

### Rector

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## Sunday Pewsliip

Ditchleburgh, Pulham Market, Pulham  
St Mary, Rushall, Starston & Thelveton

### 14th February Sunday next before Lent (Green)

*And his clothes became dazzling white,  
such as no-one on earth could bleach them.*

Mark 9 v3

### A Message from our Rector

This week has been rather different through the arrival of snow. Children, young people and certainly my dogs would describe it as a gift from Heaven! It certainly has made the countryside look much brighter and it has too reminded me of my childhood where snow was a yearly occurrence and there was much enjoyment of sledging and snowball fights. The snow has given a different aspect to lock down and certainly for me it has been a refreshing change. It is at times like these that one is too very thankful for online meetings which means you do not have to risk driving in snowy and icy conditions.

From next week we will once again be observing Lent through another lock down. Traditionally of course Lent is a time to give something up for 40 days and using the time for self-reflection and repentance. This of course is good practise and aids the deepening of our faith in Christ.

Over the last year though all of us in different ways have experienced a 'wilderness/Lenten experience' due to the pandemic which ranges from sudden bereavement, financial loss, separation from those we love as well as a heart ache of not being able to be together in person to worship our brothers and sisters in Christ. There is also now the concern and worry of how life will begin again once the pandemic is under control. Life with undoubtedly be different, there will be changes and there will also be many positive and not so positive things to learn.

During this Lent you may feel that it is important to observe the traditional way of observing Lent. However, as this last year has been so traumatic can I suggest that you find things that will uplift your spirits too so that you can be encouraged and find strength to continue to live positively through this pandemic. Give yourself time to reflect over what really 'makes you tick' whether that is listening or learning to play a beautiful piece of music, reading, cooking or whatever else.

Finding time for prayer, reflection, Bible study will also help to recharge spiritual batteries and help too to find strength, encouragement, and inspiration during these strange difficult days.

May God bless you this Lent and may you be nourished by His word and presence.

Sarah

### Services This week (through Zoom)

#### Sunday 14th February 2021

0930 Holy Communion -  
Pulham St Mary

**Meeting ID:** 852 9045 0677

**Passcode:** 485680

1000 All Age Worship -  
Pulham Market

**Meeting ID:** 848 0946 7229

**Passcode:** 486430

#### Monday 15th February

2000 Compline -

**Meeting ID:** 860 0304 7469

**Passcode:** 319910

#### Tuesday 16th February

0800 Morning Prayer -

**Meeting ID:** 889 5407 8825

**Passcode:** 802183

1400 Guided Meditation

**Meeting ID:** 901 745 1483

**Passcode:** 7HWk4r

1930 Pulham Market - Bible Study

Contact Jaap Biersteker (01379

608539) for details

#### Wednesday 17th February

1930 Ash Wednesday - Benefice

Communion - Rushall

**Meeting ID:** 843 6272 4111

**Passcode:** 514052

#### Thursday 18th February

1930 Alpha Course - see John Adlam  
for details

#### Friday 19th February

2000 Compline -

**Meeting ID:** 822 2407 8371

**Passcode:** 935610

### Services Next Sunday

#### Sunday 21st February 2021

**09.30 Holy Communion -**

Pulham Market Meeting ID

and password to follow

**1900 Celebration -**

Meeting ID: 901 745 1483

Passcode: 7HWk4r

### "40 Words for 40 Days" by Suzanna Gunner

This year's Lent course begins on Wednesday 24th February 7.30pm through Zoom. Come and share your ideas on the 40 words that Suzanna has chosen to explore during Lent 2021.

If you want to sign up to receive the reflections each day you can do so on the diocesan website'

There is no requirement to sign up to the reflections before joining the course.

## 14th February Sunday next before Lent (Green)

And his clothes became dazzling white, such as no-one on earth could bleach them. Mark 9 v3

### Collect

Almighty Father, whose Son was revealed in majesty before he suffered death upon the cross: give us grace to perceive his glory, that we may be strengthened to suffer with him and be changed into his likeness, from glory to glory; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

**Amen**  
(or)

Holy God, you know the disorder of our sinful lives: set straight our crooked hearts, and bend our wills to love your goodness and your glory in Jesus Christ our Lord. **Amen**

### Blessing

Christ the Son of God, born of Mary, fill you with his grace to trust his promises and obey his will; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen**

### Post Communion

Holy God, we see your glory in the face of Jesus Christ: may we who are partakers at his table reflect his life in word and deed, that all the world may know his power to change and save. This we ask through Jesus Christ our Lord. **Amen**

