

# St Francis Weekly News for THE SECOND SUNDAY OF LENT 28<sup>th</sup> February 2021



This newsletter may have come to you by email or through your letterbox, if you received it on paper but are happy to receive an email in future please email [deborah.lechmere@ntlworld.com](mailto:deborah.lechmere@ntlworld.com) If you know anybody else who would like this delivered or emailed please contact Deborah or Revd Janet: [revdjanetwyer@outlook.com](mailto:revdjanetwyer@outlook.com)

## WHAT'S HAPPENING IN ST FRANCIS CHURCH?

### CHURCH REMAINS CLOSED FOR WORSHIP

In order to keep everyone safe the church remains closed for Sunday worship. However, we continue to broadcast the service via the St Francis YouTube channel.

If you would like assistance in respect of joining our YouTube channel or would like to talk about how you might receive Holy Communion please do not hesitate to get in touch with us.

We are hoping and praying that with the recent announcements relating to the easing of restrictions that we will soon be able to open up the church for Sunday and weekday worship.

It is our aim that this will happen on Easter Day – 4<sup>th</sup> April – put the date in your diaries folks and keep praying, we'll be looking for a full house!

### SECOND SUNDAY OF LENT



Revd Winnie, Brother Eeyore and Piglet are devoting themselves to lots of extra prayer time throughout Lent. They would be very happy to share some of their books and resources – please get in touch if you would like to take them up on their offer.

The second Sunday of Lent falls on 28<sup>th</sup> February this year, which means as we begin to get into our stride with all that Lent entails, we are also on the brink March. So, here we go Marching further onward into Lent!



There is an old phrase in the Book of Common Prayer [the original and existing authorised book of prayers and services for the Church of England] that describes the Church as 'Christ's Church militant here on earth.'

Having the thought of marching into Lent then seems quite appropriate. The old hymn, 'Onward Christian Soldiers' has long fallen out of fashion, but the sentiment behind it still rings true. Jesus' people are still called to wage war upon sin, evil and the things of the world that are not of God, whether that is a fashionable idea or not.

Ever since Eve and Adam fell prey to the serpent in the garden of Eden, [Genesis 3] humankind has been invited by God to take up the struggle and fight for what is right and Godly.

There is still much that needs to be transformed here on earth before it is the kingdom of love and peace that God created it to be.

Lent is a time of preparation and spiritual refreshment, a time to remind ourselves what it is we believe and what it is that we, God's 'Jesus shaped people' need to be, in order to fulfil our commitment to him and the struggle against all that is wrong in this world - and it is worth remembering that the struggle begins with us!

The traditional means of making ready for Christian battle are what have become bywords for the Lenten season – prayer, fasting and giving alms. All of these are not exclusive to Lent, and indeed should form a part, one way or another, of every Christian's everyday life – but during Lent, these three come to the fore as tried and tested ways of getting closer to God, and one another



Over the next three weeks, Fr Tracy will be exploring each of these themes in the 'Curate's Corner'. Please take a peek and see what you can make your own, as we March on to Good Friday and all that lay beyond!

**WELL DONE ADAM!**



A big thank you to everyone who sponsored Adam as part of his fundraising efforts on behalf of the Teenage Cancer Trust. So far he has raised the magnificent sum of £335. If you would like to add to that amount and push that total higher still, please contact his mum, Mrs Jeanette Reeve: 07704 046497

**WOODSIDE HOUSE CARE HOME**

We continue to hold Woodside Care home in our thoughts and prayers – and as a way of showing our love we're wondering if some of our younger readers might like to draw a picture or make a card to send to them as a way of showing them that we're thinking of them.

Simply post your card or drawing through the Vicarage door [100 Rider Haggard Road] and we'll make sure it gets to them.

**GET CREATIVE!**

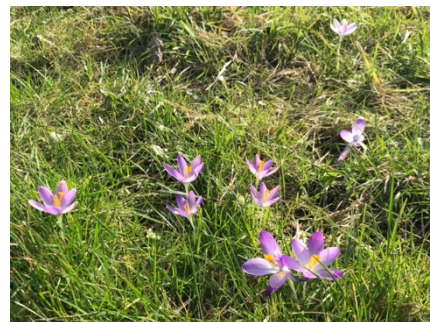
This week we have some lovely shots of snowdrops to share in our 'Get Creative' spot. These photos were snapped by Margaret as she took advantage of the better weather we've been enjoying.



