

Latest News – 18th February 2023

Watch the service – A Service for the Last Sunday before Lent



Rev Richard Allen from [The Trelawny Benefice](#) will be preaching about Jesus as the Good Shepherd, in a service for the last Sunday before Lent.

The service is broadcast on the [Church of England's website](#), [Facebook page](#) and [YouTube channel](#). The service remains available to view afterwards.

All of the video content is manually subtitled. To turn these on, go to the bottom left of the video and click the filled-in box with two broken lines inside. The service is BSL-interpreted throughout.

Local Services & Events

19th February 2023

10.30am Sibsey for Morning Worship

10.45am Holland Fen for Holy Communion.

All welcome.

Why might Christians consider cutting down meat for Lent?

Reducing meat consumption is a great way for anyone to respond to the Climate Emergency; cutting carbon impacts while saving money and potentially improving personal health, writes Bishop Graham Usher, the Church of England's Lead Bishop for Environmental Affairs.



"Long before the impacts of meat on the climate were understood, the idea of Christians periodically foregoing meat was not so very new"

According to the UN's Food and Agricultural Organisation, about 14 per cent of all emissions come from meat and dairy production. Within this, chicken and pork have a smaller climate impact. Dairy and lamb sit in the middle, while beef is nearly always the least sustainable choice. Yet, long before the impacts of meat on the climate were understood, the idea of Christians periodically foregoing meat was not so very new. Days of fasting have been observed in the Church of England for centuries and are marked in the Church's calendar, although there are no particular instructions on how fasting should be constituted.

The Book of Common Prayer calls for the following as 'days of fasting and abstinence': Every Friday of the year except Christmas Day if it falls on a Friday, the forty days of Lent and Certain days in the four seasons of the year (Ember days and Rogation days) which call for penitence and prayer. Common Worship calls for 'days of discipline and self-denial' in the 'weekdays of Lent and every Friday in the year' excluding Principal Feasts and Festivals outside Lent and Fridays in Eastertide.

And one of the Books of Homilies (a series of 16th century sermons developing the authorised reformed doctrines of the Church of England) contains references to fasting being an abstinence from 'meat, drink, and all natural food'. These days, many people choose to 'give something up' for Lent. This is an opportunity to stop and think about what we consume, and the kind of impact our consumption has on the world we live in.

Climate change is already having a devastating impact on some of the world's most vulnerable communities and the World Health Organisation estimates that between 2030 and 2050, climate change will cause approximately 250,000 additional deaths per year.

This will be through malnutrition, malaria, diarrhoea and heat stress, and regions with weak health infrastructure – mostly in developing countries – will be the least able to cope without assistance to prepare and respond.

Christians are called to safeguard creation and renew the life of the earth, and in doing so we cannot ignore the plight of our brothers and sisters both near and far.

So, during Lent, when many will consider how to take better care of creation, choosing to be meat-free one or more days a week can be about both our spiritual practice of fasting and a practical way to tread more lightly on the earth.

Whether that's on a Friday, which is traditional in the Church, or joining in with 'meat-free Monday', it's a positive step we can take for our spiritual health, our physical health, and the health of the planet. And when we do eat meat, find out more about the factors that can increase carbon impacts, and choose more local sustainable sources.

Graham Usher is Bishop of Norwich, and Chair of the Church of England's Environmental Working Group



Diocese of Norwich

'For many, pets are a lifeline' – church pet food bank launches amid cost of living crisis

A pet food bank set up with support from a church is helping people to feed their dogs, cats and even guinea pigs amid the cost of living crisis.



'Leonard's lunchbox' meets at St Matthew's Church in Bethnal Green east London with the support and advice of the church's Rector, Mother Erin Clark.

The new service for pets follows the rapid growth of Bethnal Green food bank, founded by the church in January 2020. The food bank met in the church's hall until 2021 when it moved to another site and now provides food for around 900 people a week.

Grace Hui, who has three rescue dogs and founded Leonard's lunchbox – named after one of her dogs – said: "I work with a lot of animal rescue centres and I have three rescue dogs. I know how much they contribute to people's mental well-being. For some people, especially elderly people, who live on their own, walking a dog is their only way of going out and seeing other people, especially during the pandemic when it was very lonely. Giving up your pet because you can't afford to feed it would feel like letting down your best friend."

Mother Erin, who owns a Great Dane called Soren, said she had noticed people coming to the food bank choosing cans of dog and cat food over extra food for themselves. "People were choosing dog and cat food which is quite a sacrifice to make when you could choose other items for yourself, she said. "It was a sign of just how much pets mean to people. We do not realise how much people rely on their pets for their mental well-being. There is a lot of poverty around here and other social issues, I think for a lot of people their pet is their lifeline, it is what gets them out, it is a big part of their well-being."

