and children who pray regularly are found to be more willing to forgive others and are less inclined to hold grudges.

6. Praying Strengthens Faith in God

The best way for parents to inculcate and maintain their child's faith in God is by having them pray before bedtime. Even if kids are unable to visit places of worship, due to school and homework, they still maintain a connection to God. Having a specific prayer time builds a habit that is likely to continue into adulthood as well.

7. Praying Builds Discipline

Praying every day builds discipline in kids, especially as their faith begins to grow each day. Maintaining a routine each day helps keep kids disciplined. Praying can have a great effect on children, especially if parents are having a hard time disciplining them.

8. Praying Sets a Child's Moral Compass True North

A person's moral compass is the internalised set of moral values and ethics he/she lives by. This is typically set during childhood, based on the beliefs inculcated in children and the experiences they have had. Praying sets a child's moral compass north, which means their moral values are in the right place.

For parents – If you want some ideas for prayers to use then look at the website link below for some good examples – and where the 'Benefits' listed above originate from.

<https://parenting.firstcry.com/articles/10-popular-bedtime-prayers-for-children/>

For us all – if you don't have a night time prayer routine – it is never too late to start. There are many sources of prayers for the end of the day – just put 'Christian Prayers for the end of the day' or similar into a search engine and you will get many examples.

Or you may start simply by just praying the Lord's Prayer.

Or

You could even use the Order for Compline – the short service for the end of the day –

<https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/daily-prayer/night-prayer-compline>

DAILYHOPE PHONE LINE

DailyHope, a free national telephone line, offers music, prayers and reflections as well as full worship services from the Church of England at the end of the phone.

A Church of England initiative in partnership with CONNECTIONS at Holy Trinity Claygate, and Faith in Later Life.



The line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services during the period of restrictions in mind; to provide comfort and spiritual nourishment to the most isolated in our society.

"With many in our country on lockdown, it's important that we support those who are feeling lonely and isolated, whatever age they are."

Archbishop Justin Welby