



# St Nicholas' Church

## Bishopwearmouth

**08 February 2026**  
**Second Sunday Before Lent**

### Worship this week

#### Sunday 08 February 2 Before Lent

8.00am Holy Communion (BCP)  
(Lady Chapel)

10.30am Morning Praise  
(church hall)

#### Monday-Friday

9.00am Morning Prayer (L' Chapel)

#### Tuesday

7.30am Parish Prayers (Columba)  
6.00pm Church/Chapel open hour

#### Thursday

10.00am Holy Communion  
(Lady Chapel)

### Praying for

- Those who depend on the food bank at Elim Church, or the services offered by Basis Sunderland, both of which we support; and those who attend our monthly *Care & Share*.
- All who enjoy, and care for, the green spaces in our parish: Barnes Park, Backhouse Park, and Tunstall Hills Local Nature Reserve, as well as our own church grounds.
- Those who find the winter months especially challenging.
- Those who are exploring faith, and preparing to be baptised and/or confirmed this spring.

Parish Prayers takes place on Tuesday mornings.

### Join in

#### Saturday 14 February 12.30pm

*Care & Share*: if you can help provide or serve a hot meal, speak to Pauline.

#### Wednesday 18 February 10.15am

The funeral of Sylvia Thomson, RIP

#### Wednesday 18 February 7.00pm

*Ash Wednesday service*: come and be ashes, to mark the start of Lent.

#### Friday 20 February 10.30am

The funeral of Cathie Sharpe, RIP

#### Saturday 21 February 2.30pm

*Afternoon Tea*: if you would like to contribute cake or sandwiches, speak to Brenda.

#### Monday 02 March 7.00pm

*Called to Fruitfulness*: an evening of worship, prayer, and encouragement by stories of what God is doing across our churches. Hosted by St Chad's, East Herrington. For more details, speak to Andrew or Jo.

### Key Contacts

Priest in Charge: **Revd Dr Andrew Dowsett**

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Curate:

**Revd Katherine Cooper-Young**

revkjcy@gmail.com

Churchwarden: **Mrs Moira Ballantine**

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Hall bookings:

please email [HaverHallHire@gmail.com](mailto:HaverHallHire@gmail.com)

### Confirmation Preparation

We will be hosting the Deanery Confirmation service, 6.00pm, **Saturday 30 May**.

Confirmation preparation will take place 4.00-5.00pm at the Vicarage over **the four Sundays in February**. Speak to Andrew or Katherine if you would like to take part. If necessary, we will make additional arrangements.

### 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.



The theme of our service today is 'rest' drawing on our Old Testament reading, **Genesis 1.1-2.3**, which concludes:

**'God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.**

**'Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.'**

You might like to re-read the whole passage in your own time and in your preferred translation. Genesis is the first book of the Bible, and we are reading from chapter one verse one, to chapter two verse three.

The great poem that opens the Bible is often thought of as **a creation story**, but it is perhaps better understood as **a salvation story**: as God bringing about the conditions that enable creation to flourish again, after it has fallen into chaos. And the whole poem builds up to a whole day in every seven given over to rest. To choose rest is an act of **resistance** against chaos; an act of **repair** of its damage; and a profound act of **worship**: of trusting God. Rest is so important that it is mandated in the Ten Commandments.

There are different types of rest:

**Physical**—e.g. including sleep, and gentle exercise

**Mental**—e.g. taking breaks, mindfulness

**Social**—e.g. boundary-setting, supportive friends

**Sensory**—e.g. screen breaks, silence

**Spiritual**—e.g. belonging, gratitude,

**Emotional**—e.g. safe space to be honest, journalling

**Creative**—e.g. awe, wonder, creativity

We need all of these.

**Which do you find come more naturally to you?**

**Which do you struggle with? Can you say why?**

**How do you rest?**

**What have you discovered helps you to rest well?**