‘My life stopped’ – why bereavement ministry is vital

The church-run Bereavement Journey course offers hope and changes lives.



Christ Church Clevedon

The Rev Canon Yvonne Richmond Tulloch was Canon for Mission at Coventry Cathedral when she was widowed suddenly in 2008, causing her “life to go into freefall”.

Her experience of grief led to her passion for helping other bereaved people find support. She established the charity AtaLoss, which offers a bereavement signposting website, and went on to help run *The Bereavement Journey* – a course which helps equip those grieving to come terms with loss.

According to Rev Tulloch, we don’t get over grief, we learn how to live with it – but people need to be helped in this. “Grief can affect every aspect of a person’s life – not just emotional well-being, but physical and mental health,” she explained. “Bereavement is one of the most stressful times in life, but for many people, it’s devastating. Those grieving are so often left feeling isolated, floundering, and confused. People don’t know what to say to bereaved people, so they steer clear of them – or they assume when they see them that they’re coping well, when they’ve just managed to pull themselves together or are still feeling numb in the early stages.”

For anyone bereaved during Covid restrictions, all the usual problems were exacerbated. This was the case for Ounissa Benali, whose mother died during the pandemic. “When my mum went into hospital, it was a nightmare: I couldn’t see her or visit her – I went from being with her 24-7 during lockdown to not being able to see her at all and having to isolate,” she explained.

“When my mum passed away, I really struggled. I was crying all the time, it was so difficult. I didn’t know where to turn or what to do. “My life stopped. I felt like an alien everywhere, and like nothing mattered. It had a terrible effect on my health. I had to stop working for about three

months. I was praying to find something that could help me. I did not know yet that *The Bereavement Journey* course was something that was even available.”

She first heard about the course - a series of films and facilitated discussion groups - after hearing about it through a friend at church. “It came at a time when I was feeling guilty that I was somehow not a good enough Christian – otherwise my prayers would have been answered, and my mum would have been healed,” she said. “At the first meeting, I was still in so much pain, but I started to understand what loss is, and the weight of the grief that I was carrying. The course films were so good; I recognised myself in almost everything.”

The course concludes with an optional seventh session offering a Christian perspective on commonly asked faith questions. “The last session on faith was amazing. It took away my guilt and gave me hope,” she added. “Sharing faith questions with other people, I realised I was not the only one wondering about these things, like why God heals some, but not others.” She reflected: “For the first time in my life, I really started to feel God’s love – I knew it intellectually before, but I didn’t feel it. The Bereavement Journey was one of the best things I have done in my life, it brought me so much peace – although the pain was still there, I now had something I could fall back on. I was reminded that even Jesus wept.

“During such a horrible time in my life, it brought me closer to God.”

More information

- The Bereavement Journey was developed over 20 years ago and has proven effective in helping people process grief whenever or however the person died.
- Currently over 180 courses are being run by churches across the country.
- When advertised to the public, a large percentage of guests attend from outside church, with over 90% choosing to attend the optional session on faith.



Lincoln Cathedral will host a special concert on Saturday 13 May 2023, to mark the 80th anniversary of Operation Chastise, better known as the Dambusters Raid.

The Band of the Royal Air Force College will perform a musical programme with pieces from the WWII era to present day, highlighting Lincolnshire’s strong aviation history as the original home of the RAF 617 Squadron. Internationally renowned composer, Sir Karl Jenkins will join the concert to conduct *For the Fallen* alongside Lincoln Cathedral Choir who also join the event, which will be compered by Melvyn Prior, BBC Radio Lincolnshire. Tickets for the concert can be purchased via the cathedral’s website at: <https://lincolncathedral.com/forthcoming-events/dambusters-anniversary-concert/>

Church transforms unused land into biodiverse community garden

An urban church community has developed an abandoned patch of church land into a thriving garden, teeming with wildlife and benefitting the locals.



The Woodseats Garden

Until 2020, St Chad's Church in Woodseats, Sheffield, was regularly dealing with the cost of mowing and maintaining a disused field to the south-east of its church building.

Now, that patch of green has become The Woodseats Garden – a haven for the community – thanks to a group of green-fingered locals who dreamt of putting it to good use.

Ideas for how the garden could be used came from across the community, including to promote health and wellbeing, for leisure, for education, and to support biodiversity. They planned to avoid pesticides, use green manure, and plant a varied selection of flora and fauna to keep the project environmentally-friendly.

They set up a committee and achieved their aims – with the garden now boasting a range of biodiversity including a wildflower meadow, a bug hotel, and through supporting plants such as apple trees, roses and dahlias.



