

News and views from the parishes of
Badgeworth, Shurdington and Witcombe with Bentham

THREE IN ONE



Carnival by Pieter Bruegel, Mardi Gras
(Shrove Tuesday) is on 16th February

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Three in One Magazine for February Vicar

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February from "The shepherd's calender" by Edmund Spenser. Thenot, an old shepherd, who, for his crookedness and unlustiness, is scorned of Cuddie, an unhappy herdman's boy.

SHURDINGTON CHURCH HALL

School Lane, Shurdington

lettings for groups and private functions

Rates £22 large room, £16.50 small room per session

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BADGEWORTH VILLAGE HALL

**Our newly refurbished old school hall is an excellent venue
for rehearsals, meetings, receptions and small parties,
seating a maximum of 50 people.**

Reception hall, main hall and fully fitted kitchen.

New car park for hall users (opposite hall).

Hire charge per session: £20 (8am-1pm, 1pm-6pm, 6pm-11pm)

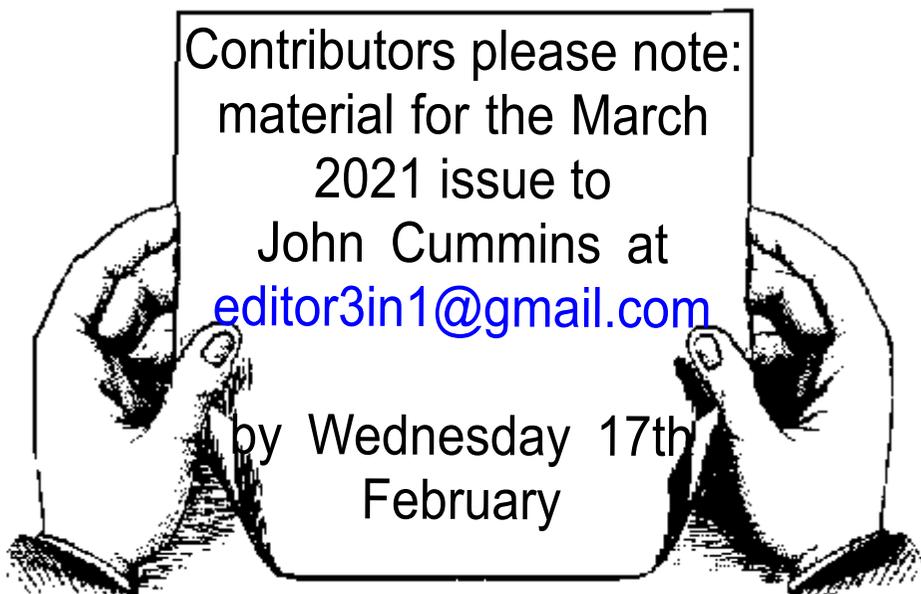
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Pastoral Letter

Susan writes



February 2021

My dear friends

I am well and truly fed up with this pandemic/lockdown. I want to go to visit people and give them a hug. I want to go for a walk more than once a day! I want to get back into church with my fellow Christians. January is a tough time to be locked down. February might be a little easier as the daylight hours lengthen, and we start to look ahead to Easter and spring. Who made New Year's resolutions this year? Well done, if you did. I couldn't! But I have been using Psalm 23 (The Lord is my Shepherd) to help me remember that God walks with us no matter what awful things are happening in the world. As a country, and as human beings, we have a habit of making a joke out of everything, even the worst of situations. You might have seen all sorts of memes and jokes on social media, about the pandemic. Laughter helps us to process our emotions and to make sense of what is going on inside our hearts and our heads.

With humour in mind, I decided to share some Christmas Cracker jokes! No apologies, although they might make you groan...

What's a dog's favourite carol? Bark, the herald angels sing!

How does Good King Wenceslas like his pizzas? One that's deep pan, crisp and even!

What carol is heard in the desert? O camel ye faithful!

We all need a bit of laughter in our lives. Those jokes might not have helped, but I hope that there is some joy and laughter in your home, despite the pandemic.

We're heading into the reflective season of Lent, which starts on Ash Wednesday, 17th February. Just before Lent, we get to enjoy pancakes on Shrove Tuesday. I'm looking forward to those.

