



The Lion

A Monthly News Sheet for St. Mark's Church, Basford

www.stmarksbasford.co.uk

March 2017



Lent is the forty day period before Easter, excluding Sundays, beginning on Ash Wednesday (1st March, this year) and ending on the evening of Maundy Thursday, making way for the celebration of the 'Triduum', the three most important days of the Church's year: Maundy Thursday, Good Friday and Easter Day (which, remember, starts on Easter Eve or Holy Saturday!)

In the scriptures forty days is a traditional period of time for discipline, devotion and preparation as we see, for instance, in the Gospels when Jesus goes into the wilderness to prepare for his ministry. The early Church soon set aside the days before Easter as a time for preparing candidates for their baptism and for encouraging Christian people to pray, to give charitably and to fast. It is a fact that Christians have not always been as disciplined in such ways as people of the other faiths, but many are now reclaiming the spiritual insights and benefits of using Lent properly to discover God and the self more deeply. So, what can we do this Lent?

Worship: Why not consider going to a weekday service? St. Mark's has a Wednesday Holy Communion at 10.30am and for early-birds, Morning Prayer at 8.00am on Wednesdays (and Thursdays during Lent). Lent may be a time for you to take worship a little more seriously outside of your normal Sunday observance.

Private prayer: Our prayer lives can be very haphazard and undisciplined. Lent has traditionally been a time to correct this. Maybe you prefer to try and pray at home, setting aside a few minutes each day to bring yourself consciously into the presence of God. This can be a very difficult thing to do if we are wound up, distracted and stressed! We may need to light a candle, play some music or breathe slowly before we can either pray in silence or in words. For the Christian nothing is more important than our relationship with God because it affects all our other relationships, choices and behaviour. All loving relationships need time spent on them, time that

can sometimes feel as if it's being wasted, and our relationship with God is no different. What should you do about this in Lent?

Giving up: Most people think that Lent is about giving something up and it can often be a good idea to see whether you are able to give a few things up. What are you addicted to (can you answer that question?!) and what does this say about you? If you give up alcohol or chocolate you might also think of giving the money you would normally have spent on them to a charity, for example, the Bishop's Lent Appeal which this year will be helping refugee work in the diocese. Wherever possible try and make your giving up beneficial to someone else other than just you. Sometimes Lent can be a good

opportunity to give up something that you know is unhealthy and pays more respect to your body, after all, it is God's gift entrusted to you. If you are healthy, a so called "hunger lunch" once a week can be a good idea – eat less and give the money you save to a good cause.

A Hunger Lunch is a simple meal of rice or beans similar to what third-world people have to live on.

Taking on: Some people prefer to take things on rather than give something up. This can range from taking more care of yourself (by taking exercise, for instance) to making sure that you do something more profitable one night of the week than watching TV. One might consider helping out as a volunteer somewhere (our CAMEO luncheon club for instance) or deciding to visit someone who is lonely or not well. You could decide to be more environmentally friendly and change some bad habits. Christians need to take much more seriously their belief that God has entrusted his creation to us and that to exploit and spoil this world and its environment is sinful. Perhaps you might consider sponsoring a child through a charitable organisation? Lent is a season in which to redeem your time rather than waste it!

Clergy: Revd Prebendary Terry Bloor ☎ 01782 623668; Revd Pat Dunn ☎ 01782 846417

Lay Assistant Minister: Patrick Griffin ☎ 07792 467190 **Churchwardens:** Diane Downward ☎ 01782 621424; Nick Atkins ☎ 01782 632213.

Readers: Eileen Gray ☎ 01782 615081; Janet Pazio ☎ 01782 698359; Julie Atkins ☎ 01782 632213; Ed Smith ☎ 01782 614259

Safeguarding Coordinator: Joanne Locker ☎ 01782 619471 **Hall Bookings Manager:** Beryl Silvester ☎ 01782 613685

Money: As we know, a good way of taking a look at our values is to take a look at our bank statement and see where we spend our money. Most of us can easily be a little more generous towards those who are less fortunate or to some charity that needs help. The Christian Aid sponsored walk at Tittesworth Reservoir falls within Lent (8th April) so why not commit to this act of fund-raising?

