

# Trinity Voice

The Parish magazine for  
Holy Trinity, Weymouth  
*Diocese of Salisbury*  
March 2022

£1



# SUNDAY SERVICES

8.00am Said Eucharist	Holy Trinity
10.00am Parish Sung Eucharist	Holy Trinity

**EVERYONE IS INVITED TO JOIN US FOR OUR SUNDAY WORSHIP.** Coffee and tea are served after our 10am Sunday service. This is a great opportunity for us to talk to each other. **IF YOU ARE NEW TO OUR CHURCH** please introduce yourself to Canon Andrew.

**GENERAL INFORMATION:** For any general information please contact the Vicar 760354.

**FOR ALL MATTERS RELATING** to Weddings, Baptisms, Funerals, Confirmation and matters of pastoral care for the sick and dying as well as home visits, home communions and the Ministry of Reconciliation (Confession), please

**TELEPHONE THE VICAR: Revd. Canon Andrew Gough 760354**

*Email: [goughfr@hotmail.com](mailto:goughfr@hotmail.com)*

**THE BLESSED SACRAMENT** is perpetually reserved for the sick and infirm.

**Holy Trinity Website**  
[www.holytrinityweymouth.org](http://www.holytrinityweymouth.org)

**General enquiries:**

enquiries@holytrinityweymouth.org

**Vicar:** The Reverend Canon Andrew Gough B.A.

**The Parish Office:** 01305 760354

**Email:** *Goughfr@hotmail.com*

*Please note that the vicar's day off is Monday*

**HT Churchwarden:** Phil Wise 01305 759484

**HT Churchwarden:** Trudi Shaw 07973 560705

**PCC Secretary:** Angela Kerigan Email

angelakerigan@gmail.com

**HT Youth worker:** Connor Hansford

Con.Hans@mail.com

**Sunday School:** Jenny Keates: 01305 788136

**Electoral Roll:** Phil Wise/Liz Williams: 01305  
786421

**Vergger:** Peter Rendall: 01305 782546

**Sacristan:** Carole Didcock (contact via church  
office)

**Servers/Acolytes** Janny Richards (contact via  
church office)

**Safeguarding Officer:** Krys Fursman 07916 097606  
emmaaleks04@gmail.com

**Children's Society:** Val Sewry 01305 776155

**Flowers:** Church Team (contact the church office)

**Sunday pew sheet:** To be sent to the vicar's office Goughfr@hotmail.com by Wednesday 12noon each week

**Magazine Editor:** Connor Hansford

*Contributions to the April magazine by March 15<sup>th</sup>*



From the Vicar:

## LIVE LENT & LOVE LIFE

Dear Friends,

As I'm writing this it is unseasonably warm, and I'm enjoying the sunshine outside. According to Radio 4 the seasons are less defined this year, with spring flowers well on their way before time.



In the church year we enter the season of Lent this month, as we, with Jesus, turn our face towards the Passion and the Cross to come. We shall begin Lent at Holy Trinity with our **ASH WEDNESDAY EUCHARIST** on the 2<sup>nd</sup> March 10.30am. During this service we shall receive ashing. I hope that you will all be able to come to this special day as we begin Lent together as a church and parish.

Traditionally, Lent is a penitential time, when we reflect upon our lives, and lay our sin and brokenness,

in repentance before God as we remember the Wilderness wanderings of our Lord, and the ultimate sacrifice made once for all of us on that coming Cross. A traditional time for fasting or abstinence, Lent is a time that many Christians observe by giving something up. But what should we give up? Chocolate? Alcohol? Social media? TV? Perhaps. Yet somehow, I feel that whilst self-discipline is indeed admirable, the lack of chocolate in itself wont further the Kingdom of God in our lives and town.

I like St Paul's idea more:

*'Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.'* Ephesians 4:31

Imagine, if we fasted from anger. From bitterness. From thinking and speaking badly about others. Imagine if we fasted from holding grudges. From hurtful words or actions. Imagine if, instead of these things, we filled each other instead with these further words from Paul to the Ephesians:

*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*  
*Ephesians 4:32*

It's a hard one for us all and those who lead us in these challenging times need to hear this message also especially those who are given the role of leading the Church in this generation.