Then we start to think about our spiritual lives throughout Lent. Some of us will get back to those resolutions, if we made any – giving up chocolate or alcohol, getting more exercise, getting to bed on time! Or maybe we've given up enough already, in this lockdown. Even so, lots of us will turn over a new leaf in our daily lives and, in our spiritual lives too.

I have suggested this in previous years, but it has never seemed so important; can we all do something kind each day during Lent? There is a list of 40 lovely things to do, in this magazine. It's called "Love Lent".

Some of us will also try to pray more often and read the bible a little more. You could join one of the small groups we're starting... see my article about Lent Small Groups. Some of us will use the resources in this magazine to think about doing something kind each day in Lent, and preparing our hearts, minds, and souls for the joy of Easter.

And speaking of joy... here is my favourite Lent joke:

Did you know Sean Connery used to save the eggshells from pancake day and paint them to use for egg hunts at Easter?

It was an eggshell lent idea!

God bless you all as we enter the season of Lent and may we all see the hope of spring and Easter ahead of us!

With love and blessings, Susan, vicar

February 2021 services

As we are in lockdown as we prepare this magazine, we are not sure what in-person services might happen in February. ***We will continue with our usual online worship on the Greenway Churches Facebook page at 10am every Sunday morning. All are welcome!***

We hope to hold extra online services during Lent, including Ash Wednesday.

We would love to return to in-person worship in February, but this seems unlikely. Below is the pattern of in-person worship for Covid times.

Date	Morning	Afternoon
First Sunday		3pm Holy Communion at St Mary's
Second Sunday	11:30 Holy Communion at Holy Trinity	3pm worship at St Paul's
Third Sunday		3pm worship at St Mary's
Fourth Sunday	11:30 morning worship at Holy Trinity	3pm Holy Communion at St Paul's

PLEASE CHECK our Facebook page, or the pages on "A CHURCH NEAR YOU" or look for a poster at your church, to see what we can do in this rapidly changing climate. There are also some worship resources in this magazine.



SHURDINGTON &
BADGEWORTH
GARDENING SOCIETY



Here we are again, in another lockdown and this time without the sunshine. Now we must try and look forward to Spring, with the arrival of snowdrops, daffodils etc.

I found this poem by Mary Baker called The Snowdrop Fairy:

Deep sleeps the Winter
Cold, wet and grey;
Surely all the world is dead;
Spring is far away.
Wait! the world shall waken;
It is not dead, for lo,
The Four Maids of February
Stand in the snow!

Provided the ground isn't frozen you can still clear weeds and potter in the garden getting everything read for the planting season.

Stay safe keep gardening
Janette Willis (Secretary)

February 2021



Hanging on to love at Valentine's Day

With lockdown in full swing, putting festivals and celebrations on our calendars has never been so important: Little islands of normality and opportunities for fun that we can hang on to while everything changes around us.

Traditionally, St Valentine's Day has been seen as a day for couples, but there's so much more to it. It can also be a chance for self-care, and love for your neighbours. It can

be a focus for our hearts, our minds and our hope and for recognising God's love.

This Valentine's Day, whether you are single or part of a couple, choose love. We're challenging you to do one thing to show love to yourself, one thing to show love to your neighbour and one thing to show love to your community as a whole.

You could take a bubble bath, pick some cheerful daffodils for someone who finds themselves alone at the moment, and pick up an extra few items in the supermarket for the foodbank. Or put on some beautiful music and sip a hot cup of tea, send up a quick prayer for someone having a tough time, and smile broadly at everyone you meet. Try to use February to make a difference.

Five ways to help you find and renew faith online in lockdown

1. Podcasts

Try listening to some podcasts to hear what real life Christians have to say about their faith and about the world. These are some of our top picks

- **In Conversation with Bishop Rachel**—Bishop Rachel talks to different groups of people about current issues.
- **Ask NT Wright anything**—Tom Wright answers listeners' questions on faith in a simple and easy to understand way.
- **The Profile**—interviews with Christians from all walks of life. Previous guests include politician Caroline Spelman, CBeebies' Gemma Hunt, former Archbishop of Canterbury Dr Rowan Williams and World Champion Paralympian Stef Reid.

