

The Anglican Chaplaincy in Norway Stavanger Congregation

Stavanger Anglicans' website:

<https://www.achurchnearyou.com/church/8466/>

Stavanger Anglicans on Facebook:

<https://m.facebook.com/stavangeranglicans/>

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15 March 2026;

Mothering Sunday

Menighetshus Rektor Steens gata 7:

1030

SCRIPTURE READINGS

Exodus 2.1-10

2 Corinthians 1.3-7

John 19.25b-27

Reflections

Happy Mothering Sunday everyone!

Today is the day we celebrate mothers, grandmothers, stepmothers, godmothers, spiritual mothers, and anyone who has ever packed a lunch, given a hug, or said the famous line: “Put a jacket on—you’ll catch cold.”

Mothering Sunday is about love, care, and the quiet courage it takes to raise and protect life.

And the Bible gives us two powerful stories of that courage.



Mothering
Sunday

A Mother Who Lets Go

In Exodus 2, we meet a brave mother named Jochebed. Her baby boy's life is in danger because the king has ordered Hebrew baby boys to be killed.

So she does something extraordinary. She places her baby in a basket and sets him afloat on the river.

Imagine that moment.

A mother placing her child in a tiny floating basket and letting the current take him.

That takes courage. And faith.

Thankfully, the basket floats right into the life of Moses, who is discovered and protected by Pharaoh's daughter.

And here's the lovely twist: the baby's own mother ends up being hired to nurse him!

Sometimes God's plans are better than we imagine.



A Mother Who Stays

Now fast-forward many centuries to another mother.

In John 19, we see Mary standing at the cross.

Most of the disciples have run away. But Mary stays.

Standing at the cross, Jesus Christ looks down and says to his beloved disciple, John the Apostle:

“Here is your mother.”

And to Mary he says,

“Here is your son.”

Even in pain, Jesus is building a new family—one based not just on blood but on love.

It’s a reminder that motherhood is not only biological.

It is also **spiritual care, protection, and presence.**



The Truth, the Lie, and a Swim in the River

Let me tell you a curious little story.

One day Truth met Lie.

Lie said to Truth, “It’s a lovely day—shall we go for a swim in the river?”

Truth agreed.

They both jumped in the water. But while Truth was under the surface, Lie quickly climbed out, stole Truth’s clothes, put them on, and ran away.

Truth came out of the water and tried to chase Lie. But Truth suddenly realised something embarrassing—Truth was completely naked.

Truth felt ashamed and didn’t want people to see him like that.

And sadly, the people didn’t want to see the naked truth either. They didn’t want to listen to it or talk to it.

So the naked Truth ran back into the river and hid there.

Meanwhile, Lie walks around wearing Truth’s clothes, telling lies. And the saddest thing of all?

People believe the lie—and feel embarrassed by the naked truth.

What Mothers Often Teach Us

Mothers often have a remarkable ability to recognise truth—even when it is uncomfortable.

A child might say, “It wasn’t me!”

And Mum says, “Really? Then why is the chocolate on your face?”

Mothers are often the ones who gently guide us back to truth.

The truth about kindness.

The truth about responsibility.

The truth that we are loved even when we mess up.

Jochebed trusted the truth that God could protect her child.

Mary stayed with the painful truth of the cross instead of running away from it.

Real love does not hide from truth—even when it hurts.



The Gift of Mothering

Today we give thanks for people who show that kind of love:

Those who protect life

Those who nurture faith

Those who stay when things are difficult

Those who remind us who we truly are

Sometimes mothering looks like a hug.

Sometimes it looks like letting go.

Sometimes it simply looks like standing there, faithfully,
when others walk away.



A Final Thought

Maybe the world sometimes prefers lies dressed in fancy clothes.

But the good news of the Gospel is that truth never stays hidden forever.

And often it is the love of mothers—biological or spiritual—that helps us recognise it again.

So today we give thanks for those who mother us, guide us, and remind us of what is true.

And if you see someone today who has done that for you—maybe give them a hug, a phone call, or even a cup of tea.

Because love, like truth, is always worth sharing.

Amen.



**Mothering
Sunday**

STAVANGER ANGLICANS

LENTEN REFLECTION

*“Create in me a clean heart, O God,
and renew a right spirit within me.”*

— Psalm 51:10 —



REPENTANCE



RESTORATION



RENEWAL

A Broken and Contrite Heart

Lenten Devotion

Theme: A Clean Heart

Based on Psalm 51

1. Prepare (30 seconds)

Sit quietly. Take one slow breath in and out.