May our Lenten fasts reflect the love and forgiveness of God in our lives.

Your parish priest,

*Canon Andrew*



# Retirement

As many will know Canon Andrew announced his retirement from full time ministry on Sunday 9<sup>th</sup> January. He said that after 36 years of full-time ministry, and with a new retirement home in Devon ready in a couple of months the time felt right to retire. Both Andrew and John wish to travel more – covid permitting, and Fr Andrew is exploring writing a book. Canon Andrew's final Sunday at Holy Trinity will be Sunday 1st May. There will be plenty of time to say our farewell in the weeks ahead and until that time he explained that it was 'business as usual'!

## SERVICES IN MARCH

### **ASH WEDNESDAY (2<sup>nd</sup> March)**

10.30am Holy Eucharist in church with the Imposition of Ashes

### **FIRST SUNDAY OF LENT (6<sup>th</sup> March)**

8am Said Eucharist

10am Parish Eucharist



12noon Baptism – Esme Cottingham

**SECOND SUNDAY OF LENT (13<sup>th</sup> March)**

8am Said Eucharist

10am Parish Eucharist

**THIRD SUNDAY OF LENT (20<sup>th</sup> March)**

8am Said Eucharist

10am Parish Eucharist

**FOURTH SUNDAY OF LENT (7<sup>th</sup> March)**

**MOTHERING SUNDAY**

8am Said Eucharist

10am Parish Eucharist

**FIFTH SUNDAY OF LENT (3<sup>rd</sup> April)**

8am Said Eucharist

10am Said Eucharist followed by

**ANNUAL PARISH CHURCH MEETING**

# **DIARY DATES FOR MARCH:**

**ASH WEDNESDAY** service 2<sup>nd</sup> March 10.30am

## **PAROCHIAL CHURCH COUNCIL MEETING**

Tuesday 8<sup>th</sup> March 10am in the church **ARTEFACT-IT** will be coming to Holy Trinity church to film and interview individuals for the film production to be made on Chaplehay during the war years Friday 18<sup>th</sup> March (prov)



**SATURDAY 26<sup>TH</sup> MARCH 10am – 12noon**

**CAKES, TEAS/COFFEES, VARIOUS  
STALLS AND RAFFLE**

**Please come and support this event**

# **ANNUAL PARISH CHURCH MEETING**

**Sunday 3<sup>rd</sup> April, 11.30am in church**

## **From the Parish Registers 2021**

### **FUNERALS**

15th January – Brian Pinhorn

3rd February – Keith Lillington

24th February – John Warner

4th March – Irene Cardwell

4th March - Veronica Wenborne

10th March - Tony Allen

30th March – Jill Crocker

23rd April – John Dean

30th April – Irene Medway

26th May – George Ingram



30th May – Carlos Hermedez

1st June – John Hobbs

3rd September – Mervyn Bown

22nd September – Pamela

Wakeling

7th October – Mavis Morgan

### **HOLY BAPTISM**

27TH June – Rionn Mai Roper

25th July – Aria Hallett

### **CONFIRMATION**

31st July – Carole Didcock

31st July – Connor Hansford

### **HOLY MATRIMONY**

12th June – Katherine Pomfrett & Luke Denning

11th September – Kelly Irvine & Jordan Barratt



# **Croesyceiliog Male Choir**



## **Upcoming Events**

**Church Fund Raising Concert - 14th of May  
2022 at 6:30**

**Holy Trinity Church**

**Please put this date in your diary and offer to  
help support this event. Please speak with  
the churchwardens.**

# Pastoral letter from the Archbishops of Canterbury and York

Dear Sisters and Brothers,

*Peace I leave with you, my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not let them be afraid. John 14.27*