On the subject of signs of spring – Bee sent in a poem celebrating the beginnings of a Norfolk spring...

Look down at the ground  
and you might see  
a rainbow of colour  
peeking out of the earth.

A bootiful array of crocuses  
are waiting to be found.



Spring flowers in the vicarage garden

If you have something that you would like us to consider for the

newsletter please feel free to send via email [revdjanetwyer@outlook.com](mailto:revdjanetwyer@outlook.com) or post a copy of your submission through the vicarage door. [Not the original please, we cannot guarantee safe return]

## LENTEN SPIRITUAL GUIDANCE

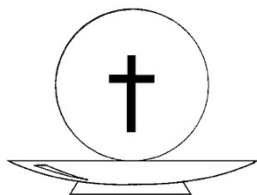
It has, over the years, become customary for churches to offer a formal course of study for people to follow as part of a Lenten discipline.

Because of current circumstances we have decided that we will not be running a group course but will instead offer individuals the opportunity for a one to one guided journey through Lent. If you would like to discover more of what might be available please contact either Revd Janet or Fr Tracy.



## CHURCH OPENING DURING WINTER LOCKDOWN PLEASE NOTE THAT THE CHURCH IS NOT OPEN FOR SUNDAY WORSHIP.

However, the church is available for individual prayer every weekday 10.30am – 11.30am.



If you would like to spend some time in the church or would like to make enquiries about receiving Holy Communion please do feel free to contact:  
Revd Janet – 07368 832294  
or  
Fr Tracy - 07834 845623

If you would like to join in with Sunday Worship we continue to broadcast via the St Francis YouTube channel. Just search for 'St Francis Heartsease YouTube'

## ST FRANCIS BOOK OF REMEMBRANCE

There has for many years been a beautiful Book of Remembrance available in the church where the names of loved ones can be recorded as a permanent memorial.

Situated in the little chapel area by the altar, there is provision for memorial flowers and now, thanks to the generosity of Charles Farris Church Supplies we also have a lovely candle stand where prayer candles can be lit and left.

Please do remember that the church is open every weekday morning if you would like to come and take advantage of this lovely quiet space of prayer and remembrance.



The Memorial Book and new candlestand

## WOULD YOU LIKE TO COMMIT TO BEING A MEMBER OF THE ST FRANCIS HEARTSEASE CHURCH FAMILY?

Everyone in the St Francis Heartsease Parish is a part of our church family, but over the next few weeks we will be looking to revising St Francis Church Electoral Roll.

If you would like to formally become a part of the family and commit to all that entails, all you need to do is complete a simple form and return it to the Church Office.

We will be sending out forms in due course – but if you would like to know more, please get in touch.

## HOME GROUP

Throughout Lent Jim Green will continue to offer folk the opportunity to get together via a Zoom Room every fortnight on a Wednesday evening.

The forthcoming dates are:

March 10, 24

Joining Jim and the group who meet regularly is an ideal opportunity to try something different as a way of observing Lent and deepening bonds of fellowship.

As ever the times are 7- 8pm, and the format is very simple: chat, catch up with each other, read a Bible passage, pray for each other.

Please email Jim for further details and he will be happy to make contact and pass on all you need to know, including the zoom link address. His email is as follows: [jimpiecrust@gmail.com](mailto:jimpiecrust@gmail.com)

## NEIGHBOURHOOD NOTICE BOARD

### CAN YOU PLEASE HELP?

Do you have a spare room with facilities or maybe know of someone with an unused granny annexe?

A young woman member of our St Francis family is desperately in need of somewhere permanent to live.

Through no fault of her own she has been made homeless and so we are seeking out anyone who might be in a position to offer her a safe place to live.

We can offer a small monthly payment for suitable accommodation.

We very obviously cannot disclose her personal circumstances here, but should you think you might be able to help, please contact Revd Janet, 07368 832294.

