

**Lent is approaching! It begins on 18<sup>th</sup> February (Ash Wednesday)** with services of Holy Communion with Ashes at 10.30am and 7.00pm at St Ed's.

**Pancakes!** By popular demand we will be making delicious pancakes at St. Edmund's on Shrove Tuesday 17<sup>th</sup> February from 2.30 to 4pm. Come along and bring your friends! Offers of help will be gratefully received - please speak to Sue Beevor or Linda Johnson.

**Prayers for Ordinary Moments** have been produced by Our Daily Bread Ministries for Lent. Short, inspiring prayers including for when brewing coffee, watching a football game, for travelling, for reading the Bible. A hard copy is at the back of church.

**Confirmation** Bishop Graham is coming to St Ed's on Sunday 22<sup>nd</sup> March for a Confirmation service at 11.15am. So far we have ten candidates of all ages. If you would like to be Confirmed, or if you know someone who may be interested, please speak to one of the clergy.

**Racial Justice Sunday** is on 8<sup>th</sup> February. for all churches to reflect on the importance of racial justice, to give thanks for the gifts of human diversity, and to commit to end racism and acts of discrimination. This will be reflected in our thoughts and prayers for that day.

**If you are new....** It is great to see you today. If you are able to, please speak to a member of the ministry team. We look forward to getting to know you!

### **Safeguarding**

If you have any safeguarding concerns or queries please contact the Diocesan Safeguarding Advisor  
: [safeguarding@dioceseofnorwich.org](mailto:safeguarding@dioceseofnorwich.org)  
01603 882345 Address: Safeguarding Team, Bishop's House, Norwich, NR3 1SB.  
Or visit the Diocesan web pages:  
[www.dioceseofnorwich.org/training/safeguarding](http://www.dioceseofnorwich.org/training/safeguarding) for further information.

### **Financial giving to our life and ministry**

St Edmund's Bank details are:

**Name of account: Taverham Parochial Church Council** (Please note there is a space between each of these words)

**Sort Code: 20 – 62 – 68 : Barclays**

**Account number: 80881600**

### **Contact details :**

Rev Paul Seabrook 01603 868217

[paulseabrook7@gmail.com](mailto:paulseabrook7@gmail.com)

Rev Val Hooker 01603 746936;

[revvalhooker@gmail.com](mailto:revvalhooker@gmail.com)

Churchwardens :

David Osborne

Sue Beevor

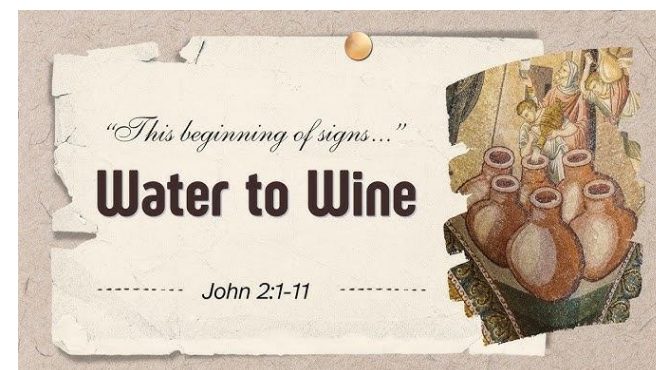
01603 531806

01603 322783

**St Ed's needs...**a new Treasurer, and a Safeguarding officer. Details from our Churchwardens David and Sue

# Welcome to St Edmund's Church Taverham and St Peter's Ringland

1<sup>st</sup> February 2026



Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him.

John 2 : 11



St Edmund's Church Taverham  
[www.achurchnearyou.com/taverham](http://www.achurchnearyou.com/taverham)

### **Epiphany at Cana, by Malcom Guite**

Here's an epiphany to have and hold,  
A truth that you can taste  
upon the tongue,  
No distant shrines and canopies of gold  
Or ladders to be clambered  
rung by rung,  
But here and now, amidst your  
daily living,  
Where you can taste and touch  
and feel and see,  
The spring of love, the fount of all  
forgiving,  
Flows when you need it,  
rich, abundant, free.  
Better than waters of some outer  
weeping,  
That leave you still  
with all your hidden sin,  
Here is a vintage richer for the keeping  
That works its transformation from within.  
'What price?' you ask me,  
as we raise the glass,  
'It cost our Saviour everything he has.'

### **Readings this week**

1 Kings 17 : 8 - 16  
1 Corinthians 1 : 16 - end  
John 2 : 1 - 11

### **We praise the Lord and give thanks ...**

For the joy and encouragement of our  
fellowship  
For our continuing outreach to the  
housebound, the Care Homes, the  
schools and Day Centre

### **Thoughts for this week**

We are easily unsettled by change. If a  
bus stop is moved, or a favourite  
programme changes time, or the  
supermarkets move their groceries  
about, we can be thrown. Some may  
even have a sense of outrage.

At the wedding of Cana everything  
changed. Maybe Jesus had an idea  
about His first miracle, but here He was  
confronted by a situation of human  
need, and He responded. This was to be  
the pattern of His whole ministry, having  
to change course, yet always showing  
His love and compassion.

Jesus' relationship with His disciples, and  
with Mary, changed. He had revealed  
His power within a deeply human  
situation, and 'they believed in Him'.

Jesus also used the jars of water for  
purification rites. This was a deep  
change in terms of ritual and the new  
life Jesus is bringing.

Yet the deepest change is within us. In  
our attitudes and priorities. The work of  
the Holy Spirit that brings the fruit of the  
Spirit, so we become more loving, more  
joyful, more peaceful, (the list goes on!)  
Believing in Jesus brings change in our  
lives. When we are open to that  
change, the Kingdom is unstoppable.

**Paul**

### **What's on**

Sunday 9.30am Mustard Tree Church  
11.15am Holy Communion  
Monday 5.00pm Prayers  
Tuesday 10.00am Tuesdays at St Ed's  
6.00pm Rspace  
Wednesday 10.30pm Holy Communion  
Thursday 9.00am Caretaking team in  
church  
12.30pm Prayer Spaces  
in the Junior School  
7.00pm Compline, and  
Deanery Synod  
Friday 9.30am Arts Group at Trinity  
Sunday 8.00am Holy Communion  
9.30am Mustard Tree  
11.15am Livestream service

### **Our Livestreams** continue as follows :

Sundays : 11.15am Livestream team on  
2<sup>nd</sup> (in church) and 4<sup>th</sup> Sundays each  
month

### **St Peter's Ringland**

Sunday 8<sup>th</sup> February 10.30am in the  
Village Hall, followed by PCC meeting

Sunday 8<sup>th</sup> February PCC meeting  
12.30pm

The Gathering 22<sup>nd</sup> February 3.00pm to  
5.00pm for music, food, firepit, and fun