Many of us will have troubled hearts as we watch with horror the attack by Russia on Ukraine. As we have already said, this attack is an act of evil, imperilling as it does the relative peace and security that Europe has enjoyed for so long. The attack by one nation on a free, democratic country has rightly provoked outrage, sanctions, and condemnation. We lament with the people of Ukraine, and we pray for the innocent, the frightened and those who have lost loved ones, homes, and family. We continue to call for a ceasefire and the withdrawal of Russian forces as well as wide-ranging efforts to ensure peace, stability and security. These events remind us powerfully that peace is precious and it is fragile. In Chapter 14 of John's Gospel, Jesus speaks to his disciples at the Last Supper and he leaves

them his peace. This is not a mere greeting, but rather something deep and abiding. This peace is something that only Jesus gives; for it is a gratuitous gift, a way of living, something to be received for the gift of peace is the gift of Jesus himself. That is why the Lord is able to offer reassurance to our hearts, why those who receive the gift of the peace of Jesus Christ at the deepest of levels should not be afraid. Peace, therefore, is so much more than the absence of war. It is a gift, and it is also a decision, a gift that must be received. It is a choice we make that shapes the way we live well alongside each other. It characterises our relationship with God. It comes into being by seeking justice.

In these days of uncertainty and fear, we pray that each of us might again turn to the Lord and receive God's gift of peace, work for God's justice, know God's reconciliation and love, and choose paths not of hatred or destruction, of violence or retribution, but God's way of justice, mercy and peace. As Christians, our response to a crisis must always be rooted in prayer. And so we invite you to join with us in praying most earnestly for an outpouring of the Spirit of God, that the world may once again choose peace, strengthening those international bodies that enable us to work and live together as one humanity inhabiting one world. We pray for those in Ukraine who suffer grievously,

for all who take decisions around the world, and for the people and leaders of Russia too. In practical terms we invite you:

- to make this Sunday, 27 February, a day of prayer for peace;
- on Tuesday 1 March at 6pm (GMT) to pray with the Diocese in Europe for the chaplaincy in Kyiv and the churches that serve Ukraine; and
- to participate with the wider church in Pope Francis's call to make Ash Wednesday, 2 March, a day of prayer and fasting for peace. You can find liturgical resources on the Church of England website at <https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/praying-peace-world> However and whenever you pray, pray that the world may choose peace, and be assured of our prayers for you.

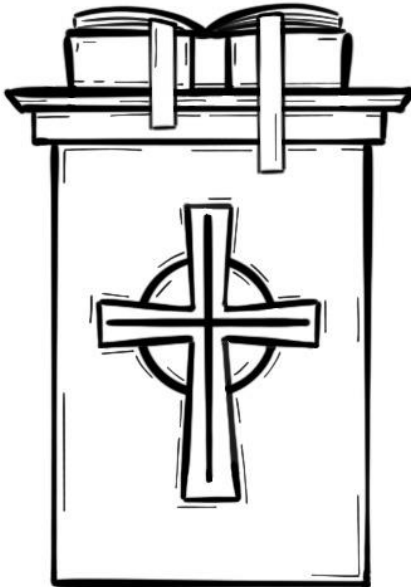
With every blessing,

**The Most Revd & Rt Hon Justin Welby The Most Revd & Rt Hon Stephen Cottrell Archbishop of Canterbury Archbishop of York**



# Faith (pt2)

*By Irene Leader*



Ever prayed in the name of Jesus and nothing happened? We all have. Then you question why this doesn't work. So how do you get faith to work? Religion will tell you that you have to pray in the right way; use the correct words, etc. Acts 3:16 says that it is faith in the Name of Jesus that healed the man. Then

Jn15:7 says abide in My Word, ask whatever you want, and it will be done

for you. So, which is it that we are to do: faith in His Name or abide in His Word? With two scriptures that seem to contradict, you need to put them together to look at them:

(1) Faith in His Name. Faith is trust, but what is trusting in Jesus: that He lived; that He performed miracles; that He was the Son of God; that He died on a Cross, that He was Resurrected? What we believe makes an enormous difference to whether our faith works. James 2:19 says that even the demons believe and tremble, but it didn't do their life any good.