If you have a notice you would like included under the noticeboard – please email your piece to [revdjanetwyer@outlook.com](mailto:revdjanetwyer@outlook.com) or [deborah.lechmere@ntlworld.com](mailto:deborah.lechmere@ntlworld.com)

### PASTORAL CARE MATTERS

Please remember you are not alone, if you would like a chat or if you need some assistance of any kind, please do not hesitate to get in touch.

Our contact details are as follows:

Revd Janet: 07368 832294

Fr Tracy: 07834 845623

24/7 Answerphone: 01603 431259  
[checked daily]

There is also someone available in church weekday mornings if you would prefer to talk to someone face to face.

### ST FRANCIS FREE FOOD

If you live on the Heartsease we are also able to offer help if you or someone you know needs support with emergency basic food provision.



## HELP AND SUPPORT IN TIMES OF NEED



### USEFUL CONTACT NUMBERS

Childline: 0800 1111

Samaritans: 116 123

Domestic Violence Hotline: 0808 2000 247

[If you hear a neighbour in distress please do not hesitate to call this number or 999; you could save a life]

Mind: 0300 123 3393

Age UK: 0800 169 6565

Norfolk Assistance Scheme: 01603 223392

Heartsease Community Money Advice Centre 07765 739987

### HEARTSEASE COMMUNITY MONEY ADVICE CENTRE

This new and exciting community advice centre is currently looking for volunteers to train as advisors, centre assistants and folk willing to offer a listening ear and a cuppa when we can fully open to the public in 'Next Door @ St Francis'. If you would like to know more, please call 07765 739987

### THE CURATES'S CORNER



This month's posters outside the church drawn by Norfolk artist Edith Chadwick include one that illustrates Lent. It suggests what we should be doing in this season.

You will see at the top of the picture an illustration of our Lord repelling the taunts and temptations of Satan in the wilderness, as described in Matthew 4, Mark 1 and Luke 4. This account established the tradition to focus on prayer, fasting and almsgiving in Lent. Over these few weeks I'd like to talk a little about each.

What is prayer? It isn't possible to speak of prayer without speaking of faith, and that is something that is very difficult. It is possible, though, to say what faith is NOT. If we guess or surmise about the possibility of the existence of God, then we have no faith. However, if we try to convince ourselves about the probability of there being a God, and the usefulness of such an idea, we are beginning a long journey but we still do not possess faith. Faith is not something we can gain by mental effort, and this is one of the big stumbling blocks for most people.

Faith is quite different from blind belief or superstition. It is also different from the concept of 'beliefs'.

A belief must have an object that is tangible, whereas faith works on some higher level – and here we run out of descriptive ability.

Faith is a power.

It is something that is acquired, sometimes slowly through gradual growth of an inner longing; sometimes it can happen in a flash. Faith is a gift of grace. It is the cornerstone of prayer.

In our illustration, we see it said that prayer is our weapon against the devil. This may sound very old fashioned or absurd, but it is indeed true. Just as faith is a power in the battle against the forces of evil and darkness, so prayer is one of our weapons in that battle. It is the satisfaction of an inner longing to become one with the source of all light and goodness, the beginning and the end of all things, the ultimate reality and the ground of all being.

Prayer is simply spending time with God. Just as we cannot deepen our relationship with others without spending time with them, we cannot draw nearer to God without prayer. It is a form of communion, a communion that brings forth fruit in the form of love both for God and for our fellow human beings. As Jesus said, 'God is a Spirit: and

they that worship him must worship him in spirit and in truth' (John 4:24).

We learn from Genesis that God made us in His image (Genesis 1:27). Although our similarity to God was lost after the Fall, we retain God's image within us in the form of what is called the 'spirit'. This spirit is similar to but not the same as what is referred to as the 'mind', or 'soul'.

Our hugely limited mental understanding of the nature of God has been sketched out as a trinity consisting of father, son and spirit; in a similar way, the image of God manifests itself in us as memory, reason and will, all of which are free. It is through the use of these powers that we pray – through faith.