2. Make your Personal Shape for Living

There's a new initiative called **Personal Shapes for Living** starting where you can sign up to have a chat with a trained 'encourager' every few months. You can talk about your Christian journey so far and get some tips and pointers about where you could go next to learn more about God. To find out more, visit gloucester.anglican.org/2020/personal-shapes-for-living

3. The Bible App and The Bible Recap

*Get started: Download **The Bible App** and sign up to **The Bible Recap** reading plan. Then find **The Bible Recap** on your podcast provider (Spotify / Amazon Music / Apple Tunes etc).*

Each day, **The Bible Recap** will give you the chapters of the Bible for the day (with a handy audio option for those of us with vision challenges), plus a prayer. It will take you through the whole Bible in a year. Once you've read the Bible chapters for the day, you can listen to Tara Leigh Cobble who talks through

what you've just read, explains anything complicated, and shares one thing she has learnt about the character of God that day. It's a great introduction to the Bible and takes you through the whole story in an easy and accessible way.

4. How to pray

We've put together some **Pocket Prayer Guides** on the diocesan website that help you to try different ways of praying. If eyes down and hands folded just doesn't speak to your soul, you could try out Pray Your Day, Prayer Journeys and Lectio Divina. Take a look at <https://www.gloucester.anglican.org/your-ministry/your-prayer> for inspiration.

If you want some help with reminders to pray, try the **Inner Room app**. You can add people and situations that you want to pray for, and it will set a reminder and a timer to help you pray more regularly.

4. Streaming worship songs

Lots of us use music streaming services, internet radio or even an old style radio to listen to music. There are lots of places to get free church music which can lift your soul. YouTube is great for favourite hymns and worship songs as they usually have the words on the screen so everyone can sing along. Or to keep things really simple, **Songs of Praise** is still on at 12.25 each Sunday on BBC One—go on, belt out those familiar words from your school days!

Events and training

More details for all these events at

gloucester.anglican.org/events

Monday midday mindfulness

A half hour of mindfulness every Monday at 12 noon. Open to all. If you would like to get the Zoom link to join, please email rcameron@glosdioc.org.uk

Our rural future

23 February, 10am to 12 noon on Zoom, open to all

Bishop Rachel hosts a webinar exploring some of the key issues facing our rural communities at this time. Keynote speaker is Mark Betson, National Rural Officer for the Church of England. Other speakers include Katie Jarvis, National Farmers Union County Advisor, Gloucestershire, Rachel Howie, Director of Education for the Diocese and Roger Mortlock, Chief Executive of Gloucestershire Wildlife Trust. Visit <https://bit.ly/38zAgVD> to sign up.

Sharing Faith with Children

27 February, 10am to 12.30pm

How do you share your faith with the children in your life? Jennifer Fellows will help us demystify sharing faith. Encouraging us to use everyday language and examples of what our faith means to us she will show how this can enable our children to grow in their own relationship with God. Visit <https://tinyurl.com/y53cdssb> to book your place.

Being a Christian in your school community

March 4, 7.30pm to 9pm

Led by Barry Voyce with Jo Wetherall and others

Whether a pupil, parent, teacher, governor, or associated with a school, living a Christ-centred life every day within and around the community of the school brings God's love, hope and blessing into the life of that community.

Questions answered, situations explored, dilemmas discussed. This session is primarily aimed at primary schools and the next will for secondary schools. Book at <https://tinyurl.com/y5yx13hl>

Have your say

Visit Facebook **Diocese.of.Gloucester**, email Katherine kclamp@glosdioc.org.uk, follow us on Twitter **@glosdioc**, view videos on YouTube **Diocese of Gloucester** or visit our website gloucester.anglican.org

Witcombe and Bentham Chess Tournament

Don't worry if you've never played before – what better time to start?

Partake in the first ever village tournament in which the winner will be crowned King or Queen for a year (unless they're impeached by a 2/3 majority). The games will be played using a **free** app called *Chess Time – Multiple Players* by Haptic Apps LLC, which can be down loaded onto a smartphone from the appstore.

There will be an entry fee of £5 to finance the coveted prize and the excess wealth will go to the WSF for local charitable purposes.

So make your move and register an interest with Christine Dyer at christinedyermmx@btinternet.com or on 01452 862399 saying whether you are a beginner, intermediate or grand master. Once the number of entrants is known, the games will be arranged, and payments taken; so watch this square.

