

St. Helen's Churchwardens: churchwardens@sthelenswitton.onmicrosoft.com

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St. Helen's clergy ministering during the vacancy:

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The service will be live streamed on YouTube.

To avoid being seen online, please speak to the person who welcomed you.

Sunday 15th February

Sunday next before Lent

Wed. 18th	9.15 a.m.	Holy Communion followed by Fairtrade refreshments
	12 noon	Ash Wednesday service of Holy Communion + Cameo
	7.30 p.m.	Evening Ash Wednesday service of Holy Communion
Thur. 19th	10.30 a.m.	MIND meeting in the Holy Cross Chapel
	11 a.m.	~ 1.30 p.m. Place of warmth & welcome including Lunch
	7.15 p.m.	Choir practice
Sat. 21st	10 a.m.	until 12 noon St. Helen's is open for coffee, tea and cake for a donation to 'EMBRACE Middle East'.

Sunday 22nd February

1st Sunday of Lent

9.15 a.m. Holy Communion

Welcome

A very warm welcome to St. Helen's! When it comes to receiving Holy Communion, please feel free to stand or kneel. After you have received the wafer, you will be offered the wine but if you prefer not to drink from the chalice, please just return to your seat. Taking the wafer only, is just as valid as taking both.

Giving to St. Helen's

Please kindly put cash on the collection plate or give via the QR code, contactless machine or by BACS: **Northwich PCC 40-35-07 Account No.: 41013289**. Please use a Gift Aid envelope or tick the appropriate box to increase the value of your gift by 25%.

Congratulations!

Sending love and congratulations to Jo & Vicki Hind on the birth of their daughter Charlotte Esme Freja Hind, a sister for Thea. Charlotte was born weighing 8lb 9oz - both mum and daughter are doing well and hope to come and see us all very soon.



Please pick up your Lent booklet at the back of church - these are FREE!

St. Helen's Notices

THIS LENT

GIVE UP 10 to 15 minutes in bed! Instead, use that time in prayer & personal devotion.

GIVE UP looking at other people's worst points. Instead concentrate on their best points

GIVE UP speaking harshly. Instead, let your speech be generous and understanding.

It costs so little to say something kind and uplifting.

GIVE UP your dislike of anyone or anything! Instead, learn the discipline of love.

"Love covers a multitude of sins."

GIVE UP your worries and anxieties! Instead, trust God with them. Anxiety is spending emotional energy on something we can do nothing about: like tomorrow! Live today and let God's grace be sufficient.

GIVE UP TV one evening a week! Instead, visit some lonely or sick person. There are those who are isolated by illness or age. Why isolate yourself in front of the "tube"? Give someone a precious gift: your time!

On the other hand, you may prefer to do a random act of kindness a day or each week. Either way, let's make Lent change us.

Where is love?



In this month, when we celebrate St Valentine's Day, this poignant question is one many people will be asking, especially the young and hopeful. Perhaps you remember these words from the beautiful song in Lionel Bart's musical, *Oliver*? The young street boy Oliver Twist sings plaintively of his longing to find 'someone who I can mean something to'.

The need to find love is a fundamental requirement of human flourishing, and it is there within us all, young and old alike. But where do we find such love? The natural thing is to assume that it can be found in another person, the person of our dreams. Romantic love seems to offer the answer to our longing, but reality is often different. Once the shine has worn off a relationship, we see the other person as they really are – another fragile human being also searching for love. So, for many the search begins again, an endless looking for the elusive partner who will love us without condition.

Oliver comes near to answering his own question when he sings, 'Does it come from skies above?' The only love that can satisfy the deep longing of the human heart does in fact come 'from above'. It comes from heaven, and it comes to us from God in the form of a person, Jesus Christ. He was the embodiment of the love of God, and through His life and death demonstrated the enormity of the love that God has for each of us. Here is a love like no other – reliable, sure, unchanging, healing, accepting.

Human love is a wonderful blessing, and you have been blessed if you have or have had the 'perfect' partner, but divine love alone can also meet our need. In God alone we find the perfect Someone, the one who we can mean something to.