There are different kinds of prayer and ways to pray. If you would like to find out more, or just wish to pray, come to St Francis and share prayer with our community – you will be made very welcome. Equally, if you would like to simply spend some time in contemplation with God, light a candle for a loved one, or just get away from it all to be in a sacred space alone, we are open 10 til 12 Monday to Friday for the duration of the lockdown.

Every blessing

Fr Tracy

#### A WORD FROM THE VICAR

Sometimes, even when the sun is shining, and the promise of spring is in the air, life can seem a little overwhelming; the demands of the everyday business of life, work and family can become all consuming.

I can always tell when I'm starting to feel burdened. I don't sleep quite so well and very often I suddenly find the biscuit tin in my hands [having apparently leapt into them quite without any effort on my part whatsoever].

These couple of signposts are always a signal that it's time to slow down a little and make some changes.

However, over the years I've found that it can take a distinct conscious effort to get life and all its fullness into the right perspective, not to mention that precious commodity – time.

Over the past year, with all that has been happening because of the pandemic, self-care has become a very important issue – not least for those who have borne the brunt of keeping things going in one way or another.

And never has it been more important to be aware that our own wellbeing, more often than not, is our own responsibility. We have to take note of what's happening to us – and do something about it.

Thankfully, there are many ways to take care of ourselves, not least seeking professional help when the stress and strains of life have put an unbearable strain on our mental health.

Sorting out family issues, and the worries and anxieties that can accompany even the best of human relationships might be a little more complex in terms of seeking help – but help and support is always to be found if we can muster up the courage to seek it out.

For my own part, coping with my own little struggles this week, I've found support and comfort in three small but hugely meaningful things.

A long telephone conversation with someone I haven't spoken with for years – I hadn't realised how much I missed them; it was so good to be back in touch.

A little note delivered by snailmail – it read "Dear Janet & David, Hello my special people, this is not a letter, this is sending you a really big hug and lots of love via the postman!"

And finally, after two seasons of coming up flowerless, an amaryllis we were given for Christmas in 2018 is astounding us with its speedy daily growth [approx. three inches/seven centimetres a day], and is looking set to bloom in just a few days time.



There is an old song called 'count your blessings one by one' and it suggests that in our daily life there is usually something to be thankful for; and to stop and take note of them is an antidote to feeling low and miserable.

Having consciously stopped and written of these little blessings I've been fortunate enough to

have been given over the past week – I do feel much more optimistic and my outlook has brightened no end; and, when I think about it, what I'm living with is nothing compared to what others are having to cope with.

So, for me – stopping and counting my blessings has put it all into perspective – and given me the understanding that next week I need to pass on the blessings that came my way this week.

May you know God's blessings in your life this week and always.

## Revd Janet

If you are feeling overwhelmed, low, stressed or anxious – Norfolk and Suffolk Foundation Trust have launched a self-referral service available online:

[www.wellbeingnands.co.uk/get-support/selfreferral](http://www.wellbeingnands.co.uk/get-support/selfreferral)

or by phone: 03300 123 1503

[Mon – Fri 8am – 8pm]

**wellbeing**  
Helping you live your life

### FOR OUR PRAYERS

We have been asked to pray for Woodside House Care Home who are finding these days to be particularly difficult. Please ask that they know that God's love is with them as they grieve the loss of a loved one and cope with all the current restrictions.

We pray too for those who are in need of prayer at this time: Kelly and family; Lorna; Evie; Rodrigo; Huggy; Megan; Christine; Stephen C; Margaret T; David & Cynthia; Maegan; Tom; Riley & his mum and family; Jeanette, David & Grace; Paula.

We continue to pray for all those in our Church, friends and family who are managing long term health issues including Pete; Doreen; Rosemary; Sheila; John; Joy; Shirley; Fr Brian, Hazel;

We pray too for all NHS and NSFT Staff.

We remember with love Derek; Alberto & Georgina; Stephen Webster; Kevin Lemmon; and all those who have died in recent days and pray for their family and friends.

### A PRAYER FOR THESE UNCERTAIN TIMES

God of compassion,  
be close to those who are ill, afraid or feeling isolated. In their loneliness, be their consolation;  
in their anxiety, be their hope;  
in their darkness, be their light;  
through him who suffered alone on the cross,  
but reigns with you in glory,  
Jesus Christ our Lord. Amen.