Greenway



Gifts

Groceries

If you are in need of a little extra help with food, please do get in contact with us. We can arrange for a couple of bags of food to be ready for you to collect at St Paul's Church Hall in Shurdington.

Please email greenwaychurches@gmail.com

or leave a message on 07587 444142

If you are shielding or isolating we can arrange a home doorstep delivery.



February Half Term

We will be holding an open collection morning during half term on

Monday 15th & Thursday 18th

February between 10-12pm

*****no need to register, just turn up*****

This is open to anyone who lives in the Greenway Benefice (Badgeworth, Shurdington, Witcombe with Bentham), or with children attending Shurdington C of E Primary School or Shurdington Pre-School.

If some longer term help might be appreciated, please do also let us know as we can put you in contact with some lovely charities who will be able to offer support

? All Welcome at ?
A WSF SPRING QUIZ

via ZOOM

on Saturday, 20th March, at 7.30pm

log in by 7.15

to include

RAFFLE

100 CLUB DRAWS

Entries as Team of 6 *or* as individual to make up
team

to Christine 01452 862399
christinedyermmx@btinternet.com

(Teams can be physically together or separately online)

£20 per team

In aid of Church and Community



Useful Phone Numbers:



Furniture Recycling Warehouse	01452 331333
Removal of Bulky Waste	01684 295010
Glos Highways	0800 0 514 514
Faulty Streetlights	0800 0 514 514
Police (non-emergency)	101
101 is 15p, the local call number is	01452 726920
Fire/Police/Ambulance (emergency only)	999
NHS 'Out of Hours'	08454 220220
NHS Help line	111
Adult social services and District nurses	01452 328224
Samaritans	116123
Citizens Advice	01452 527202
Children's social services	01452 328213
CARE direct	0800 444000
Electricity Power Loss	0800 328 1111
Water Services & Emergencies	0800 783 4444
Gas Emergency	0800 111 999
Emmaus*	01452 413095

*at Chequers Road, Gloucester:

Collections and Sale of furniture, electrical goods etc.

**at Chequers Road, Gloucester:*

Collections and Sale of furniture, electrical goods etc.

Murphy's toddlers laws

When you need to carry a child they will want to walk.

When you want them to walk they will want to be carried.

When you bring the stroller they will want to walk.

When you forget the stroller they will want to ride.

The more potential a food has for stains the greater the coverage area when it is hurled by a child.

Corollary: The more potential a food has for stains the more expensive the item of clothing/fabric/furniture it strikes.



SHURDINGTON CHURCH & VILLAGE ORGANISATIONS

Churchwardens	Mrs Clare Stewart	(01242) 862598
	Mr Andrew Spence	(01242) 862101
PCC Secretary	Mrs Lisa Pearson	(01242) 862538
PCC Treasurer	Mr Mark King	(01242) 862505
Gift Aid Officer	Mrs Joan Puffett	(01242) 862647
Sacristan	Mr Andrew Spence	(01242) 862101
Church Flowers	Mrs Helen King	(01242) 862505
Sunday School Staff	Mr Kevin Stubbs	(01242) 577123
Electoral Roll Officer	Mrs Lisa Pearson	(01242) 862538
Mothers' Union	Mrs Kate Thompson	(01242) 862467
Church Hall Lettings	Mrs Julie Miller	(01242) 701127
Verger	Mr Michael Cass	(01242) 861139
Friends of St Paul's	Mrs Clare Stewart	(01242) 862598
Parish Council Clerk	Lizzie Abderraahim	(07906) 960984
Shurdington Pre School	Tess Engelbrecht	(07867) 813627
Gardening Society	Mr. G. Woodruffe	(07792) 269353
Scouts Group	Mr Paul Calleja-Gera	(07770) 480272
Shurdington Sports Club	Mr J Barnfield	(01242) 862826
Friendship Club	Mrs Maureen West	(01242) 863991
Childrens' Society	Mrs Helen King	(01242) 862505

In time of illness if you would like a visit and / or to be remembered in prayer please contact Clare Stewart (01242) 862598, Sue Padfield (01452) 862509.

