

Benefice of St Nicholas Newport and St Michael and All Angels, Chetwynd

Newsletter 15/2/26

Musings

This week Lent begins. I expect many of us will have pancakes on Shrove Tuesday. This tradition goes back to a time when people needed to use up all the dairy products in their cupboard before beginning their Lent fast. In medieval times during Lent people ate no food before 3pm every day and then they ate no meat or animal fats, no eggs, milk, cheese or butter. And this went on for 40 days! Today it is less likely that we will fast for 6 weeks, it is more usual to give up something which we like. We give up things like chocolate or cake or wine. I did know someone who gave up watching television for Lent.

Abstaining helps us to remember Jesus's trials in the wilderness when he was tempted by the devil, to turn stones into bread, to throw himself from the top of the Temple and God would save him or to rule the world by serving the devil.

Some people rather than giving up something, do something extra. They give their time to helping others or they read books about faith and how to live a Christian life or they spend more time in prayer.

In Lent we think about the events of Holy Week, about Jesus's trial before Pilate and his death on the Cross. We remember that willingly he went to his painful and humiliating execution so that we might be freed from death and live for eternity with him.

When we think of these things, it becomes a bit easier to resist that slice of cake.

Sandra

This week beginning 15/2/26:

St Michael and All Angels

Sunday 11.00am Matins

St Nicholas

Sunday 10.30am Holy Communion

Ash

Wednesday 10.30am Holy Communion

Next week beginning 22/2/26:

St Michael and All Angels

Sunday 9.00am Holy Communion

St Nicholas

Sunday 10.30am Morning Prayer

Wednesday 10.30am Morning Prayer

Readings 15/2/26 Exodus 24:12-18, Matthew 17:1-9
 22/2/26 Genesis 2:15-17, 3:1-7, Matthew 4:1-11

Lent Groups

Lent groups will start week beginning 23rd February. There will be 3 groups.

Monday Baptist Church 10.30am
 The Swan 11.30am

Tuesday St Nicholas 2.00pm

All are welcome to any of these groups.

Lunches

The next Ladies and Gentlemen's lunches will be on Friday 27th February at 12.30pm. The ladies will meet at **Gunero's** and the gentlemen will meet at the **New Inn**. Please add your name to the lists on the noticeboard in St Nicholas.

We pray for the Lent groups, that through reading, prayer and discussion all may grow in faith and in love of God.

We pray too for Christians around the world as we enter this season of Lent We remember in our prayers: Beryl, Chris, Jenny and John, Jo and Mike, Joyce and Geoff and Gill and all the Howard family.

We remember too the family of Graham Walker.

'The Lord is close to the broken-hearted and saves those who are crushed in spirit.'

Psalm 34, verse 18