

## **Welcome to the United Benefice of St. Helen, St. Mary and St. John the Baptist**

It's great to gather together as the Body of Christ in this beautiful part of Derbyshire. Though we have differences, we have one Lord, one Faith and one passion for the Gospel. May we spend time this morning praying together and sharing fellowship.

All are welcome to take part fully in our services. If this is a Service of Holy Communion, you are very welcome to receive Holy Communion at the appropriate time. (Gluten free wafers are available. Just ask anyone leading the communion.)

### **Our Worship today, 18<sup>th</sup> February, First in Lent**

- 9.00am Holy Communion at St. John's**
- 10.00am Holy Communion at St. Mary's**
- 11.00am Holy communion at St. Helen's**

**Readings: Genesis 9:8-17  
Mark 1:9-15**

### **Regular Midweek Services**

- Tuesday – Morning Prayer at St. Helen's 9.30am
- Thursday – Morning Prayer at St. John's 9.30am

### **Regular Home Groups & Prayer Meetings**

- Mon. 19<sup>th</sup> Home Group, Whitworth House, Dale Road
- Thurs. 22<sup>nd</sup> Home Group, 14 Park Avenue
- Thurs. 22<sup>nd</sup> Prayer Meeting, 14 Park Avenue

### **Our United Benefice Services next Sunday**

- 8.00am Holy Communion BCP at St. Helen's**
- 9.00am Holy Communion at St. John's**
- 4.00pm Evensong at St. Mary's**
- 11.00am Morning Prayer at St. Helen's**

**Prayer:** Fridolin Wieschhues, Robert & Margaret Pearse and family, the Hopper family, the Parnell family, Tony & Marie Thrower, Stan Codd, Dorothy Ash, Stephen Porter, Anne & Susan ChinChen, Andrew Brown, the Stoker Family, Claudia Jeffrey, Steven Gill, Pauline Hall, Kath Dick and Ruth Smith.

Please let Pauline Hall know of anyone you would like to put on the list, and also when someone's name can be removed. For St. Mary's, please pass names to David Gadsby (734922) and for St. John's to Marion Bowler (650261).

### **Rest Eternal**

Many people are mourning the loss of a loved one at the moment. Please keep an eye open for those in need in our communities, as well as in our church families. This week, in particular, hold the family of **Ray Sutcliffe** in your prayers.

### **Holiday**

Next week is Half Term, so I'll be away from Monday to Monday. If you need anything, please speak to your churchwardens or coordinators. Thanks very much.

**Revd. Stephen Monk**

### **Intimate Worship**

Last Sunday there was a wonderful act of Worship in St. Helen's Hall, led by Stephen and Dea. The music and worship were both moving and very spiritual. I encourage you to attend this service – do come and try it out. It's held on the **second Sunday** of every month, **6.00pm**.

## **This Week:**

### **Monday Munchers, Pepper and Mustard Group, 19<sup>th</sup> Feb.**

11.45/12.00, Terrace Tea Rooms, Whitworth Centre. For more information, please contact Kath Dick on 732805.

## **Lent Courses (This week!)**

We follow a series, "**All things are possible**" (a study about how faith in God can change the world). **6-week course.**

**Mon. morning (tomorrow) 10am**, at Richard and Sally Royd's house, **5 Sir Joseph's Lane.**

But please note that **from Mon. 26<sup>th</sup>** this course will take place in **St. Helen's church hall.** (Leader: Stephen Monk)

**Mon. evening (tomorrow) 7.30pm**, Darley Dale **Methodist Church.** (Leader Robert Foster).

**Thurs. morning, 22<sup>nd</sup> Feb. 10.30am**, **Winster Wesleyan Church.** (Leader Stephen Monk)

**Fri. evening, 23<sup>rd</sup> Feb. 7. 30pm**, **St. Mary's** (leader to be confirmed).

## **Lent Leaders**

Thanks to everyone who is helping with the Lent courses. Please do support these.

**"UP IN THE AIR"** is a Free, Fun Activity Day for 5 - 11 year olds. This will be held tomorrow **Mon.19th February** from **10.00am** till **3.00pm** at St Helen's Church Hall.