Is your use of the Name of Jesus like an incantation or a formula? For example, if you don't say, 'In the Name of Jesus,' or 'For His sake', then God does not hear you or honour your request. Acts 19:13-16 The sons of Sceva copied what Paul said and used His Name as a magic formula. The demon said, 'Jesus I know, Paul I know, but who are you?' Or is the use of His Name borne out of a personal connection/relationship with Him?

(2) Abide in My Word. A relational bond with God, through Jesus and the enabling power of Holy Spirit, formed in your heart will mean you make Jesus Lord of your life. His perspective will then become your default position. To know His perspective, you have to read and digest scripture; what living from His perspective would look like in your life, then this will lead to you abiding in His Word. Therefore, the use of His Name is pointless unless you are abiding in His Word. Making Jesus Lord of your life means you

surrender everything to Him: give up your opinions, values, morals, and ethics (your ego will fight like crazy because the ego needs to be right) to God's opinion, values, morals, and ethics. This is what Paul calls dying to self/putting off the old man (Eph 4:22-24). If you fail to understand that by the blood of Jesus we are already delivered entirely, forever from the wrath of God, you will never grasp how much God loves you by the immeasurable value He placed on His Son given as a gift to you (Eph 2:8): God reconciled Himself to use through Jesus. The word reconciliation means to exchange one thing for another of equal value. We are as valuable as the price paid for our salvation. Any minimisation of what Jesus did for you through His death, burial and resurrection minimises God's love and our faith. James talks about a living faith in a living God. The only way to find out if your faith works is to ask what is going on in your life right now? I hope peace and joy in all circumstances, and not fear and anguish.





# WEYMOUTH CHORAL SOCIETY:



SATURDAY 02 APRIL 2022, 7.30pm ST PAUL'S  
CHURCH, ABBOTSBURY ROAD, WEYMOUTH,  
DT4 0BJ

A CONCERT FOR EASTER:  
FAURE: REQUIEM

HANDEL: MESSIAH extracts

On Saturday 02 April at St Paul's Church, Weymouth Choral Society will present music for an Easter concert featuring a performance of Faure's much-loved

Requiem and selections from Handel's oratorio 'Messiah'. Organist Simon Earl and trumpeter Winston Leese will accompany the choral music, with guest vocal soloists Lizzie Peacock (soprano) and Andrew Mayor (bass). Faure's Requiem is one of the most popular musical compositions every written, much admired for its peacefulness and serenity which gives it an ethereal beauty and universal appeal. Handel's 'Messiah' is also one of the most widely performed choral works. A commentary and reflection on Christ's Nativity, Passion, Resurrection and Ascension, the work gives rise to a wide gamut of emotions in the listener. The concert will feature a selection of several choruses and solos from Handel's oratorio, including 'The Trumpet Shall Sound', 'Rejoice' and, of course, 'Hallelujah'. Join us for an evening of beautiful, reflective, and uplifting choral music.

*The concert will begin at 7.30pm, conducted by the Society's musical director, Helen Brind. Tickets priced £12 (free for under 16s) are available from Weymouth Pavilion Theatre or by phoning 07712 135150. They can also be purchased via Ticket Source on the Society's website:  
[weymouthchoralsociety.org.uk](http://weymouthchoralsociety.org.uk)*

# Update from Carole Didcock



There were 6 people on the LPA (Lay Pastoral Assistant) course, all from various areas:

Warminster, Shillingstone, Christchurch, Upton, Sturminster Newton and Weymouth. Two of the people are from churches where they have no incumbent.

I began the course with apprehension as the others on the course were either retired, PCC members, School governors, a midwife, or a social worker.

The LPA course is a course that sets hearts and minds thinking in a new way and a new knowledge of peace within ourselves. It involves lots of reading and reflection on life, reflections on how to help people, how to listen effectively, different ways of praying, and meditation. Below I have set you a task, which I have done on the course, it is a reflection exercise, but it would be interesting to have some feedback on this.

*What is within your heart?*

*How would you respond to others?*

*What should we do if someone needs help?*

*What do we see and hear?*







*Canon Andrew writes:*

After 36 years as a parish priest, I have decided to retire early.