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email: iandavies@pobox.com



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	Mrs Lynne Cooper	(01452) 864523
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PCC Treasurer/Gift Aid Officer	Mr Jon Frewin	(01452) 862583
Verger	Mrs Jane Bell	(01452) 862558
Captain of Bells		
Electoral Roll Officer	Mrs Lynne Cooper	(01452) 864523
Magazine Coordinator	Mrs Sue Padfield	(01452) 862509
Village Hall Enquiries Custodian		(07518) 137635
Witcombe Social Fundraisers	Mrs Christine Dyer	(01452) 862399
Witcombe Under 5s	Kyla Hill	thevictoria@btinternet.com



BADGEWORTH CHURCH & VILLAGE ORGANISATIONS

Churchwarden	Mr Paul Stanfield	(01242) 512926
PCC Secretary	Mrs Anna Stanfield	(01242) 512926
PCC Treasurer	Mr Malcolm Brown	(01452) 714639
Gift Aid Officer	Mr Roger Brown	(01242) 239179
Sacristan	Mrs Sue Avery	(01242) 520388
Verger	Mrs Rachel Cottell	(01452) 715034
Captain of Bells	Mr David Turner	(01452) 712302
Electoral Roll Officer	Mr Roger Brown	(01242) 239179
Fabric Officer	Mr Ray Frewing	(01452) 855661
Parish Council Clerk	Mrs H.L. Jones	07840073143
Village Hall	Mrs Rachel Cottell	(01452) 715034
Friends of Church	Mrs Beverly Pickering	(01452) 712907
Badgeworth WI	Mrs Sylvia Dodimead	(01452) 713981
Church Flowers	Mrs Diana Brown	(01242) 239179

IT'S LOCKDOWN! - GRANDCHILDREN

Yup! Those individuals who want you to do things just as you've started that well-earned nap - having read the newspaper, admired the tomatoes in the greenhouse, decided on TV programmes to watch in the evening, read your e-mails..... Still, we wouldn't be without them!

With 10 grandchildren we are kept fairly busy remembering birthdays, anniversaries etc. Presents are head scratching occasions - what do you give those aged between 6 and 18 that could be appreciated and used rather than looked at for 5 minutes then largely forgotten (*ideas in the next 3in1 please*).

Perhaps we need to look in other directions for presents – cash (*too easy*), premium bonds, (*though the day of purchasing just 4 or 5 bonds has passed*), games (*got them*), trip to leisure or adventure centre (*been there*), camera (*all have a mobile phone*) hmm, more head scratching..... oh dear, perhaps just a card and join their birthday party (only when they are young of course, teenagers don't always appreciate the oldsters being around!). Maybe have to find them something really good at Christmas to compensate !

Kids these days seem to have most of what they and their contemporaries would like. Did I really save up for things I wanted as a kid - how crazy – perhaps to buy a Jennings or Observer book, or even a piece of rolling stock for your electric train set (remember all those?).

We do have a couple of 'typical' teenagers – boys of course! Sitting around, generally silent, looking at phone screens for messages from friends or endlessly playing games, and, whenever possible, staying in bed ! But, get them off their phones and they're great – chop wood, tidy garden, walk dog, even have a conversation. All seem to be keen on sport - rugby, football, kickboxing, running, cycling, swimming - good to see them using all these opportunities, though lockdown hasn't helped!

Just before lockdown, one of our younger grandsons decided he needed to earn some cash so he got together with some friends; they bought sweets, lollies, crisps, and held a table sale outside our front gate for most of a week. Luckily the weather was kind and they made a tidy profit – budding entrepreneurs!

Speaking of food, grandchildren seem to have an inexhaustible appetite for cakes and biscuits (*not* cookies please). Lis does seem to spend a great deal of time baking, icing, decorating cakes, shortbread, caramel slices etc etc not only for our offspring but all their friends as well. Hey ho – I suppose that's grandparenting for you!

Children and grandchildren are very useful for dog walking, except our animal has a tendency to disappear after imaginary squirrels, standing barking at the foot of trees and reluctant to come when called. Very nice of them to walk the dog, except it does encourage my laziness!

The first of our grandchildren started Uni this September – straight into self isolating with 5 others in her bubble; all tuition on line and limited socialising – a hard life !! Also very difficult to keep in touch with boyfriends never mind,

plenty of years ahead!

