

## MOVING INTO LENT 2026

### ASH WEDNESDAY SERVICES 18th February

St George's. 10 am Eucharist and imposition of ashes  
St Mary's 12 noon Eucharist (BCP) and imposition of ashes

### LENT COURSE

Wednesdays 10.45 - 11.45 following the Eucharist at St George's

#### 'Between Heaven and Mirth'

based around a book by James Martin SJ, we explore why joy, humour, and laughter are at the heart of spiritual life. Using Bible studies, stories, a bit of church history, and our own relationships with God we look at 'happiness' as God's goal for each of us and laughter used 'both to praise the blessed and to endure the insufferable'. We are invited to rediscover a sense of holy humour, and the truth that faith leads to joy.

We will be encouraged to discover that joy, humour and laughter help us to live more spiritual lives and to understand ourselves better and more fully appreciate God's presence among us. By inviting God to lighten our hearts we can enjoy a little of heaven on earth, and use humour to show our faith, embrace our humanity, put things in perspective, open our minds, speak truth, demonstrate courage, challenge power, learn hospitality foster good relations, deepen our relationship with God...and enjoy ourselves.

The book is available both new and second-hand if you *want* to purchase it BUT you do not need to - Bibles and necessary notes will be provided.

## REFLECTING THROUGH LENT

There will be short thoughts and meditations with questions for reflection posted each day during Lent on our facebook pages. These can be used just to give an extra few minutes to God on our journey through Lent, or form the basis of a small 'retreat at home' each day.

If you do not use FB and would like to receive these, could you please let Rev Alison have your email address.

### HOLY WEEK and EASTER SERVICES

we hope to have our usual range of services through this time. Full details coming nearer the time.

### DATES for your diary

Wednesday	11th Feb	12.30	<b>Sheila Holwell's funeral</b>
Sunday	15th		services as usual
Monday	16th	11	<b>David Walden's funeral</b>
<b>Wednesday</b>	<b>18th</b>		<b>Ash Wednesday</b>
			posted reflections begin
Sunday	22nd	Lent 1	services as usual.
			<i>Archdeacon of Totnes preaching at St George's</i>
Wednesday	25th	10 am	Eucharist.
		10.45	lent course begins
Sunday	1 march	Lent 2	services as usual
			<i>Archdeacon of Totnes preaching at St Mary's</i>
Wednesday	4th	10am	Eucharist
		10.45	Heaven and mirth
Sunday	8th	Lent 3	services as usual
Wednesday	11th	10	Eucharist
		10.45	Heaven and mirth
Sunday	15th	Mothering Sunday	services as usual