I will still be a priest, helping in parishes around where I live. I will relieve priests who want to go on vacation or simply get a day off or who are in an interregnum. I will continue to conduct funerals and burials when required. I intend to take six months off for reflection and then I will apply for a licence to continue ministry assisting others who need a priest.

I won't have the direct responsibility for the cure of souls or the many programs and activities of an active parish to concern me. I have served in parishes up and down the country in rural and urban settings over the

years. In all those contexts my greatest joy and privilege has been in sharing the Eucharist and preaching.

I don't suppose we are ever completely certain of the correctness of our major life decisions as we make them. It is not until we have the vantage point of hindsight that we can see fully whether our decisions were correct. I remember vividly being filled with anxiety, even a holy dread, when I lay on my face at ordination 36 years ago. Now, all these years later, I can say that despite the many ups and downs there has been lots to thank God for. It was the right decision. I was meant to be a priest and I was meant to be a pastor.

But I took consolation in the advice of St. Francis de Sales that I have stuck in the back of my daily prayer book: *"Once we have reached a decision in a holy manner, we must never doubt about the holiness of carrying it out."*

My decision was based on an awareness of my own mortality and a desire to serve in other ways. But also realising that the Church I was ordained into is very different now. I only ever wanted to be a pastor and look after my people. Now you have to be a manager. That's not me!

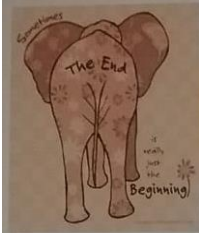
Therefore, I have made the decision to *'get off the dance floor before the music stops.'*

I am also filled with gratitude for the past and anticipation about the future.

For all that has been, I say thanks. For all that will be, I say yes.

*Canon Andrew*





**Important Notice**

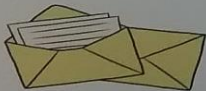


## **CANON ANDREW GOUGH'S RETIREMENT GIFT**

If you would like to donate you can  
do so via the church website

[www.holytrinityweymouth.org](http://www.holytrinityweymouth.org)

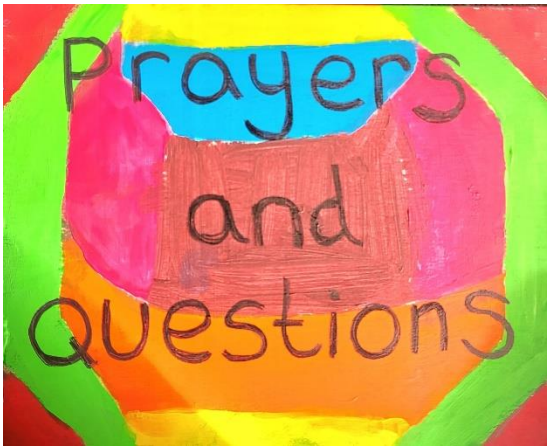
Please follow the instructions on the  
homepage.



Envelopes available from the  
churchwardens and can be collected  
from the church or via a church  
member. Thank you

# A Place to Prayer and Ask Questions

*By Connor Hansford*



On Thursday 24<sup>th</sup> February I met Lucy Gilbert, the Youth Worker at St Matthias Church in Plymouth where I went on and off whilst I was a student there between 2016 and 2019. St Matthias run several small groups catering for all ages. I wanted Lucy's advice for attracting more young people and families to our own church of Holy Trinity. She mentioned realising that young people participating in the Alpha Course had questions about religion but were too embarrassed to

ask, so she created a sort-of post box in which they could submit prayers and questions anonymously. I thought that was a great idea so went to the Works and bought two plywood boxes, one for each of our church schools, and two sets of different-coloured post-its: one for prayers, one for questions. They say God works in mysterious! Whilst there I bumped into Rosie and Maisie from Sunday School and their mum Claire who kindly agreed to decorate them for me. Don't they look beautiful? Hopefully by the time you read this the boxes will be installed ready to be used. My plan is to go to each of the schools once a month and collect the children's prayers to incorporate into our upcoming monthly children's service, beginning the Saturday before Easter. A huge thank you to Lucy for giving me the idea and to Maisie and Rosie for executing it so beautifully. St Matthias Plymouth is a church plant of Holy Trinity Brompton. 'Since 1985, HTB has helped initiate over 100 church plants, including St Peter's Brighton, Preston Minster and Gas Street, Birmingham. Anglican churches – often facing closure – have been restored, revitalised and are now home to vibrant, worshipping communities that have a significant impact on their local areas.'

