



# St Nicholas' Church Bishopwearmouth

01 March 2026  
Second Sunday of Lent

## Worship this week

**Sunday 01 March**      **Lent 2**  
8.00am      Holy Communion (Chapel)  
10.30am      Holy Communion (Hall)

**Monday-Friday**  
9.00am      Morning Prayer (Chapel)

**Tuesday**  
7.30am      Parish Prayers (Columba)  
6.00pm      Church/Chapel Open Hour  
7.00pm      Shared Silence (Chapel)

**Thursday**  
9.00am      Shared Silence (Chapel)  
10.00am      Holy Communion (Chapel)

## Praying for

- Those who are exploring faith, and preparing to be baptised and/or confirmed this spring.
- All who are looking for peace in a violent world, and all who build bridges not barriers between neighbours.
- Those who hunger for want of food, and those who hunger for justice and mercy, a more equitable and compassionate society.
- Those who are lonely, anxious, or fear for the future.

**Parish Prayers takes place at 7.30am on Tuesday mornings.**

## Join in



During Lent there will be the opportunity to take part in the Christian discipline of **shared silence** in a world of noise and distraction (fasting from distraction). We will offer this on Tuesday evenings and Thursday mornings. For more details, see overleaf.

## Called To Fruitfulness

*Called To Fruitfulness* is a 10-year vision for transformation and renewal across the churches of our Diocese, with four key strands: Growing Churches, Growing Younger, Growing Leadership, and Growing Mission. Come and find out what that might look like here at St Nicholas' at a special roadshow event at St Chad's, **Monday 2 March**, 7.00-9.00pm.

## Key Contacts

Priest in Charge: **Revd Dr Andrew Dowsett**  
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Curate: **Revd Katherine Cooper-Young**  
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Churchwarden: **Mrs Moira Ballantine**  
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Hall bookings: please email **HaverHallHire@gmail.com**

## Supporting your local Church

As part of our response to God's love shown to us through Jesus we give financially to the Church. The money goes towards supporting the activities of the church as well as maintaining the building. There are plates in church into which you can place cash or a giving envelope before a service, or a card reader is available. Alternatively you can give a one-off gift or set up regular giving by scanning this QR code.



## Take part in shared silence

We are looking for volunteers to experience shared silence as a spiritual discipline this Lent.

### What?

In a world full of noise and distraction, and where we may be fearful of silence, you are invited to take part in a research exercise into how religious practices might contribute to social connection and human flourishing, conducted by Otago University.

Participants will take part in four hour-long sessions. The first three sessions will include 10, 20 and 30 minutes of silence. In the fourth session participants' shared reflections on their experience will be recorded. Participants will also take a short survey at the start and again at the end of the four weeks; and keep a journal, noting responses to three questions once a week, which will also be shared with the researchers.

The research findings will be shared, in anonymized form, according to academic practice. Consent will be required, and can be withdrawn. Benefits for participants include learning about and sharing in a religious practice.

### Who?

Anyone aged 18+ and who is willing to take part, regardless of affiliation or previous experience.

### Where?

We will meet in the Lady Chapel, St Nicholas' Church.

### When?

**Tuesday evenings 7.00-8.00pm** (after Open Church)  
**3, 10, 17 and 24 March**

**Thursday mornings 9.00-10.00am** (before the mid-week Holy Communion)  
**5, 12, 19, 26 March**

For more information, or to express an interest in taking part, please speak to Revd Andrew Dowsett.