### 2 Kings 2.1-12

Now when the Lord was about to take Elijah up to heaven by a whirlwind, Elijah and Elisha were on their way from Gilgal. Elijah said to Elisha, 'Stay here; for the Lord has sent me as far as Bethel.' But Elisha said, 'As the Lord lives, and as you yourself live, I will not leave you.' So they went down to Bethel. The company of prophets who were in Bethel came out to Elisha, and said to him, 'Do you know that today the Lord will take your master away from you?' And he said, 'Yes, I know; keep silent.' Elijah said to him, 'Elisha, stay here; for the Lord has sent me to Jericho.' But he said, 'As the Lord lives, and as you yourself live, I will not leave you.' So they came to Jericho. The company of prophets who were at Jericho drew near to Elisha, and said to him, 'Do you know that today the Lord will take your master away from you?' And he answered, 'Yes, I know; be silent.' Then Elijah said to him, 'Stay here; for the Lord has sent me to the Jordan.' But he said, 'As the Lord lives, and as you yourself live, I will not leave you.' So the two of them went on. Fifty men of the company of prophets also went, and stood at some distance from them, as they both were standing by the Jordan. Then Elijah took his mantle and rolled it up, and struck the water; the water was parted to the one side and to the other, until the two of them crossed on dry ground. When they had crossed, Elijah said to Elisha, 'Tell me what I may do for you, before I am taken from you.' Elisha said, 'Please let me inherit a double share of your spirit.' He responded, 'You have asked a hard thing; yet, if you see me as I am being taken from you, it will be granted you; if not, it will not.' As they continued walking and talking, a chariot of fire and horses of fire separated the two of them, and Elijah ascended in a whirlwind into heaven. Elisha kept watching and crying out, 'Father, father! The chariots of Israel and its horsemen!' But when he could no longer see him, he grasped his own clothes and tore them in two pieces.

This is the word of the Lord.

**Thanks be to God**

### 2 Corinthians 4.3-6

And even if our gospel is veiled, it is veiled to those who are perishing. In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, 'Let light shine out of darkness', who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

This is the word of the Lord.

**Thanks be to God**

### Psalm 50

1 The Lord, the most mighty God, has spoken and called the world from the rising of the sun to its setting. 2 Out of Zion, perfect in beauty, God shines forth; our God comes and will not keep silence. 3 Consuming fire goes out before him and a mighty tempest stirs about him 4 He calls the heaven above and the earth, that he may judge his people 5 'Gather to me my faithful, who have sealed my covenant with sacrifice' 6 Let the heavens declare his righteousness, for God himself is judge.

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Hear the Gospel of our Lord Jesus Christ according to Mark

**Glory to you, O Lord**

### Mark 9.2-9

Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them and his clothes became dazzling white, such as no one on earth could bleach them And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, 'Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.' He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, 'This is my Son, the Beloved; listen to him!' Suddenly when they looked around, they saw no one with them any more, but only Jesus. As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead.

This is the Gospel of the Lord

**Praise to you, O Christ**

## Prayers for the Week

### Sunday

Pray for our Benefice and each village community within it, giving thanks for all who minister within it, pastorally and practically. For Bishop Graham (Norwich), Bishop Alan (Thetford) and Bishop Jonathan (Lynn).

### Monday

Pray for protection and good health of all NHS workers and carers at this critical time and give thanks for all the care, support they give to the general public. Pray that they will keep positive and find strength in the work that they do. Pray for all those who are working and administering and organising the safe delivery of Covid-19 vaccines.

### Tuesday

Give thanks for all essential workers and for their commitment to serving others through their work. For all owners of small businesses, all in the hospitality industry and those who work within the food chains such as factory workers. Pray for all have been made redundant and give them hope for their financial future.

### Wednesday

Today marks the beginning the of Lent. Pray that we may all find special time for spiritual and personal nourishment and renewal. Pray for all those who are facing hardship through poverty and homelessness both in this country and abroad.

### Thursday

Pray for all children, young people, parents, teachers and for online education that learning will still be achieved creatively and with as little stress as possible.

### Friday

Pray for all who are suffering through illness, those recovering from operations, those managing chronic diseases and all those suffering from Covid-19. Give them the support and care that they need and give them encouragement, peace and hope for the future. Hold before God all those who have lost their lives due to Covid-19 and pray for bereaved families.

### Saturday

Pray for family life for our families and friends and all whom we love. Hold before God all those who are finding family life difficult that they will find positive ways forward.