**Today is the last day to enrol children, so if you know anyone please telephone Steve or Jayne Walker (01629) 55863 today!**

Finally, please pray for the Pulse team, the volunteers and all the children who take part, that they will have a great day and learn about the love of God through our Lord and Saviour, Jesus.

### **Looking ahead:**

#### **Fair Trade**

Mon.26<sup>th</sup> Feb. is the start of Fairtrade fortnight. Let us be mindful not only in our prayers, but also in our purchases.

#### **Winster PCC, Mon.26<sup>th</sup> Feb.10.30am**

Please keep this in your prayers.

**St. Mary's, Fri. 2<sup>nd</sup> March, 2pm.** Women's World Day of Prayer.

### **Some Website Thoughts for Lent!**

There are some great things on the Methodist and Church of England websites. These can provide the main tools for all of us, in the 40 days of Lent. But if you're not computer literate, then simply remember the importance of fasting, Bible reading, prayer and service to others. And don't forget the importance of rest and looking after oneself!

## ***Fasting***

One of the more common practices is to give something up for Lent. Some people abstain from chocolate, from social media, shopping, or from something else, throughout the season. **This religious practice is known as fasting.** We fast in order to reorient ourselves away from the distraction of those particular things, and back toward God.

## ***Bible Reading***

Another way to reorient your life toward God is to focus on devotional practices like Bible Study. But many people don't know where to begin when reading the Bible. **The Upper Room Daily Devotional Guide** and **Alive Now** can guide you in this. Each day they provide a scripture passage and some wonderfully thought-provoking, spirit-enriching material to read and think about.

## ***Prayer***

In the business of our everyday lives, prayer can sometimes get squeezed out. Lent is a wonderful time in which to find more time in your life for prayer. You can experiment with different ways to pray during the season, perhaps delve into a 'new-to-you' way of praying. Enriching your prayer life would be a great thing to achieve in Lent.

## ***Service***

Another way to observe a holy Lent is **to take on a new way of serving.** During this season, you could embark on a challenge - perhaps volunteering in the community, making special financial gifts to service organisations, singing in the choir, or participating in a small group.

## **Rest**

An important practice, with which many of us struggle, is the spiritual discipline of rest or Sabbath. This doesn't have to be on Sunday, the traditional Sabbath day. Instead you could find moments during an ordinary day to be still in God's presence. You might choose to spend a few minutes during lunch with a desktop meditation, listen to sermons on your commute, or read a poem that feeds your spirit. Each can be a great way of enriching your Lent.

### **Brief thoughts for Lent**

'Lent is a time to renew. Wherever we are in that process, I would call it *divine therapy*. It's a time to look what our instinctual needs are, to look at what the dynamics of our unconscious are.'

'A guilty, suffering spirit is more open to grace than an apathetic or smug soul.'

'No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually, if you do no good to others, you do nothing great.'

'These special holidays give rise to various liturgical calendars that suggest we should mark our days not only with the cycles of the moon and seasons, but also with occasions to tell our children the stories of our faith community's past. In this way, our past will have a future, the ancient way and its practices will be rediscovered and renewed every year.'

**Revd. Stephen Monk**

## Psalm for today:

### Psalm 25 1-9

In you, LORD my God,  
I put my trust.

<sup>2</sup> I trust in you;  
do not let me be put to shame,  
nor let my enemies triumph over me.

<sup>3</sup> No one who hopes in you  
will ever be put to shame,  
but shame will come on those  
who are treacherous without cause.

<sup>4</sup> Show me your ways, LORD,  
teach me your paths.

<sup>5</sup> Guide me in your truth and teach me,  
for you are God my Saviour,  
and my hope is in you all day long.

<sup>6</sup> Remember, LORD, your great mercy and love,  
for they are from of old.

<sup>7</sup> Do not remember the sins of my youth  
and my rebellious ways;  
according to your love remember me,  
for you, LORD, are good.

<sup>8</sup> Good and upright is the LORD;  
therefore he instructs sinners in his ways.

<sup>9</sup> He guides the humble in what is right  
and teaches them his way.

*Please do take this pew sheet home for details of what is happening in the United Benefice and for prayer.*