# REMEMBERING



Accession Day was celebrated last month on the 6<sup>th</sup> of February when Her Majesty The Queen completed 70 years as our Monarch. Her life of duty and devotion to her people have been unparalleled and, despite enduring a turbulent reign both within

the life of the Nation, Commonwealth, and even Her Majesty's own family, The Queen has remained a constant in our lives giving stability and reassurance. For the vast majority of people alive today The Queen is the only Head of State for this country we have known. But I dare say some of you will remember life during her father's reign as King.

The Queen's accession to the throne is always a bitter-sweet day for Her Majesty. Although it is a reminder of her elevation to Monarch it also marks the day when her father, King George VI, died. Every year since, The Queen has been publicly reminded of her parting

from someone incredibly dear to her. Her Majesty's tradition is to spend the day in private (usually at Sandringham), away from the glare and interest of the Media, and reflect both upon her memories of her father but also on her time as Queen. It must be very surreal to be publicly reminded of an event that has brought both joy and sadness.

Like Her Majesty we too face anniversaries which provoke memories and emotions – usually contained – to bubble to the surface. In the first year of bereavement, we face a calendar of firsts – birthdays, festivals, wedding anniversary, etc – without our loved one. Then we are hit with the first anniversary of death/funeral and are confronted with memories of living on. In the lives of our children, we reminded of the joys and heartaches of being parents as they joyfully celebrate the passing of the years. Other traumas or joys are also etched into our hearts and are remembered.

Our remembering can become overwhelming and all-encompassing and prevent us from living life. But it can also be life-giving. Reflecting upon joys shared, memories made, love reciprocated, trust enjoyed, laughter raised, reminds us that we belong, that we live



in community and not isolation, that we are loved and special even if we don't always feel it. In remembering we "re-member" and make present once again – just like we do at every celebration of the Eucharist when we recall Christ's Last Supper, his gift of himself on the cross, and his mighty resurrection. Christ once again becomes present. Our loved ones become present. Past joys and sorrows stir in our hearts. The pervading temptation at present is to ignore all this and forget about the past – thinking that it cannot help us move forward. But it does. I'm sure The Queen is a stronger monarch and person for remembering her father. We are stronger for remembering our loved ones and the times we have spent with them. We are stronger when we celebrate past joys. And we are certainly stronger when we remember the depth of God's love as expressed through the life, death, and resurrection of Jesus.

Later this year (and next) we will have the opportunity to celebrate Her Majesty's reign. Plans are being put in place for how we might do this as a community, and I hope that there will be an opportunity for you to do this as a church.

*Canon Andrew.*



# My Stage-One Interview

*By Connor Hansford*

I have been asked by my DDO not to write about the process of applying to become a priest in the Church of England, possibly to stop future candidates from cheating. I know I would have appreciated the help as I approached my stage-one interview on February 8<sup>th</sup>, which now feels like a very long time ago indeed. This took place over five hours from 10am till 3pm during which time I was quizzed by four priests of both sexes plus two laypeople, including a top London civil servant. Luckily for the DDO I can't remember much about it except for two questions which linger in the mind: what do you least look forward to about being a priest, and if you go to the pub after this and someone asks you what this church business is all about, what do you say? To the first I replied that I would struggle to reconcile an all-loving God with consoling a grieving mother whose innocent daughter has just been hit by a bus. To the second I said, rather flippantly actually, 'it's about a Galilean peasant boy who was tried and then executed for telling people to love one another'. Father Andrew asked me afterwards if I mentioned that Jesus then came back to life. I did not and it showed in my feedback! Each category is