Doesn't time fly as you get older – not only do you see the birth of grandchildren but your own kids are also getting on – not quite retirement age but they all seem to be growing up quicker than we did at their age. So, does time speed up as you get older ? – apparently so and its scientifically proven (well almost). Here I digress, as it's an interesting subject :

This speeding up of time with age is well documented by psychologists who argue that this apparent inconsistency can be blamed on the ever-slowng speed at which the human brain deals with visual information as the body ages. The end result is that because older people are viewing fewer new images in the same amount of actual time, it seems to them as though time is passing more quickly.

As Professor Adrian Bejan puts it: “People are often amazed at how much they remember from days that seemed to last forever in their youth. It's not that their experiences were much deeper or more meaningful, it's just that they were being processed more rapidly.”

ErI hope you understand all that.

But though I digress it might help explain, to some degree, why children absorb and act on new technologies, equipment, life theories, far quicker than we oldies – ah well going back to my opening paragraph, perhaps we have earned our coffee, feet on the table, reading newspapers and a more gentle approach to life!

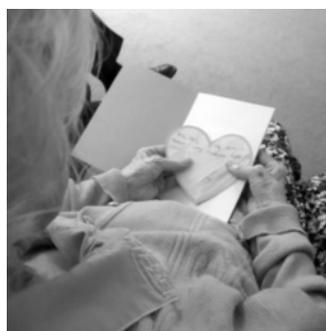
Geoff Pilgrim-Morris

Hearts for Schools and Hearts for Homes

In December, the children at Shurdington Primary School and the residents at Badgeworth Court Care Centre worked jointly on a project called Hearts for Homes/Hearts for Schools.



The children wrote lovely messages to each resident by name on a heart and the residents decorated hearts and sent messages to the children at school.



Hearts now adorn bedroom doors here at the home, and are commented on daily as they bring colour and positivity during our lockdown.

News from Badgeworth Court

Firstly, a big thank you from the staff and residents for all your good wishes, cards and prayers over the festive season. We also really appreciated the village carol singers who came in wind and rain to entertain us through the window just before Christmas. Last week, residents received their Covid



vaccinations. Terence said: 'I was very pleased to receive the Oxford anti-viral jab on Jan 8th. The nurses were very efficient and I have had no after effects. Nothing to be frightened about and I would encourage people to have 'the jab,'

Although we are hidden away in our lovely grounds off Badgeworth village green, residents have been keeping in touch with the world through a range of technology.



We joined with the Community Carol Service via Facebook, have Skype calls with family and friends, chat and knit on Skype with students from Pate's Grammar School, and take part in Mindsong and our exercise classes via Zoom. Just before Christmas, we even watched a live stream of A Christmas Carol from the Old Vic in London. We also use

our Magic Table and the VR headset to explore sights, sounds and familiar places. Possibly the most favourite activity is the Sweet Silent Disco, where residents and staff enjoy dancing to familiar tunes played through a headset.



We really are using all the technologies available to us to keep ourselves busy until we can have visitors and entertainment once again.

Lent Journey 2021 starting on Ash Wednesday 17th February.

This document offers you a journey through Lent as an individual, as a family or in your support bubble. You are invited to find some objects to help the experience. This is your journey; whether you decide to find the items or not, and how you decide to use the items is up to you.

Suggested items: Ash Wednesday – mud

Week 1 – sand

Week 2 – blue cloth or water

Week 3 – a stone

Week 4 – a heart shape (paper, chocolate, anything!)

Week 5 – a shell

Palm Sunday, Maundy Thursday, Good Friday and Easter Day will be in the March magazine.

If you are doing this as a family, most of the suggested Bible readings will be found also in a children's Bible.

May you have a blessed Lent and remember that God loves you.

Prayer for the Beginning of Lent, Ash Wednesday – Mud

In many churches and schools, we use Ash to make a sign of the cross on our foreheads or our palms. You might like to find some mud or something similar to do the same. Here is a prayer for Ash Wednesday:

*Creator of my Life, renew me: bring me to new life in you.
Touch me and make me feel whole again. Help me to see your love in the passion, death and resurrection of your son. Help me to observe Lent in a way that allows me to celebrate that love.*

Prepare me for these weeks of Lent as I feel both deep sorrow for my sins and your undying love for me. Amen

Lent 1 - week beginning 21st February

Into the Wilderness - Sand

Just between his baptism and the beginning of his adult ministry, Jesus went into the wilderness for 40 days, “to be tested”.