**The Church of St Francis  
Heartsease**

**Heavenly Father  
We ask your blessing upon us.  
Hold the Heartsease Community,  
and all the world,  
in your arms of love.  
Be with us.  
Give us your strength,  
peace, and healing grace.  
Watch over us,  
protect us from harm;  
and keep in safety  
all those who care for the sick  
and attend to our needs,  
in Jesus name we pray.  
Amen**

**PRAYERS FOR THE SECOND SUNDAY OF LENT  
Almighty God,**

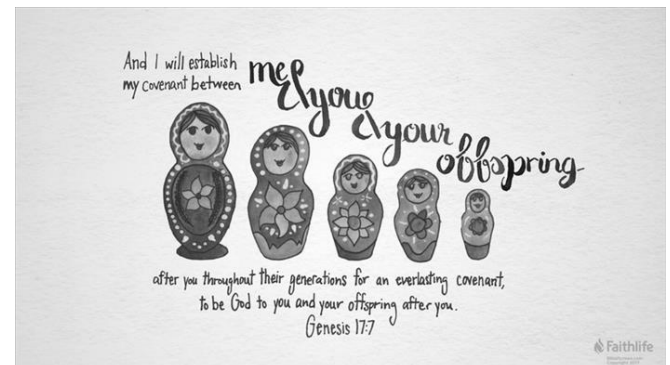
you show to those who are in error  
the light of your truth, that they may return  
to the way of righteousness:  
grant to all those who are admitted  
into the fellowship of Christ's religion,  
that they may reject those things  
that are contrary to their profession,  
and follow all such things as are agreeable to the  
same;  
through our Lord Jesus Christ,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen

**Almighty God,  
by the prayer and discipline of Lent  
may we enter into the mystery  
of Christ's sufferings,  
and by following in his Way  
come to share in his glory;  
through Jesus Christ our Lord. Amen**

**Almighty God,  
you see that we have no power  
of ourselves to help ourselves:  
keep us both outwardly in our bodies,  
and inwardly in our souls;  
that we may be defended  
from all adversities**

which may happen to the body,  
and from all evil thoughts  
which may assault and hurt the soul;  
through Jesus Christ our Lord. Amen

**READINGS FOR THE SECOND SUNDAY OF LENT  
GENESIS 17:1 - 7, 15 - 16**



When Abram was ninety-nine years old, the LORD appeared to Abram, and said to him, 'I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous.' Then Abram fell on his face; and God said to him, 'As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you.

God said to Abraham, 'As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her.'

**PSALM 22: 23 - 31**

**Praise the Lord, you that fear him; ♦  
O seed of Jacob, glorify him;  
stand in awe of him, O seed of Israel.**

For he has not despised nor abhorred the suffering of the poor; neither has he hidden his face from them; ♦  
but when they cried to him he heard them.

From you comes my praise  
in the great congregation; ♦  
I will perform my vows in the presence  
of those that fear you.

The poor shall eat and be satisfied; ♦  
those who seek the Lord shall praise him;

their hearts shall live for ever.

All the ends of the earth shall remember  
and turn to the Lord, ♦  
and all the families of the nations  
shall bow before him.

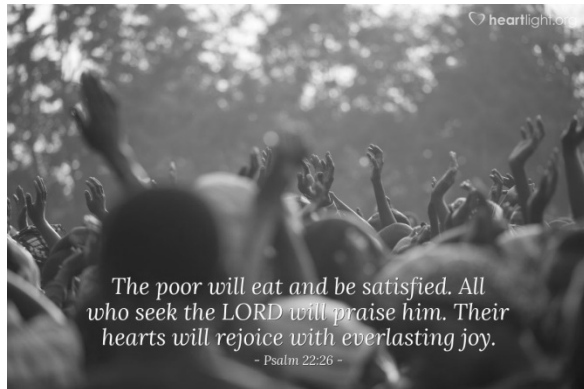
For the kingdom is the Lord's ♦  
and he rules over the nations.

How can those who sleep in the earth  
bow down in worship, ♦  
or those who go down to the dust  
kneel before him?