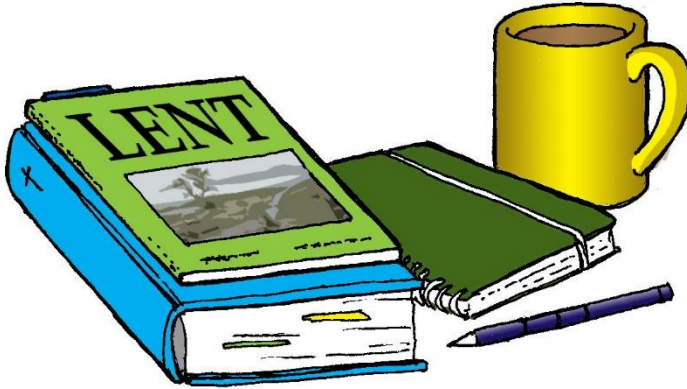
assessed from 1 to 6, 1 being cause for concern, 6 being above what is required at this stage. This spectrum is represented by a meter which is green or red depending on how you did. I am proud to say that in every category bar one I received a green light. The category I did the least well in was theology. The DDO has therefore recommended that I undertake a short course in theology prior to being recommended for the stage-two interview, which is a residential interview, two in fact, spread over two days. Since I am still finishing a master's and a youth work qualification I have said I am reluctant to undertake anything too formal until September. Father Gregory, vicar of St Paul's on Abbotsbury Road, is the most learned theologian I know. I have therefore asked for permission to learn from him for the time being. (Father Gregory is theologically opposed to women priests which puts him in contention with much of the rest of the Church of England). The DDO reluctantly agreed so on Wednesday 23<sup>rd</sup> of February at 4pm I attended my first Bible Group at St Paul's Church Hall. The subject was Confirmation, part of an ongoing series exploring the sacraments. The atmosphere was great, and I learnt a lot. I recommend it, though I just learnt it has been suspended for the duration of Lent – typical! Of all the things to give up! The DDO team is keen for me to undertake a placement of about six

weeks at an Evangelical or ‘low’ church to gain a better understanding of the full breadth of the Church of England. The last time I saw Father Gregory I cheekily asked whether the Church would ask a candidate from an Evangelical background to undertake a placement in an Anglo-Catholic setting, not realising that they do indeed do that, which serves me right for thinking I know best! Reflecting on my stage-one for this article I remember I was asked what I had done to test my vocation. I have historically voted Labour, I’m not overly keen on the Royal Family, and I’m gay; nobody with a background like that would want to be a priest of all things, therefore, the only logical explanation is, Jesus wants me for a sunbeam, to borrow a phrase from the Reverend Richard Coles whom I was privileged to chat to on the phone after Candlemas. (I asked to speak to him because I was struggling to reconcile my twin vocations of comedy writer and priest. Turns out they’re one and the same: storyteller. But that’s a whole other article!) One final thing. During one interview I was asked what the Church of England should do to change. I said allow two people of the same sex to affirm their love for one another in the sight of God. If you agree check out <https://cofe-equal-marriage.org.uk/> and sign the petition.

# Every church region in the country signs up to become an Eco Diocese

All 42 dioceses in the Church of England have signed up to become an ‘eco diocese’ as part of their commitment to reach net zero carbon by 2030. The Eco Dioceses scheme, developed by the charity A Rocha UK, sees churches and dioceses awarded bronze, silver, or gold status depending on actions taken to improve their environmental footprint. The Church of England is seeking to reach ‘net zero’ carbon by 2030 to meet a target set by General Synod in 2020. Graham Usher, the Bishop of Norwich and lead bishop for the environment, said: “A Rocha UK’s Eco Church and Diocese scheme is a great tool which enables local churches at every level of their climate justice journey to engage with environmental issues. As Christians, we must make real differences to our lives to care for God’s creation and limit the impact of the climate emergency.”[“The whole Church is currently looking at our proposed Routemap to Net Zero Carbon by 2030](#) and I would encourage everyone to read it and engage with the survey so we can make the journey to net zero carbon together.”

