

## Diary

Tue. 17th	7 pm	PCC Meeting in St. Mary's Church
Wed. 18th	10.30am	CAMEO at Holy Spirit Church
	11am	Holy Communion (BCP) at St. Mary's
	4pm	Reading the minor prophets at St. Mary's
	7pm	Bellringing Practice at St. Mary's
Thu. 19th	10am	Tamerton Tinies in St. Mary's Hall
	10am	Holy Communion (CW) at Holy Spirit
	10.30am	Prayer Course at Holy Spirit Church
	2pm	Knit & Natter at Holy Spirit Church
Fri. 20th	4.30pm	Brownies meet at Holy Spirit Church
	5.40pm	Brownies meet at Holy Spirit Church
		<b>N.B. No Choir Practice at St. Mary's Church</b>

## Notices

**1. Family Services.** At Holy Spirit the All-Age Worship services are usually on the first Sunday of each month at 11am. The next one is today, Sunday 1st March. The monthly Family Services at St. Mary's, 'Catch the 9.15!', are on the 3rd Sunday of each month. The next one is on Sunday 15th March – Mothering Sunday.

**2. PCC Meetings.** The next meeting of the PCC at St. Mary's is on Tuesday 17th March 2026 at 7pm in Church. The next meeting of the PCC at Holy Spirit is yet to be arranged.

**3. Tabletop Sale.** The next monthly Tabletop Sale at The Church of The Holy Spirit is on Saturday 14th March from 1pm. Please contact Liz Nicholls on **07719959391** or email **liznicholls@blueyonder.co.uk** for more information.

**5. Easy Fundraising.** Don't forget, when shopping on-line, to use **www.easyfundraising.org.uk** to raise some extra money for St. Mary's at no cost to yourself. We now have **32** people supporting us. Our total raised so far is **£973.21**. Ask Andy King for more details. (**07708590704**)

**6. Church News.** If you would like to be added to (or removed from) the weekly mailing list to receive the Church News and other messages via email, or to submit queries or notices for the Church News, please contact **andy@saintmarys.org.uk**.

## Next Sunday **22nd March 2026** **PASSION SUNDAY**

### St. Mary's:

**N.B.** No service at St. Mary's this morning  
6.30pm Evensong (BCP) Andy King  
Lamentations 3: 19 – 33, Matthew 20: 17 – end

### Holy Spirit:

10am Holy Communion (CW) **Team Service**  
Ezekiel 37: 1 – 14, Romans 8: 6 – 11  
John 11: 1 – 45

### Team Rector:

Rev. Gerda van Ommeren, Email: [reverendgerda@outlook.com](mailto:reverendgerda@outlook.com)  
53 Whitsoncross Lane, Tamerton Foliot, PL5 4NT Tel. 629255  
(N.B. Not available on Mondays)

### Reader:

Carrie Tucker Tel. 767661 Email: [carrieatucker29@gmail.com](mailto:carrieatucker29@gmail.com)

### Churchwardens at St Mary's:

Andrew King 4 Drakes Close, Derriford Mob. 07708590704  
Susanne Burnett 25 Ashleigh Close, Tamerton Foliot Tel. 791587

### Churchwarden at Holy Spirit:

Gwynneth Greenacre 4 Brockton Gardens, Roborough Tel. 775788

### Safeguarding Contacts:

**St. Mary's:** Gill Camp Mob. 07763492286

**Holy Spirit:** Liz Nicholls Mob. 07719959391

### Bank details: St Mary's:

Account name: PCC of Tamerton Foliot

Sort code: 30-96-68

Account number: 00503131

### Holy Spirit:

Southway PCC

56-00-63

06604110

# Church News



Holy Spirit,  
Southway

[www.saintmarys.org.uk](http://www.saintmarys.org.uk)

<https://holyspiritsouthway.org.uk>

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Saint Mary's,  
Tamerton Foliot

**Tamerton Foliot & Southway Team Ministry**

**15th March 2026**

**Fourth Sunday of Lent**

**MOTHERING SUNDAY**

## Today's Services

### St Mary's

9.15am Catch the 9.15!  
Exodus 1: 22 – 2: 10



6.30pm Evening Prayer  
Micah 7.

James 5.

(CAHON) 172, 631, 184, 474

### Holy Spirit

11am Holy Communion (CW)  
Exodus 2: 1 – 10, 2 Corinthians 1: 3 – 7  
Luke 2: 33 – 35

12.15pm Bring & Share Birthday Lunch at Holy Spirit

**T**wo old customs lie behind Mothering Sunday: young people who worked away from home were allowed to visit their mothers on this day, often presenting her with a bunch of flowers; also people were encouraged to worship in their 'Mother' Church – perhaps the Cathedral – and to celebrate by eating simnel cakes. Midway through Lent, this Sunday – also called 'Refreshment Sunday' – allows some relaxation of Lenten discipline.

