



St Nicholas' Church Bishopwearmouth

22 February 2026
First Sunday of Lent

Worship this week

Sunday 22 February Lent 1

8.00am Holy Communion (Chapel)

10.30am Holy Communion (Hall)

Monday-Tuesday

9.00am Morning Prayer (Chapel)

Tuesday

7.30am Parish Prayers (Columba)

Thursday

10.00am Morning Prayer (Chapel)

Please note changes to our regular pattern this half-term week.

Praying for

- Our Rainbows, Brownies, Beavers, Cubs, and Scouts, and the adult volunteers who lead their groups.
- Pupils and staff at our local schools, that they may be refreshed over the half-term break.
- Rick Simpson (currently Archdeacon of Auckland) and his wife Rachel, as Rick prepares to become our new Bishop of Durham.
- Those who are exploring faith, and preparing to be baptised and/or confirmed this spring.
- All who have been bereaved recently.

Parish Prayers takes place at 7.30am on Tuesday mornings.

Join in



The **Season of Lent** begins 46 days before Easter, with Ash Wednesday, which this year fell on 18 February. Over the forty-day fast (Sundays are not included) we are brought back to God's generous heart, and learn to be God's people once again.

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.

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.