Read the story of Jesus wandering in the desert - Luke 4:1-11

If you have found some sand, just touch it.

I wonder ...

Have you ever felt that you have been tested?

When have you walked on hard, barren or stony ground?

What have you learned there? What might you learn there?

Prayer: Holy God, help us when we walk through the difficult places in our lives. Help us to know that the closer we walk to you, the closer you will be to us. Amen.

Lent 2 - week beginning 28th February

Woman at the well - blue cloth

The Samaritan woman gives Jesus a drink of water. They speak together for a long time. He tells her about living water - to revive the spirit and bring hope. She believes and others believe because of her.

Read the story of the Woman at the well – John 4:1-30

If you have some blue cloth, hold it, or maybe touch some water.

Who helped/helps you to believe? Who do you know that needs

life giving water - physical or spiritual? Can you support a

charity that works to provide clean water for all (eg Water Aid)?

Get in touch with someone who needs to know that they matter.

Prayer: O God, may we thirst for your waters of justice, and learn to deny no-one the water of life. Amen.

(Janet Morley)

Lent 3 - week beginning 7th March

Transforming Stony Places - Stone

While in the wilderness, Jesus was invited to transform stone into bread. Though he resisted temptation there and then, he became justly renowned for feeding people who were hungry for food, or for love, or for a word of encouragement, or for simple acceptance.

Read the story of Zacchaeus - Luke 19:1-10

If you have a stone, hold it.

Might there be a stony place in you that needs transforming?

Jesus transforms us and helps us make better choices. Is there a place in your life where you could make better choices?

Prayer: *Lord Jesus, help me to make better choices in my life. I ask that you will feed me and transform me. Amen.*

Lent 4 - week beginning 14th March Mothering Sunday

Mothering Love - heart

This week the church remembers the mothering love of God. In the middle of Lent we give thanks for all who show us this mothering love - a strong love, a challenging love, an encouraging love, a healing love. Reflect on these Bible Verses Proverbs 23:25 NIV May your father and mother rejoice; may she who gave you birth be joyful!

John 19:26-27 NIV When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son," and to the disciple, "Here is your mother." From that time on, this disciple took her into his home. Take time to reflect and give thanks for those who have "mothered" you - physically and spiritually. Think about the people you love and hold the heart shape, if you have found one.

Prayer: *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*

Lent 5 - week beginning 21st March

Baptismal Covenant - Shell

Historically, the season of Lent provided a time in which converts to the faith were prepared for the sacrament of Holy Baptism.

Jesus began his ministry after his baptism.

Read the story of Jesus Baptism - Mark 1:4-11

Hold the shell, if you have one.

The shell is a symbol of baptism - often a shell is used to pour the water over the person to be baptized.

The shell is also a symbol of pilgrimage

Do you remember your baptism?

What have others told you about your baptism?

What does being baptised mean to you?

What difference does your baptism make in your life day to day?

How are you living out the promises made at your Baptism?

Where are you on your pilgrimage of faith (just starting out, at a crossroads, walking alone or with others)?

Prayer: *Creator God, you are the source of all life and motivation.*

May we journey in faith and love, rejoicing and eager to serve you.

Grant us a glimpse of your glory as we seek to follow you – the Way, the Truth and the Life. Amen

Palm Sunday, Maundy Thursday, Good Friday and Easter Day will be in the March magazine.

LENT SMALL GROUPS

No, don't stop reading yet!!

Would you like to get to know a few people in your village a little better? How about spending some time with them (on zoom) sharing your stories, praying for each other, and reading the bible? The pandemic has caused many of us to become more aware of our spiritual needs; small groups are a gentle way to develop the spiritual aspect of our lives, whether we know our bible well or not!