He has saved my life for himself;  
my descendants shall serve him; ♦  
this shall be told of the Lord  
for generations to come.

They shall come and make known his salvation, to  
a people yet unborn, ♦  
declaring that he, the Lord, has done it.

Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning is now,  
and shall be for ever. Amen

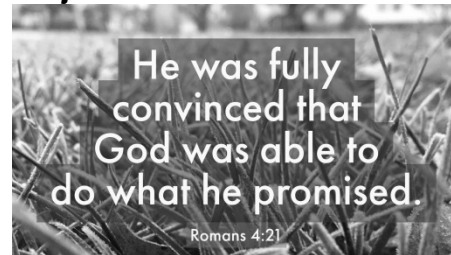


#### ROMANS 4:13 - 25

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations')—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. Hoping against hope, he believed that he would become 'the father of many nations', according to what was

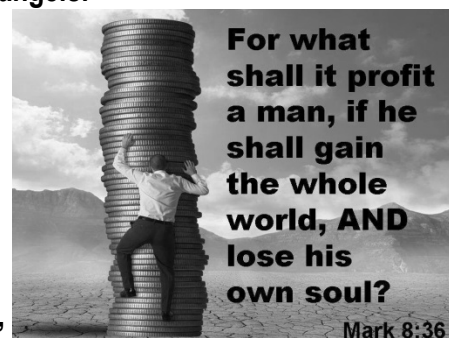
said, 'So numerous shall your descendants be.' He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore, his faith 'was reckoned to him as righteousness.' Now the words, 'it was reckoned to him', were written not for his sake alone, but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.



#### MARK 8:31 - 38

Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'





## REFLECTION FOR THE SECOND SUNDAY OF LENT

In today's Gospel reading Jesus predicts his own death, his own suffering.

Jesus has just asked his disciples who they think he is. They're all a bit vague, and tell him things like, 'well, some think you're John the Baptist, or Elijah. Or at least a prophet'. Peter says, that he is the Christ. So for once, Peter gets it absolutely right.

Jesus then explains that he will suffer death and rejection – but also says that he will rise again after three days. Peter is not at all happy about this, and he seems to protest about it, although he seems to have completely missed the last bit about resurrection. Jesus then scolds him and tells him that he has his mind too much on the affairs of people, not of God.

Jesus then says something quite odd, and I know people have a lot of trouble understanding it.

He says that in order to follow him, we need to deny ourselves and take up our cross. Very strangely, he says, those who would save their life will lose it, and those who lose life for the sake of Jesus will gain it.

It's a difficult thing to understand.

I think though, that this is a theme that we come across a lot in the teachings of our Lord, even if we do not fully grasp it.

In Matthew 10, we read, 'whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.'

In John 12, 'Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me'.

I am also reminded of the story of the rich young man, a story that occurs in Matthew and Luke, but also in Mark in chapter 10, just a few pages after our Gospel reading. The man asks what he must do to inherit eternal life. Jesus tells him firstly to keep the law, and he says he does. Then Jesus tells him to sell his possessions, and he can't bring himself to do it. He can't let go of his material life. He can't see that Jesus is teaching about things that are not of this world.

When Jesus talks about losing our lives, he's talking about what we would now call a complete change of world view. Today, in our adulterous and sinful generation, God is largely irrelevant. People

are ashamed of the Gospel, for the most part. Everybody thinks that they are in control. Leave it all to the scientists. They have all the answers, they can fix everything. Everything is just fine.

Jesus had something to say about this. He said, 'let the dead bury their dead.' (Matthew 8:22). If we are dead to the call of the supreme power that animates us and give us life, we do not have life. Only by hearing the voice of the shepherd and following him, can we become truly alive, and connected to that which is eternal.

Losing our lives to gain life, means to completely change our world view. We have to accept that God is completely in control. We have to accept that material gain is not the route to contentment. We have to also accept, that the things we think we have, are nothing more than temporary.

Corruptible. Open to theft and deterioration. This applies too, of course to our bodies - and I'm sorry, but no amount of plastic surgery and other medical interventions are going to keep you here for ever.