Reading: What about treating yourself to half an hour's reading a day – and not just when you are nodding off at night? There are some excellent spiritual books available. Janet Pazio is to facilitate a short course during Lent which would be a great way of engaging with spiritual reading material and having some support and encouragement too.

Make a commitment and make more of Lent this year; you will benefit by it!

Blessings
Terry

Worship Services during March

1 st	Ash Wednesday	8.00am	Morning Prayer
		10.30am	Holy Communion + Ashing
		7.30pm	Holy Communion + Ashing
2 nd	St Chad	8.00am	Morning Prayer
5 th	1 st of Lent	8.00am	Holy Communion (BCP)
		9.30am	Family Worship (with HC)
		4.30pm	Evensong
8 th	Wednesday	8.00am	Morning Prayer
		10.30am	Holy Communion (BCP)
9 th	Thursday	8.00am	Morning Prayer
12 th	2 nd of Lent	8.00am	Holy Communion (BCP)
		9.30am	Holy Communion
		4.30pm	Evensong
15 th	Wednesday	8.00am	Morning Prayer
		10.30am	Holy Communion (BCP)
16 th	Thursday	8.00am	Morning Prayer
19 th	3 rd of Lent	8.00am	Holy Communion (BCP)
		9.30am	Family Worship with Baptism
		4.30pm	Holy Communion
22 nd	Wednesday	8.00am	Morning Prayer
		10.30am	Holy Communion (BCP)
23 rd	Thursday	8.00am	Morning Prayer
26 th	Mothering Sunday	8.00am	Holy Communion (BCP)
		9.30am	Holy Communion
		4.30pm	Evensong
29 th	Wednesday	8.00am	Morning Prayer
		10.30am	Holy Communion (BCP)
30 th	Thursday	8.00am	Morning Prayer

SANCTUS

Our monthly collection for the SANCTUS Project will focus on the usual two standard requirements, viz... (i) size '6' nappies and (ii) sanitary towels. The third requirement is for toiletries, shampoo, etc.

Children's Society

If you would like to start saving loose change in a Children's Society Box, please have a word with our new CS Co-ordinator, Sue Morley who will be able to fix you up with one. Last year's boxes and the Christingle special collection allowed us to send £857.00 to the Children's Society!

Diary Dates for March

1 st	Wednesday		★ ASH WEDNESDAY
		1.00pm	CAMEO Luncheon Club
4 th	Saturday	11.00am	Community of St. Chad Service in Lichfield
6 th	Monday	7.30pm	PCC Meeting in church
7 th	Tuesday	7.30pm	Living Faith Course at Bradwell
8 th	Wednesday	1.00pm	CAMEO Luncheon Club
14 th	Tuesday	7.30pm	Living Faith Course at Bradwell
15 th	Wednesday	1.00pm	CAMEO Luncheon Club
18 th	Saturday	1.00am	Walk Through the Bible (Madeley)
21 st	Tuesday	7.30pm	Living Faith Course at Bradwell
22 nd	Wednesday	1.00pm	CAMEO Luncheon Club
26 th	Sunday		★ Mothering Sunday
			★ Clock's go Forward!
28 th	Tuesday	7.30pm	Living Faith Course at Bradwell
29 th	Wednesday	1.00pm	CAMEO Luncheon Club

Early April...

1 st	Saturday		Men's Fellowship Visit to Mirfield
5 th	Wednesday	1.00pm	CAMEO Luncheon Club
8 th	Saturday	9.15am	Christian Aid Sponsored Walk

Christian Aid

This year's walk is to be on Saturday, 8th April. Although registration takes place from 9.15am onwards and the walk officially commences at 10.00am, we normally register and start immediately.

Walk Through the Bible

Our friends over in Madeley wish to bring to our attention their offering of teaching (10.00am – 4.00pm) on Saturday, 18th March which engages with the Old Testament. There is an A5 flyer in church with more details if this is something which interests you.

100 CLUB

There are three vacancies in the Club at the moment if you wish to support St. Mark's financially in this way. Have a word with Ann Lewis for more information.

THE COLLECT FOR ASH WEDNESDAY

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