# Observing Lent



This month sees the start of Lent, the 40-day season of penitence, self-examination and fasting running up to Easter. Jesus began His earthly ministry by fasting in the wilderness for 40 days and taught His disciples to fast: *'when you fast.'* (Matthew 6:17). The spiritual discipline of fasting involves missing one or two meals during the day, refraining from TV, alcohol or social media, and identifying the things that get in the way of our focus on God. What are the benefits of fasting?

The act of giving something up expresses my desire to put God first in my life. It shows me the things that I depend on rather than God, so that I can surrender *'my*

*idols*’ to Him. It encourages me to have a deeper hunger and dependency for God. It gives me space to focus on God for His strength, provision, and wisdom resulting in a more intimate relationship with Christ: *‘Blessed are those who hunger and thirst for righteousness, for they will be filled.’* (Matthew 5:6).

Fasting enables the Holy Spirit to reveal my true spiritual condition, leading to brokenness and repentance, and a transformed life along with heart that is more attentive and dependent on God.

Lent can also be a time to embrace new spiritual disciplines, eg: joining a study group, *‘random acts of kindness’*, giving more time to prayer and Bible study or solitude, and reading a Lent book. Whatever you do, make Lent count this year!

*‘Jesus takes it for granted that His disciples will observe the pious custom of fasting. Strict exercise of self-control is an essential feature of the Christian’s life. Such customs have only one purpose – to make the disciples more ready and cheerful to accomplish those things which God would have done.’* (Dietrich Bonhoeffer).



# When the angel told Mary she would give birth to God's Son (Annunciation, 25 March)

Almighty, loving Father,  
Thank you for the month of March, the month of Spring, the month when hopes are high and new things seem possible, when even coming through the pandemic seems possible.

This month we remember the day that the angel told Mary that she would bear your Son – how could that have seemed possible to her?

Help us to trust you as she did. Whatever we may face, help us to have peace and confidence, knowing, as she did, that nothing is impossible with you.

In Jesus' name.

Amen

*By Daphne Kitching*



			5	6	7	1		4
				9	1	2		
1			4			5	8	6
	3				6			9
4	5						6	1
6			9				5	
8	2	3			9			5
		4	6	3				
9		5	2	8	4			

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\*Solutions on back cover.

e e f e p d n t l y r l g p i  
l c r t r r y f a m i l y n u  
a a n e e i a g i e t e n u h  
c g u a d s h y n n e i i r e  
u s n t t i o r e i d w r s i  
o t n i i n w l d r n i t i t  
y r n r h r e d f w n r n n t  
k g d i s c i p l e s g a g u  
n o i t a r a p e r p r k e f  
a g g n i k e e s r o o r r l  
h l n t k t a h t i e w t u o  
t a h r i y s e t h l i n t w  
a o e l e l t i a o c n a r e  
t i i p t r e e v l m g d u r  
p i l d e t r e s e d m f n s

\*Solutions on back cover.

3	8	2	5	6	7	1	9	4
5	4	6	8	9	1	2	3	7
1	9	7	4	2	3	5	8	6
2	3	8	1	5	6	4	7	9
4	5	9	3	7	2	8	6	1
6	7	1	9	4	8	3	5	2
8	2	3	7	1	9	6	4	5
7	1	4	6	3	5	9	2	8
9	6	5	2	8	4	7	1	3

e e f e p d n t l y r l g p i  
 l c r t r r y f a m i l y n u  
 a a n e e i a g i e t e n u h  
 c g u a d s h y n n e i i r e  
 u s n t t i o r e i d w r s i  
 o t n i i n w l d r n i t i t  
 y r n r h r e d f w n r n n t  
 k g d i s c i p l e s g a g u  
 n o i t a r a p e r p r k e f  
 a g g n i k e e s r o o r r l  
 h l n t k t a h t i e w t u o  
 t a h r i y s e t h l i n t w  
 a o e l e l t i a o c n a r e  
 t i i p t r e e v l m g d u r  
 p i l d e t r e s e d m f n s