At this time of pandemic, many of us have become frustrated. I think that's as much as anything a stark reminder of how dependent we've become on material things; and how insulated we've become from the harsh facts of life. The fact that the human body is not at all indestructible. The fantasy that we like to believe in is that we can live for ever. After all, there is no shortage of food or water. There are no real predators. Life is easy. So let's just eat, drink and be merry.

Of course, this is certainly not a fantasy that applies to the majority of our fellow human beings, just to those of us who live in wealthy countries. So the pandemic has come as something of a shock. Many have experienced tragedy and loss that they are not at all used to.

Human life is not all easy. This is something we have to accept, rather than insulating ourselves in fantasies. And I think that's another layer of the meaning in our Gospel passage. Taking up our cross means taking up responsibility.

Responsibility for justice – too many of our fellow humans are hungry, homeless and sick – and always have been, while a few seem to be in possession of so much. We must take responsibility for our actions. And also - we must make ourselves responsible to fight evil.

Evil is something that operates on a spiritual plain, and far too few people realise this. It is a very real malevolence. It has the ability to attack us, to throw

us off course, to deflect us from doing that which is right.

In Lent we should spend time, to make space, to consider this. We must do as Jesus tells us – we must leave our old lives behind. Our lives of selfishness, greed and vanity need to be become dead and buried. We need to lift up our hearts to heaven, and strive for the imperishable rewards of the kingdom.

At this time, through prayer, through thinking about others and being more generous to others than to ourselves, we can turn our minds to higher things, and shun evil things.

I said earlier, that Peter appeared to miss Jesus mentioning his rising on the third day. We cannot afford to miss this truth! We must remember, that carrying the cross is not all about suffering and grimly depressing worthiness. It is about finding a new life, a resurrected life, a transfigured life. That is the goal not just for me and you, but for everybody.

Let's pray for a holy Lent. Let's pray for that light at the end of the tunnel. And let's also pray for ourselves as we take up our crosses, take responsibility, and take Jesus at His plainly spoken word.

Amen.

Fr Tracy (Curate)



**Jesus knew that he had to prepare his friends for what was to come.** One day, he drew his disciples close and began to talk to them. He told them that he, the Son of Man, would have to suffer and be rejected by the elders, the chief priests and the scribes. He would be killed, and after three days, he would rise again. He said all this quite openly. Peter was very upset. He took Jesus away from the others and began to argue with him.

But Jesus shouted at Peter, 'Get behind me, Satan!' Then he turned and looked at his disciples and said, 'You're thinking about human things. This is about heavenly things.' He knew it was hard to hear, but they needed to know.

Calling the crowd to join his disciples, Jesus said: 'If anyone wants to become my followers, let them forget about themselves, take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. What good is it for someone to gain the whole world, but pay for it with their soul? Don't be ashamed of me, and I won't be ashamed of you.'

FAITH AND THE BIBLE:  
A SHORT SEASON OF GLOSSARY TERMS  
By Martin Moore

Have you ever read the Bible, but been confused by the meaning of some words in the Bible?

I hope this short season of Glossary Terms helps you understand with your bible reading, and achieving a little bit more understanding of the bible. This glossary covers most versions of the Bible, includes passages from the Bible.

Word 1: I.N.R.I

This was the Latin inscription nailed to the cross on which our Lord Jesus Christ was crucified, it means:

JESUS NAZARENUS, REX IUDAEORUM, JESUS NAZARETH, KING OF THE JEWS.

(NT, Matthew 27:37, Mark 15:26, Luke 23:38, John 19:19)

Word 2: INIQUITY (noun)  
(plural: iniquities)

Wickedness, great injustice. Also, Iniquitous, (adjective) very unjust.

(OT, Ex ,34:7, Numb 14:18)

Word 3: TRANSGRESSION  
(Verb)

The breaking of a law.

(OT, Prov 17:19, OT, Psalm 65:3, OT, Psalm 32:1, (&2) NT, ROM 4:15)

More Words soon! Martin

PSALM 22

ALL THE ENDS OF THE EARTH SHALL TURN TO THE LORD  
TO HELP HIM

AND ALL THE LORDS SHALL PRAISE THE LORD  
WHOSE WHOSE

THE LORD HEARD WHEN I CRIED TO THE LORD.

