

# St. Barts Weekly News

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[www.stbartholomewschurch.org](http://www.stbartholomewschurch.org)

## Sunday 15<sup>th</sup>. February Sunday before Lent

**8am** Holy Communion BCP

**10am** Parish Eucharist

**Hymns:** 293, 106, 325, 426

### Readings:

Exodus 24: 12-end

Psalm 21

2 Peter 1; 16-end

Matthew 17: 1-9

**6pm** Evening Prayer

Psalm 84

Ecclesiasticus 48: 1-10

Matthew 17: 9-23

## Sunday 22<sup>nd</sup> February First Sunday of Lent

**8am** Holy Communion BCP

**10am** Parish Eucharist

**Hymns:** 522, 298, 484, 422

### Readings

Genesis 2: 15-17, 3: 1-7

Psalm 32

Romans 5: 12-19

Matthew 4; 1-11

**6pm** Evening Prayer

Psalm 50: 1-15

Deuteronomy 6: 4-9, 16-end

Luke 15: 1-10

## LENT COURSE

Starting in the Church Room on **THURSDAY 19th. February at**

**10.00am.** We will be studying

“Draw near to Lent”.

Each week a different contributor explores a different aspect of Christian discipleship – worshipping together, praying, exploring the Bible, sharing communion, offering service and sharing the good news with others.

## Weekly Updates to the Notices and Newsletters

These are updated, emailed or printed out every Friday. If there is anything that you would like added to these notices, please get in touch either by email; [revmike1@outlook.com](mailto:revmike1@outlook.com) or phone

0758 5600408

Please check out the new and updated website as readings and events change regularly [www.stbartholomewschurch.org](http://www.stbartholomewschurch.org)

## Wigginton Preschool Craft activities for children

Hi all, we hope you are keeping well. Just wanted to let you know Wigginton Preschool & Little Stars are posting various craft activities on their Facebook pages. Lovely ideas to keep children busy.

## Prayer for Peace

O GOD, from whom all holy desires, all good counsels, and all just works do proceed; Give unto thy servants that peace which the world cannot give; that our hearts may be set to obey thy commandments, and also that by thee, we, being defended from the fear of our enemies, may pass our time in rest and quietness, through the merits of Jesus Christ our Saviour. Amen.

## Zoom course on Martin Luther King Jnr

Rev Jonathan is taking a five-week course on Martin Luther King, Jr., and the Civil Rights Movement on Zoom on behalf of Adult Learning at St Albans Cathedral. It starts on Wednesday February 25th at 7.30pm.

If you are interested the link to book is [www.stalbanscathedral.org/Event/redeeming-the-soul-of-america](http://www.stalbanscathedral.org/Event/redeeming-the-soul-of-america)

And that if anyone wants to sign up for the course there is a discount code for congregations.

## Prayers

Lord, we come to you today with our thoughts and prayers Almighty God, aware that there is so much in our world today which needs your transforming love, we trust that you will hear our heartfelt prayers, even when we can't find the words to express them.

Many of us feel unsettled as we witness news reports and images recently. We see influential people involved in scandal and wrongdoing and we don't know whom to trust. We see the powerful running rough-shod over the most vulnerable in society and we don't know how to stand against them. We see international disunity, division and conflict and we wonder what will happen next.

We bring before you all victims of those who abuse or have abused their position of power in any way. May their voices be heard and wrongs righted. And we ask that you fill all those in leadership with wisdom and a desire truly to follow your way with integrity.

We remember those who struggle to get employment because of disability or ill health, criminal records, unpaid caring roles, homelessness, or due to discrimination. We pray for those facing redundancy or the collapse of their workplace. Bring them hope and relief from anxiety; enable those who can offer them practical and emotional support; and open up ways to change their circumstances.

Lord, we pray for those who struggle with illness of body, mind or spirit and for those who care for them, whether as professionals or as those who love them. Bring comfort and healing, patience and endurance into those lives.

Lord, we pray for our community, our church, our friends and families, and for ourselves. You alone know the thoughts of our hearts and the concerns we carry; the deepest need of those around us, spoken and unspoken. Where there is need, Lord, bring your transforming love. and help us to serve. Amen.

## Pancake Day

Ever wonder why we eat pancakes just before Lent? The tradition dates back to Anglo-Saxon times, when Christians spent Lent in repentance and severe fasting.

So on the Tuesday before Ash Wednesday, the church bell would summon them to confession, where they would be 'shriven', or absolved from their sins, which gives us Shrove Tuesday. At home, they would then eat up their last eggs and fat, and making a pancake was the easiest way to do this. For the next 47 days, they pretty well starved themselves.

Pancakes feature in cookery books as far back as 1439, and today's pancake races are in remembrance of a panicked woman back in 1445 in Olney, Buckinghamshire. She was making pancakes when she heard the shriving bell calling her to confession. Afraid she'd be late, she ran to the church in a panic, still in her apron, and still holding the pan.

Flipping pancakes is also centuries old. A poem from Pasquil's Palin in 1619 runs: "And every man and maide doe take their turne, And tosse their Pancakes up for feare they burne."

Some people have noted that the ingredients of pancakes can be used to highlight four significant things about this time of year: eggs stand for creation, flour is the staff of life, while salt keeps things wholesome, and milk stands for purity.

Shrove Tuesday is always 47 days before Easter Sunday and falls between 3rd February and 9th March.

## St. Bart's Book Swap and Library

IS OPEN for swapping books. Please feel free to borrow books from the library or bring books in for others to share.