

8th March 2026 – Lent 3

THE ORWELL AND DEBEN RURAL BENEFICE WEEKLY NEWSLETTER

Issue 309

Collect

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Amen

DAILY READINGS FOR THE WEEK

Sunday	8 th	- Exodus 17:1-7; Romans 5:1-11; John 4:5-42.
Monday	9 th	- Genesis 47:1-27; Hebrews 4:14-5:10.
Tuesday	10 th	- Genesis 47:28-end of 48; Hebrews 5:11-6:12.
Wednesday	11 th	- Genesis 49:1-32; Hebrews 6:13-end.
Thursday	12 th	- Genesis 49:33- end of 50; Hebrews 7:1-10.
Friday	13 th	- Exodus 1:1-14; Hebrews 7:11-end.
Saturday	14 th	- Exodus 1:22-2:10; Hebrews 8.

SUNDAY SERVICES

Sunday 8th – Lent 3

9am	Hemley	BCP Communion
10am	Kirton	Morning Prayer
10am	Levington	Morning Prayer
10-15am	Bucklesham	Holy Communion

Sunday 15th – Lent 4 – Mothering Sunday

9am	Falkenham	Holy Communion
10am	Bucklesham	All Age Praise
10am	Nacton	Morning Prayer
10am	Newbourne	Morning Prayer
10-30am	Waldringfield	Holy Communion

Sunday 22nd – Lent 5

10am	Bucklesham	Morning Prayer
10am	Hemley	Morning Prayer
10am	Kirton	Holy Communion
10am	Levington	Holy Communion

March Events

Monday 9th – Bucklesham Bible study – 2-30pm

Wednesday 11th - Community Tea Shop – Kirton Church Hall – 2:30 to 4pm

Wednesday 25th - Prayers for Persecuted church – Kirton - 2pm

Wednesday 25th - Community Tea Shop – Kirton Church Hall – 2:30 to 4pm

Floral workshop organised by St Martin's flower group.

Easter baskets floral workshop in Nacton village hall

Saturday 21st March 10-1 pm.

£20 refreshments and some materials included.

Places limited. Email annbagert@yahoo.co.uk

All Welcome

St Martins church flower group.

2026 LENT COURSE

Thursdays 19th February to March 26th

Hemley Church Room. From 11-30am to 13-30pm

Book via Rev Nick as places are limited to 10

tel: 01473 948 584. mail: father.nick@btinternet.com

From the Church of England Lent Reflections – ‘Draw Near’

Prayer for the week

Lord God, you renew us with the living bread from heaven; by it you nourish our faith, increase our hope, and strengthen our love: teach us always to hunger for him who is the true and living bread, and enable us to live by every word that proceeds from out of your mouth; through Jesus Christ our Lord. Amen