

# St Clement's Monthly News

## February 2026

The season of Lent starts on Wednesday 18<sup>th</sup> February. The introduction to the Ash Wednesday service includes the following invitation:

*Brothers and sisters in Christ, since early days Christians have observed with great devotion the time of our Lord's passion and resurrection and prepared for this by a season of penitence and fasting. By carefully keeping these days, Christians take to heart the call to repentance and the assurance of forgiveness proclaimed in the gospel, and so grow in faith and in devotion to our Lord.*

*I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy word.*

These words capture the essence of Lent and point to some of the spiritual practices we might follow in order to 'grow in faith and in devotion to our Lord'. Lent is a time of growth, and as we give ourselves afresh to God during Lent we make space for new life to emerge.

**Self-examination and repentance** is concerned with becoming more aware of our habitual attitudes, our mind-set, and how it affects our relationship with God, other people and ourselves. If we make space to be honest with ourselves about our attitudes and how they shape our lives we could find it incredibly liberating to see that there are other ways of relating to God, other people and ourselves. Lent means 'spring' in old English, it is a time when flowers spring up. As we clear the earth, notice some of the weeds and give space to God we may be surprised by the new shoots that suddenly have an opportunity to grow in the earth of our souls.

**Prayer, fasting and self-denial** are practical ways of re-orienting our lives. Making space for prayer in Lent helps us to realise that our fundamental relationship in life is with God. As we pray to God, our life takes on a new perspective. Similarly, fasting from chocolate, or fasting from TV or social media for half an hour, or an hour, helps us realise that we are not as reliant on them as we might have thought and that a 'space' appears in our day when we can do something else.

**Reading and meditating on God's word** – every day of our lives we listen to words: other people's words, our own words, our thoughts, things we read, adverts, TV& radio, social media, memories, the list goes on... Words are fundamental to our lives. In Lent, we become aware that the words we listen to shape our lives. Recently, someone pointed out that adverts use words or images that tell us that our life is not complete without this or that product, and at the same time they shame us that we haven't bought it yet! We are susceptible to many kinds of words. When we meditate on the words of scripture we find words of life. Lent can be a time when we make space to hear those words again and let them shape our attitudes, our thoughts, our prayers and our actions.

May we have a blessed Lent.

Matthew

# Diary for February

<b>Sun 1<sup>st</sup></b>	<b>10.30am</b>	<b>Epiphany Parish Eucharist</b>
	<b>10.30am</b>	<b>Morning Worship Branch Church</b>
Mon 2 <sup>nd</sup>	9.00am	Walking for Health
	4.00pm	Handbell Ringing
Tues 3 <sup>rd</sup>	9.30am	Morning Prayer
Wed 4 <sup>th</sup>	10.15am	Holy Communion
	11.00am	Welcome Coffee morning
Fri 6 <sup>th</sup>	7.00pm	Choir Practice
<b>Sun 8<sup>th</sup></b>	<b>10.30am</b>	<b>Eucharist at the Parish Church</b>
Mon 9 <sup>th</sup>	9.00am	Walking for Health Group
	4.00pm	Handbell Ringing
Tues 10 <sup>th</sup>	9.30am	Morning Prayer
Wed 11 <sup>th</sup>	10.15am	Holy Communion
	11.00am	Welcome Coffee Morning
Fri 13 <sup>th</sup>	7.00pm	Choir Practice
<b>Sun 15<sup>th</sup></b>	<b>10.30am</b>	<b>Eucharist at the Parish Church</b>
Mon 16 <sup>th</sup>	9.00am	Walking for Health Group
	4.00pm	Handbell Ringing
Tues 17 <sup>th</sup>	9.30am	Morning Prayer
<b>Wed 18<sup>th</sup></b>	<b>ASH WEDNESDAY</b>	
	<b>10.15am</b>	<b>Ash Wednesday Eucharist</b>
	11.00am	Welcome Coffee Morning
	<b>7.00pm</b>	<b>Ash Wednesday Eucharist</b>
Thur 19 <sup>th</sup>	2.00pm	Mothers' Union
	(7.00pm)	Men's Group to be confirmed)
	7.30pm	Evening Prayer for Lent
Fri 20 <sup>th</sup>	7.00pm	Choir Practice
<b>Sun 22<sup>nd</sup></b>	<b>10.30am</b>	<b>Eucharist at the Parish Church</b>
Mon 23 <sup>rd</sup>	9.00am	Walking for Health Group
	4.00pm	Handbell Ringing
Tues 24 <sup>th</sup>	9.30am	Morning Prayer
	7.30pm	"Draw Near" Lent Course St Mary's
Wed 25 <sup>th</sup>	10.15am	Holy Communion
	11.00am	Welcome Coffee Morning
Thur 26 <sup>th</sup>	7.30pm	Evening Prayer for Lent
Fri 27 <sup>th</sup>	7.00pm	Choir Practice
<b>Sun 1<sup>st</sup> March</b>	<b>10.30am</b>	<b>Eucharist at the Parish Church</b>
	<b>10.30am</b>	<b>Morning Worship Branch Church</b>

## THE BRANCH CHURCH HUMPHREY PARK COMMUNITY CENTRE

### Morning Worship

10.30am Sun. Feb 1<sup>st</sup>

**Brownies** 6.00pm Every Tuesday

Meeting in the Parish Hall

Contact Samantha

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

## LENT

### Feb 18<sup>th</sup> Ash Wednesday

10 15am and 7.00pm

Eucharist with Imposition of Ashes

### Tuesdays 24<sup>th</sup> February to 24<sup>th</sup> March

7.30pm Lent Study Course "Draw Near"  
at St Mary's Church

### Thursdays 19<sup>th</sup> February to 26<sup>th</sup> March

7.30pm Evening Prayer for Lent  
at St Clement's Church

### Sunday March 15<sup>th</sup>

10.30am Mothering Sunday Eucharist

### Palm Sunday March 29<sup>th</sup>

10.30am Eucharist with Palms

## HOLY WEEK

**Mon 30<sup>th</sup> March** – 8pm Night Prayer

**Tues 31<sup>st</sup> March** – 8pm Night Prayer  
(NB This service will be at St Mary's)

**Wed 1<sup>st</sup> April** 10.15am Eucharist  
8pm Night Prayer

### Maundy Thurs 2<sup>nd</sup> April

7.30pm Eucharist & Watch

### Good Friday 3<sup>rd</sup> April

2.00pm Good Friday Liturgy

**Easter Eve 7.30pm at St Mary's**

Eucharist & Renewal of Baptismal Vows

## EASTER SUNDAY

10.30am Sung Eucharist