The Woodseats Garden
The garden even has composting facilities and a willow dome: a living domed shelter made of latticed willow branches which provides an attractive screen from the surroundings in winter and, when its leaves appear, natural shade in summer.

The garden has been funded entirely by

donations, including approximately £450 so far, and is set to receive a further £1,000 this autumn from the Co-op Local Community Fund. Other donations have come in the form of plants and equipment.

Each weekend, between 12 and 30 volunteers from the local community come to work on the garden.

The garden has allowed St Chad's to be relieved from its maintenance costs while the community benefits physically, mentally and socially from the new urban green space.

Future plans include a wildlife pond, infrastructure for rainwater collection, and planting lavender and other bee-friendly plants. The garden's committee also hopes to see an increase in social prescribing of the garden by local GPs. The Woodseats Garden

Nathan Edwards, co-founder of The Woodseats Garden, said: "It is an absolute joy seeing people coming to the garden and getting stuck in, or just stopping and relaxing for a moment to enjoy the space.

"The garden is transformative. It's boosted local wildlife and formed friendships. Me and my family love coming, the kids play, build, garden and explore and each time we see the garden develop and change.



"The key to the garden's success has been the partnership that has formed between the community and the church."

Annual Baptism and Confirmation in the Cathedral at the Easter Vigil

There will be an opportunity for candidates from across the diocese to be confirmed during the Easter Vigil in Lincoln Cathedral at 8pm on Easter Eve (8th April). Parishes with candidates for confirmation at this service are asked to contact the Precentor at precentor@lincolncathedral.com with the following details for each candidate:

- Name of candidate
- Date and place of baptism (or indication that they need to be baptised within the vigil)
- Age

Candidates, alongside a parish representative, are asked to attend a rehearsal in the cathedral at 10am on the morning of Easter Eve. The person who is accompanying candidates from their parish is asked to bring a completed copy of the 'Blue Form' and the parish's Confirmation Register for the bishop to sign at the end of the service.

Please make sure that all information is with the Precentor by Friday 24th March so that the printed order of service can include all names.

If you have contacted the cathedral but not heard back by 24th March, please get in touch in case there has been a problem in receiving the original email.

Take a Pilgrimage to the Cathedral

The foundation of the cathedral's daily life is praying for and offering worship on behalf of the diocese, its bishop and parishes. We hold the communities of the diocese in our daily prayers, but it is a special joy to welcome individuals or groups to the cathedral – then those we pray for become not only names, but people!

Of course, everyone is welcome to attend any service at the cathedral at any time, and there are also the 'big' diocesan occasions like the Chrism Eucharist, Ordinations and Annual Lay Ministry Service. However, we would also like to encourage groups from the diocese to consider coming on pilgrimage to the cathedral. We have already welcomed several parishes from the diocese and beyond to the cathedral on pilgrimage – and each pilgrimage has been different. We suggest that a pilgrimage to the cathedral is centred around attending either the lunchtime eucharist or evensong as a group, and various visits have also included the following activities:

- A walking pilgrimage to the cathedral (there are several well-researched books available from the Cathedral Shop)
- A guided tour of the building (or specialist tour, such as a roof or tower tour)
- Spending time in the Visitor Centre, including visiting the learning and exhibitions spaces
- Refreshing the body as well as the soul in the Cathedral Café, or having a picnic on Dean's Green
- Using various areas of the cathedral as foci for reflection (e.g. Stations of the Cross in the Nave, or small group meditation/study in one of the side chapels)

If you are interested in a parish pilgrimage to the cathedral, please contact the Visitor Experience Manager, Ruth Creasey by emailing visitors@lincolncathedral.com or the Precentor, Nick Brown at precentor@lincolncathedral.com.

We look forward to welcoming you!

Changemakers Supporter Conference

Save the Date!

Changemakers
Supporter Conference
Saturday March 4 2023

Sign up from January 2023 via:
caid.org.uk/conference2023

You are warmly invited to our online annual supporter conference.

Get connected with the people and stories behind the global work of Christian Aid, explore how you can make positive change by engaging with climate justice, and join with fellow volunteers across the UK as we share creative ideas and experiences of fundraising success.

This year, we will be hosting a one-day online event, packed with sessions to leave you inspired for Christian Aid Week 2023. We're excited to see you there.



When: **Saturday March 4 2023, 10am - 4pm**

Where: **Online**

RSVP: **Sign up from January 2023 via:**
caid.org.uk/conference2023



Christian Aid is a key member of ACT Alliance. Eng and Wales charity no. 1105851 Scot charity no. SC039150 Company no. 5171525 Christian Aid Ireland: NI charity no. NC101631 Company no. NI059154 and ROI charity no. 20014162 Company no. 426928. The Christian Aid name and logo are trademarks of Christian Aid. © Christian Aid

This year's Online Conference will include an exciting range of stories of our work and a first look at this year's Christian Aid Week film.