## Collect

***God of love, passionate and strong, tender and careful: watch over us and hold us all the days of our life; through Jesus Christ our Lord. Amen.***

Please remember in your prayers this week:

**Those living in:** Mary Dean Avenue, Hurrell Close, Medland Crescent, Pethick Close, Blackall Gardens, Law Walk, Hornbrook Gardens, Cann Gardens, Norris Drive, Magnus Close, Bampfylde Way, Agatha Close, Middlefield Road, Bonville Road, Hendwell Close, Rockfield Avenue, Skerries Road, Tresco Gardens, Alderney Road, Inchkeith Road, Flamborough Road, Copleston Road, Frontfield Crescent, Pendeen Crescent, Pendeen Close, Goodwin Avenue, Longstone Avenue, Flamborough Way.

**First Reading Exodus 2: 1 – 10**

<sup>1</sup> Now a man from the house of Levi went and married a Levite woman. <sup>2</sup> The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him for three months. <sup>3</sup> When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. <sup>4</sup> His sister stood at a distance, to see what would happen to him. <sup>5</sup> The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. <sup>6</sup> When she opened it, she saw the child. He was crying, and she took pity on him. ‘This must be one of the Hebrews’ children,’ she said. <sup>7</sup> Then his sister said to Pharaoh’s daughter, ‘Shall I go and get you a nurse from the Hebrew women to nurse the child for you?’ <sup>8</sup> Pharaoh’s daughter said to her, ‘Yes.’ So the girl went and called the child’s mother. <sup>9</sup> Pharaoh’s daughter said to her, ‘Take this child and nurse it for me, and I will give you your wages.’ So the woman took the child and nursed it. <sup>10</sup> When the child grew up, she brought him to Pharaoh’s daughter, and she took him as her son. She named him Moses, ‘because’, she said, ‘I drew him out of the water.’

**Second Reading 2 Corinthians 1: 3 – 7**

<sup>3</sup> Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, <sup>4</sup> who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God. <sup>5</sup> For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. <sup>6</sup> If we are being afflicted, it is for your consolation and salvation; if we are being consoled, it is for your consolation, which you experience when you patiently endure the same sufferings that we are also suffering. <sup>7</sup> Our hope for you is unshaken; for we know that as you share in our sufferings, so also you share in our consolation.

**Gospel Reading Luke 2: 33 – 35**

<sup>33</sup> And the child’s father and mother were amazed at what was being said about him. <sup>34</sup> Then Simeon blessed them and said to his mother Mary, ‘This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed <sup>35</sup> so that the inner thoughts of many will be revealed - and a sword will pierce your own soul too.’

**Knit & Natter**

Knit and Natter is a social group that meets on the 3rd Thursday of each month between 2pm and 4pm at The Church of The Holy Spirit. The next meeting is this Thursday, 19th March.

**Coffee, Cake and Chat**

A Community Group meets on the first Tuesday of each month in St. Mary’s Church Hall from 10am to 12pm. The next one is on Tuesday 7th April. It is a chance for anyone to come along for a coffee, some cake and a chat.

**Tea and Cake**

A social group meets at The Church of The Holy Spirit, Southway from 2pm – 4pm on the first Thursday of the month. However, there isn’t a meeting in April as it would have been on Maundy Thursday, so the next meeting is on Thursday 7th May.

**Church Decoration for Easter**

The flower team at St. Mary’s will be decorating the church for Easter on Saturday 4th April from 10am - 11.30am. The team would welcome, and gratefully receive from members of the congregation, baskets of planted spring flowers to help decorate the church. Please add your name to the basket and, after Easter, your named basket of flowers can be collected after the morning service on Sunday 12th April, or on Monday 13th April from 10am - 11am. Many Thanks.

**Lifts For Team Services**

It has been suggested several times that we need to do more things together as a Team Ministry, so it would be nice to have as many people as possible from both Churches attending the monthly Team Services.

We are creating a list of those people who need a lift to Team Services when they are not being held at their own Church, and also a list of those who are able to offer a lift to those people. We now have **3** people on the list, so far, who can offer lifts. Please let Andy King (**07708590704** or [andy@saintmarys.org.uk](mailto:andy@saintmarys.org.uk)) know if you require a lift, and to which Church, or if you can offer a lift to anyone, and we will try and co-ordinate things.

**CAMEO (Come And Meet Each Other)**

Cameo meets for Bible Study on Wednesdays at The Church of The Holy Spirit, at 10.30am. The group meets this Wednesday, 18th March, continuing the Lent course on Jesus and prayers.

**The Prayer Course**

On Thursdays throughout February and March we are running the Prayer Course. This will take place after 10am Holy Communion service at The Church of the Holy Spirit. Each session is 1 hour.

The sessions are written by Pete Grieg from the 24/7 Prayer Movement. There is a book that goes with the course called How to Pray. It’s available on Amazon etc but NOT essential in order to join in the course. Please see Beth or Revd Gerda for further information. It would be lovely to see you there!