



"Connect 5"

Barmby Moor
Group of Churches

Weekly news connecting
church and community
across the five parishes

Dear Friends,

We are now in the season of Lent, and I hope you were tossing pancakes and enjoying some delicious fillings on Tuesday! Traditionally, Lent is a season of penitence, reflection and fasting. I confess, I am not very good at the whole fasting thing, but take a look at an alternative view of fasting I recently came across which can be found in this issue of 'Connect 5.'

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Church Services

Sunday 22nd February - 9:15am Celebration All-age Service 'Lost & Found' at St Martin's, Fangfoss, 10:45am Holy Communion at St Catherine's, Barmby Moor, both led by Rev'd Mark.

Wednesday 25th February - 10:00am Benefice Holy Communion led by Rev'd Mark.

Sunday 1st March - 10:45am Holy Communion at St Michael's, Thornton, 5:00pm Evensong at St Botolph's, Allerthorpe, both led by Rev'd Mark.

Wednesday 5th March - 10:00am Benefice Morning Prayer led by Dave Millican.

Everyone is very welcome at any of our services!



'Create in me a clean heart, O God, and put a new and right spirit within me....Restore me to the joy of your salvation'
(Psalm 38:10-12)



Thought for the Week:

Lent does not begin with confession. Lent begins with love. Lent is like a retreat, aimed at reclaiming, renewing and refreshing our identity as children whom God loves. You are beloved, just as you are. May this truth nourish you through the Lenten season.

Spring Market

The Barmby Moor Community Choir will be hosting a tombola to raise funds at the Spring Market on Saturday 25th April between 10:00am and 12 noon at the Boot & Slipper, Barmby Moor. Please can you help by donating a prize? Please leave with Rev'd Mark or his wife, Emma. Thank you!

Community Choir Concert

The Barmby Moor Community Choir will be performing alongside the Pocklington Celebration Singers at Melbourne Village Hall on Friday 13th March, doors open from 7:00pm for much-needed funds for repairs to St Michael's, Thornton church building. Tickets are £7.50, under 16s are free and available from Janet Hayton (01759 318287) and Rebecca Metcalfe (07840183594). Bring your own drinks, glass and nibbles and there will be a raffle. Donation of prizes most welcome - please give to Janet, Rebecca or Rev'd Mark. Thank you!

Fasting.....

Fast from hurting words, say kind words.
fast from sadness, be filled with gratitude.

Fast from anger, be filled with patience.

Fast from pessimism, be filled with hope.

Fast from worries, have trust in God.

Fast from complaints, contemplate simplicity.

Fast from pressures, be prayerful.

Fast from bitterness, fill your hearts with joy.

Fast from selfishness, be compassionate.

Fast from good grudges, be reconciled.

Fast from words, be silent and listen.

Readings for First Sunday of Lent 22nd February

Romans 5:12-19

12 Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned—¹³sin was indeed in the world before the law, but sin is not reckoned when there is no law. ¹⁴Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

15 But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. ¹⁶And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. ¹⁷If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

18 Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. ¹⁹For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Matthew 4:1-11

4 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ²He fasted for forty days and forty nights, and afterwards he was famished. ³The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' ⁴But he answered, 'It is written,

"One does not live by bread alone,
but by every word that comes from the mouth of God." '

5 Then the devil took him to the holy city and placed him on the pinnacle of the temple, ⁶saying to him, 'If you are the Son of God, throw yourself down; for it is written,

"He will command his angels concerning you",
and "On their hands they will bear you up,
so that you will not dash your foot against a stone." ' "

⁷Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test." ' "

8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; ⁹and he said to him, 'All these I will give you, if you will fall down and worship me.' ¹⁰Jesus said to him,

'Away with you, Satan! for it is written,
"Worship the Lord your God,
and serve only him." ' "

¹¹Then the devil left him, and suddenly angels came and waited on him.

Readings for 2nd Sunday of Lent 1st March

Romans 4:1-5, 13-17

4What then are we to say was gained by^a Abraham, our ancestor according to the flesh? ²For if Abraham was justified by works, he has something to boast about, but not before God. ³For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.' ⁴Now to one who works, wages are not reckoned as a gift but as something due. ⁵But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

13 For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. ¹⁴If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. ¹⁵For the law brings wrath; but where there is no law, neither is there violation.

16 For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, ¹⁷as it is written, 'I have made you the father of

many nations')—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

John 3:1-17

3Now there was a Pharisee named Nicodemus, a leader of the Jews.²He came to Jesus^a by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' ³Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.'^b ⁴Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' ⁵Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. ⁶What is born of the flesh is flesh, and what is born of the Spirit is spirit.'^c ⁷Do not be astonished that I said to you, "You^d must be born from above."^e ⁸The wind^f blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.'⁹ Nicodemus said to him, 'How can these things be?' ¹⁰Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things?

11 'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you^g do not receive our testimony. ¹²If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? ¹³No one has ascended into heaven except the one who descended from heaven, the Son of Man.^h ¹⁴And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, ¹⁵that whoever believes in him may have eternal life.'ⁱ

16 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

17 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.