We always run an extra group alongside our Monday afternoon bible study sessions. This year is no different, except that the groups will be small, perhaps only 6 people per group, and you can choose whether to be with people from your own church, or with a group of “newbies” who don't go to church or have just started attending and have lots of questions! We like questions! You could opt to be part of a wider group that covers all three parishes, or a teen group if there is enough interest. In other words – it's up to you! *You don't need to be a church attender to join & you don't need to plan to attend in the future. You might attend another church, and that's fine too.*

If you're interested, send me an email

revsusancooke@gmail.com by 6th February with the subject “LENT SMALL GROUP”. Tell me which group might suit you, & which days and times are best. I will try to put people into groups, agreeing days & times according to the members. Each group will have a facilitator, to keep the space safe and organise the meetings until you get into a rhythm of your own. The eventual plan is that these small groups will carry on meeting after Lent, and after the pandemic they could even meet in each other's homes! So, why not take a little leap of faith this year?

Susan.

LOVE LENT 2021

Make up your own acts of kindness, or choose from this list! Each day in Lent, try to do something kind for someone else. Remember to be Covid-aware.

1. Give a compliment
2. Volunteer
3. Contribute to a charity
4. Phone someone
5. Ask someone about their day
6. Show empathy
7. Remind someone that it won't always feel like this
8. Help someone (shopping, dog walking...)
10. Pick up litter
11. Offer to pray for someone
12. Recycle
13. Tell someone that they matter
15. Plant a tree or some bulbs
16. Put someone's bin out for them
17. Be mindful of where your products come from (think ethically)
18. Wear a mask, if you are able
19. Make a new friend
20. Praise someone
21. Make someone a special meal, or breakfast in bed!
22. Walk someone's dog for them
23. Offer to drive someone to their vaccination appointment

24. Make someone a cuppa
25. Social distance (2m/6ft is further than you might think!)
26. Support someone participating in online school
27. Write a note of encouragement
28. Show your gratitude towards those around you
29. Try to understand one another's struggles
30. Speak up for those who aren't heard
31. Say sorry
32. Use Social Media kindly and wisely
33. Give someone a second chance
34. Forgive and forget (or at least try to!)
35. Give a gift (homemade is nice)
36. Keep your promises to others
37. Treat people with kindness
38. Put someone else's need before yours
39. Send someone a card
40. Love (even if you don't like someone, treat them with love)

You could tick these when you do them, or keep a note of your own love

LITTLE KEYS.

HEARTS, like doors, can open with ease To very, very little keys;
And don't forget that they are these—

I thank you, sir," and "if you please"

Three maxims.

Your hand is never the worse for doing your own work.

Stoop to conquer. He who yields wins.

A good name is better than a girdle of gold.

SNOWDROPS

We are sorry to have to confirm that the annual celebration of our lovely snowdrops in St Paul's Churchyard will not happen this year.

However, as you walk beside the Churchyard you will see that the snowdrops are all there, bringing their cheeriness and promise of Spring to us all.

St. Paul's Flower Guild wish all of you a

Happy Snowdrop Day

If you would like to support the Flower Guild we do have some pots of snowdrops for sale (10 bulbs/£1.50) which we can deliver. Please phone Kate 862467 or Helen 862505



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Scouts (Shurdington) Scouts

The Scouts are now back to “Zoom”

They constructed Gingerbread houses for Christmas.



The Beavers, Cubs and Scouts will be taking part in the Big bird watch at the end of January so they have been getting to know how to spot common garden birds.

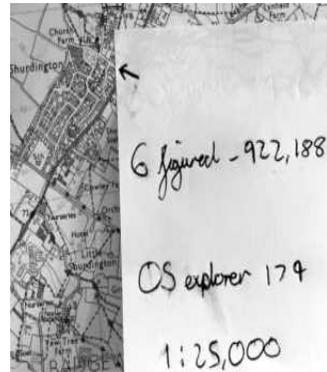
The Scout section took part in a “Virtual” winter camp on

the weekend of 15th to 17th January. This involved camping out in their house in “tents” constructed by them. They took part in a weekend of challenges .

How many biscuits can you balance on your nose?,

Can you curl your tongue?.

Calculate the grid reference of the Scout HQ (Millennium hall).



Build the tallest paper tower.

How many post-it notes can you put over you? And many more challenges.



The Scouts Finished in the top 200 of 686 Scout teams taking part in the Winter camp.

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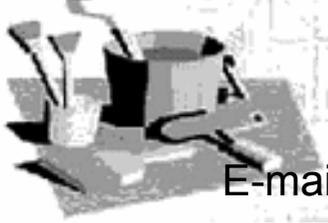
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