Highlights will include:

- Introducing Christian Aid Week 2023 – get behind the story, watch the premiere of the video, hear about fundraising ideas and resources
- Celebrating the impact of the funds raised in Christian Aid Week 2022
- Campaigning - why we need to talk about climate justice
- The challenge of fundraising during a cost-of-living crisis
- Stories of how we respond to humanitarian emergencies around the world
- Discovering Christian Aid's amazing story over the last 75+ years

To sign up and for more information, visit <https://caid.org.uk/conference2023>

The Chapter Letter

A time to change...

This past week has seen the cathedral community mark a number of changes as we have marked out the changes that come with the passing of time. One of those has been saying farewell to the dean on her retirement, and another has been the marking of the liturgical change as we celebrated Candlemas.

Candlemas, more formally called The Presentation of Christ in the Temple or The Purification of the Blessed Virgin Mary, is one of the Church's Principal Holy Days and falls 40 days after the celebration of the Nativity. It recalls the journey made by Mary and Joseph to give thanks at the Temple and the words of Simeon – that Christ shall be 'a light to lighten the Gentiles' and those of Anna who, pointing toward the passion of Christ speaks of 'the sword that shall pierce Mary's heart'.

Candlemas was (until the Victorian reinvention of the Christmas season) the point at which the greenery and decoration of Christmastide was taken down, and marks for us a liturgical and spiritual tipping point as we turn from celebrating the birth of Christ toward the self-examination that will lead us toward the commemorations of Holy Week and the celebration of Easter.

So we now find ourselves occupying a little bit of a 'fallow space' in the Christian year: Christmas is now firmly past, the cribs have been packed away and the greenery disposed of, but we are not yet in the penitential season of Lent. This provides us with a little bit of time to take stock, give thanks for all that is good, and look at what we need to change to better fit us for the journey that lies ahead. This speaks as much to the institution of the cathedral as it does us as individuals – there is much that is good and we can give thanks for, but there are undoubtedly things that we could do to make things better, to grow in faith, and to grow into the likeness of Christ.

In practical terms, we might use this fallow space to think ahead to how we might use the time of Lent – traditionally a time to focus on the Christian spiritual disciplines of Fasting, Prayer and Almsgiving. These next two or three weeks give us a chance to step back, look at what needs changing if we are to grow into the fullness of life that God has prepared for us and look how we might open ourselves to the grace and wonder of God. In that way, we will not get caught out by the question 'What are you giving up for Lent?' as a question that has not really been thought about until we have been eating our pancakes on Shrove Tuesday, but we can have prayerfully thought about how we can use the disciplines of Lent to prepare us fully for the transforming glory of the Easter that is to come.

NICK BROWN, PRECENTOR

St Botolph's Church, Boston

Sunday services

First Sunday of the Month

11am – Sung Eucharist (also available online)

5pm – Choral Evensong (also available online) *during term time*

All other Sunday's in the month

11.00am – Sung Eucharist (also available online)

Wednesday midweek service

10.30am – Said Eucharist (also available online)



Explore the roof space of Lincoln Cathedral with views across the City.

Our friendly guides will show you the fascinating structures that hold up the roof of the Cathedral. We'll give you an insight into the workmanship required to build and maintain this stunning building.

You'll also get up close to our stained glass windows, visit one of our bell chambers and for those who are not afraid of heights, there is an opportunity to enjoy views down the full length of the Nave and across the City from the Cathedral's West Front.

If you love architecture, this tour is for you.

How long will the tour last?

Each tour will last approximately 90 minutes.

How much does it cost?

Tours cost £7.50 per person **in addition to the general admission fee.**

What else do I need to know?

Please note: A general level of fitness is required to climb the steep staircases.

Dates available and how to book?

<https://www.eventbrite.co.uk/e/guided-roof-tour-of-lincoln-cathedral-tickets-154101502743>

The Revd Canon Dr Simon Jones is to be the Interim Dean of Lincoln following the retirement of Dean Christine



Simon is Chaplain and Fellow of Merton College, Oxford where he has overall responsibility for the Chapel and Choral Foundation, welfare provision and student financial support. He teaches liturgy and is a member of the University of Oxford's Faculty of Theology and Religion.

Simon said: "It's a great privilege to have the opportunity to serve the Cathedral and Diocese of Lincoln in this interim role.

"I am grateful to colleagues at Merton for making this secondment possible, and very much look forward to working alongside new colleagues in Lincoln and becoming part of the Cathedral community".