Remember that Lent is a time to come back to God with honest hearts.



2. Read (1 minute)

Read these words from Psalm 51:10–12

*“Create in me a clean heart, O God,
and renew a right spirit within me.*

*Do not cast me away from your presence,
and do not take your Holy Spirit from me.
Restore to me the joy of your salvation.”*

Brief thought:

In this psalm, the writer asks God to clean the inside of the heart, not just behavior. God loves to forgive and renew us.





3. Reflect (1 minute)

Think quietly about these questions:
What is one thing I want God to clean from my heart?

(anger, selfishness, impatience, hurt, etc.)

What joy do I want God to restore in my life?

For families: let **each person share one word if they want.**

4. Do a Simple Action (1 minute)

Symbol Activity: Washing Hands

Go to a sink or hold a small bowl of water.

As you wash your hands, say together:

“God, create in us a clean heart.”

Explain to children:

Just like water cleans our hands, **God cleans our hearts.**



5. Pray (1 minute)

Pray together:

“Loving God,

You know our hearts.

Please forgive us and make them clean.

Give us new spirits, full of kindness and joy.

Help us follow you today.

Amen.”

Optional Lenten Challenge for the Day

Choose one small act of kindness today:

Say sorry quickly

Help someone without being asked

Pray for someone who hurt you

Each act is a way of living with a renewed heart.



Contacts and Connections



Father Martin

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For pastoral needs,
Baptisms
Blessing of Civil
Marriages
Funerals
Please contact the
Assistant Chaplain



Safeguarding concerns, workshops,
or Safe Church enquiries: Please
contact Jane, who will be happy to
assist.

**Acts of Mercy - fundraising,
donations, or finances: Contact
Rumi**

+4796837193

Email: talk2rumi@yahoo.com

For website enquiries, please contact Sarah +4798543363

Collect

God of compassion,

Whose Son Jesus Christ, the child of Mary,

Shared the life of a home in Nazareth,

And on the cross drew the whole human family to
himself:

Strengthen us in our daily living that in joy and in
sorrow.

We may know the power of your presence
to bind together and to heal;

through Jesus Christ your Son our Lord,

who is alive and reigns with you, in the unity of the
Holy Spirit, One God, now and for ever.

Amen



Mothering Sunday

Notices

Collection
offering via
vipps

667359
Stavanger Anglicans

We are back at Menighetshus and we pay rentals. Our finances are not looking good may you please help us by donating through VIPPS or Bank Account Number 3201 08 90631

Notices

Tea/Coffee

After our Holy Communion service, everyone is warmly invited to stay behind for tea/coffee and fellowship. This is a lovely opportunity to share time together and strengthen our life as a church family



Thanksgiving Family Service 15 March 2026



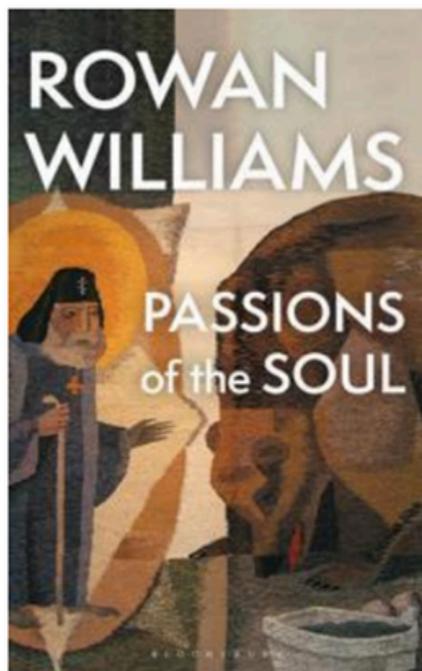
*Rev'd Martin Chirume +
the Stavanger Anglicans
invite you to*

*a Family Service
With thanks for every voice!*

followed by cake, beverages and fellowship

Sunday, 15th March, 10:30-11:30

Lenten Study



PASSIONS OF THE SOUL A LENT STUDY

facilitated by Jacob Quick

This course will explore how we can become more self-aware of our responses to the world around us, drawing inspiration from early Christian wisdom on human emotions and behaviour. Based on the book by Rowan Williams, the book is not required to participate in the study.

7:30pm WEDNESDAYS in Lent
(25 February, 4, 11, 18, 25 March)

ONLINE — for link, email
curate@anglican.no

