

Holy Hints to Adopt during Lent and beyond...

Lent is a good time for self-examination and a bit of spiritual spring cleaning – like maybe reviewing your giving or your prayer life. While our churches have been closed we are all of us focussed more on how we worship at home, and this year more than most may be the opportunity to try something new. With that in mind I have asked the MLT to suggest ideas you might like to try.

At the beginning of Lent write on 40 bits of paper things or people you would like to pray for. Put these in a jar. Take one out each day and pray for them. Then replace the bit of paper with a small chocolate egg.

SING to God! Singing lovely familiar hymns does the heart good - use a CD or YouTube, or just sing. Could even use free phone line: 0800 804 8044

Find time and space to be with God and enjoy being with Him for ten minutes every day through Lent.

- Thank God for His love, His kindness and His many blessings:
- Ask Jesus to be with you and fill your life with his:
- Call on the Holy Spirit to inspire you and reveal more about the Lord Jesus:

Spirit of the Living God, fall afresh on me;

break me, melt me, mould me, fill me,

Spirit of the Living God, fall afresh on me.

Then just be still in God's presence and wait for Him. It could become a habit!

My suggestion would be to keep a small notebook and a pen next to your bed. At the end of each day write down 3 things you are grateful for. It may be something as simple as warm slippers or a cup of tea, or as amazing as a new grandchild. Then say a short prayer of thanks to God before you fall asleep. It does not matter if it is the same 3 things each night, it is ending the day with gratitude that is important.

Sue Henwood



Welcome to the Alcester Minster Group of Churches Sunday 14 February 2021

Sunday before Lent Green

"... Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them,

Mark 9 v 2

Collect

Almighty Father,
whose Son was revealed in majesty
before he suffered death upon the
cross:
give us grace to perceive his glory,
that we may be strengthened to
suffer with him
and be changed into his likeness,
from glory to glory;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Alternative Collect

Holy God,
you know the disorder of
our sinful lives:
set straight our crooked
hearts,
and bend our wills to love
your goodness and your
glory
in Jesus Christ our Lord.

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Ministry Team:

Rector: Vacancy
Alcester, B49 5DB Tel: 01789 764 261 email: rector@alcesterminster.org
Revd Sue Henwood: Kinwarton Rectory, Spernal Lane, Great Alne
Alcester B49 6HY Tel: 01789 488 344 email: sue.henwood@live.co.uk
Revd Julian Davey: The Field House, Allimore Lane
Alcester, B49 5PR Tel: 01789 764 640 email: jw.davey@yahoo.com

Children & Family Worker:

Beth Clarke email: Beth.Clarke@Coventry.Anglican.org Tel: 0749 432 9638

Administrator:

Tricia Berry (Monday – Friday 10.00am – 1.30 pm) Tel: 01789 509 278
email: administrator@alcesterminster.org Alcester Minster Office, Church House, 17 Butter Street, Alcester, B49 5AL (Office Opening Hours 10.30 – 12.30pm)

Alcester Minster website: www.alcesterminster.org

Facebook: www.facebook.com/AlcesterMinster

Next week's services and events

Sunday 14 February **Sunday before Lent** *Green*
All church services within the Alcester Minster are suspended throughout February

Tuesday 16 February
Zoom 12.00 noon Minster Prayer Gathering

Wednesday 17 February **Ash Wednesday**
All church services within the Alcester Minster are suspended throughout February

Sunday 21 February **Lent 1** *Purple*
All church services within the Alcester Minster are suspended throughout February

Please remember that on-line worship continues to be available every Sunday on the Welcome page of the Alcester Minster website www.alcesterminster.org

The World Day of Prayer – Friday 05 March

On-line service will be available from Alcester churches at 7.00 pm.

LENT 2021

Hints on observing Lent can be found on the Welcome page of the Alcester Minster Churches website www.alcesterminster.org including information shared in this and the previous two Notice Sheets.

You will also find a link to the Alcester Churches Together, Lent Course.

Ash Wednesday – 17 February

There will be an on-line service available on the Alcester Minster website on Wednesday 17 February.

A reminder from last week's notice sheet *Sue and Julian are inviting you to prepare a small quantity of ash, in preparation for the on-line Ash Wednesday service, so that you may be able to impose ash upon your own forehead this year as a token of humility and repentance.*

Readings for the week

Today	2 Corinthians 4 v 3 - 6 Mark 9 v 2 - 9
Monday	John 3 v 1 - 21
Tuesday	John 3 v 22 - 36
Ash	2 Corinthians 5 v 20b - 6 v 10
Wednesday	Matthew 6 v 1 - 6 * v 16 - 21
Thursday	John 4 v 1 - 26
Friday	John 4 v 27 - 42
Saturday	John 4 v 43 - 54



Prayer

The Ministry Leadership Team would like you to pray for the following topics:

- 1. This Valentine's Day, give thanks to God for the gift of love – for all the love we have received and all the love we have been able to show to others.*
- 2. Pray for all those in the parishes that Katie Cross is leaving behind in the Exeter Diocese, that they may find their interregnum a time of encouragement and growth.*

Contact Tricia Berry (01789 509 278 or 07840 284 294 or administrator@alcesterminster.org) by 6 pm on Tuesday to add notices of church activities to next week's notice sheet.

Check out the website calendar for further details on events/services coming up

If you have a specific role in your parish or for the Minster perhaps you might inform the Administrator and if possible include a photograph. We are preparing as much information as possible to share with Revd Katie Cross in March.
Thank you to those who have already done this.



Did you know that you can now 'LIKE' Alcester Minster on Facebook? Find details and pictures of events at www.facebook.com/AlcesterMinster If you would like to submit event notices or photos to be published on the page then please email administrator@alcesterminster.org