



Mar 2024

this month includes...

Rector's Journal

Bereavement support  
by Jo

Nature Notes  
by Margaret S

Gethsemane Vigil

plus

Fasting for Lent?  
Kill the Carbon

## Stumbling through Lent...

**Wednesday:** I am in the Coop and in one hand is a round and fragrant Pink Lady, but the other hand twitches before the seductive packaging of the forbidden mini egg. Yes, it's Lent and not for the first time, I wonder why I put myself under a chocolate ban. As far as I can tell, no one else is giving anything up, so why bother?



**Friday:** fed up of eating apples instead of Dark Chocolate Hobnobs with my cup of tea. No discernible spiritual improvement but I am nine days in now or 22.5% through (not that I'm counting).

**Sunday:** happy day! Not just because of the joy of celebrating the Lord's Day with the faithful but because, according to the Pope, you can relax the discipline, and I go to bed with a cheeky purple-clad Dairy Milk. Bliss!

**Tuesday:** 30% gone! And I am getting the point of this. Our Bible study is looking at Paul's letter to the Philippians. Paul tells them **if you want to be filled with joy then stop putting yourself first, and copy Jesus**. He gave up heavenly glory to live down here. He obeyed, said Paul, and so should you. Giving up treats is just a tiny nod to God. A gesture to say that "You're the Boss, Lord, not me!" We are usually so selfish that we need this nudge in Lent to turn away from the world and acknowledge our Creator. And don't worry, **you could start doing this today**.

Mark

WHERE does JOY come from?

Welcome to St. Peter's for

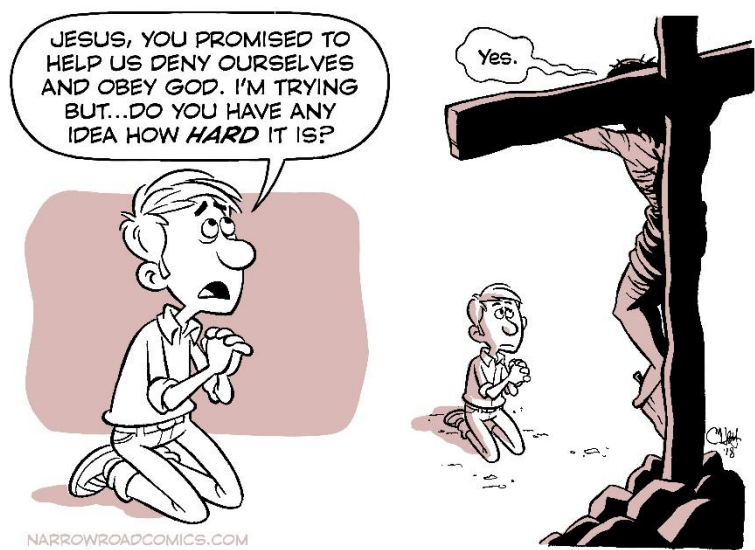
a day for coming home

# Mothering Sunday

Sun 10<sup>th</sup> March  
10 am family service and Communion

stpetersaddingham.org.uk or 01943 830306

livestreamed at St Peter's Church Addingham



extracts from **Easter is scary**

by Brian Hiortdahl

Resurrection changes everything. If angels can invade while a corpse returns to life, what kind of reality are we in? All rules are broken; all bets and safeties are off. Easter is scary. When chaos and fear overwhelm us, our faith repeats: *Do not be afraid*. Upheaval means God is up to something.

It begins with Jesus—and that's scary too. Easter means total, cosmic validation of the heart-stopping things he said and did. *Love your enemies*, for example. *Follow me*, he beckons on his way to the cross. Now Easter kills our excuses. The outcome doesn't depend on us but on our trustworthy God who is heaven-bent on overcoming death and fear with life and joy. God doesn't insulate us from trouble but guides us through it. Even the brutal cross was no match for God's saving, life-giving power.

*So they left the tomb quickly with fear and great joy, and ran to tell his disciples (Matthew 28:8).* We can be stirred disciples racing forward with urgent good news. Let's go.

[www.livinglutheran.org/2017/04/easter-is-scary/](http://www.livinglutheran.org/2017/04/easter-is-scary/)



## St Peter's bereavement support group

2<sup>nd</sup> Monday each month  
1pm – 2.30 pm  
@ St Peter's hall

This new group at St Peter's has been set up to serve the Church family, providing a warm welcome to all struggling with unresolved grief, a safe and confidential space to share your journey and the chance to receive comfort and guidance in a familiar setting.

Starting **Monday 8th April, 1pm to 2.30pm** in the office at St. Peter's hall, the group will then run monthly on the 2nd Monday of every month.

It is led by **Jo Onions**, a palliative care nurse and grief counsellor who runs a number of free support groups to help those at times of loss and sadness; she also provides one-to-one support privately. You may already know her from St. Peter's.

**Just turn up**, or to find out more please take a *leaflet*, or feel free to get in touch with Jo on 07927 769400 and to take a look at her website [reset-counselling.co.uk](http://reset-counselling.co.uk), or speak with Philippa on 830306.

come and find out...

love prayer humility

Addingham Churches Together

Jill varley recommends this for Lent...

# How to be a JOYFUL Christian

trust forgiveness hope kindness faith  
Wednesday 6<sup>th</sup> March,  
Thursday 14<sup>th</sup> March, 7.30pm  
@ Mount Hermon and coffee!

for more info, 'phone 01943 830306

Don't miss the last 2 ACT Lent meetings in March, led by Mark, based on Philipians – see details above.

## FASTING THIS LENT?

IN THE WORDS OF POPE FRANCIS

1. FAST FROM HURTING WORDS AND SAY KIND WORDS.
2. FAST FROM SADNESS AND BE FILLED WITH GRATITUDE.
3. FAST FROM ANGER AND BE FILLED WITH PATIENCE.
4. FAST FROM PESSIMISM AND BE FILLED WITH HOPE.
5. FAST FROM WORRIES AND TRUST IN GOD.
6. FAST FROM COMPLAINTS AND CONTEMPLATE SIMPLICITY.
7. FAST FROM PRESSURES AND BE PRAYERFUL.
8. FAST FROM BITTERNESS AND FILL YOUR HEART WITH JOY.
9. FAST FROM SELFISHNESS AND BE COMPASSIONATE TO OTHERS.
10. FAST FROM GRUDGES AND BE RECONCILED.
11. FAST FROM WORDS AND BE SILENT SO YOU CAN LISTEN.

What's the difference between a flute and a stick? The stick is full of itself. The flute has been emptied of itself so that it can make beautiful music. In a world where it is so easy to be "full of ourselves", the invitation in Lent is for self-emptying so that our lives can make better music..

*Steven Koski*



### HAPPY EASTER from ST PETER'S

On Maundy Thursday, we remember how Jesus washed his disciples' feet and shared bread and wine with them. Then in silence the church is stripped of its ornaments and remains open until midnight so there is always someone "watching with Christ" as we think of his prayerful agony in the Garden of Gethsemane while his disciples slept, before he was betrayed, abandoned, arrested and taken to be whipped, condemned to death and crucified.



Come and be part of the silence of that Gethsemane vigil, with a reading and prayer every half hour.

Addingham Methodist Church invite all to join them for their Lent course on contemplative practices called *Listening to God*, Mondays at 7.15pm, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> March – details on poster or at [www.addinghammethodistchurch.org.uk/experience-lent-2024](http://www.addinghammethodistchurch.org.uk/experience-lent-2024)

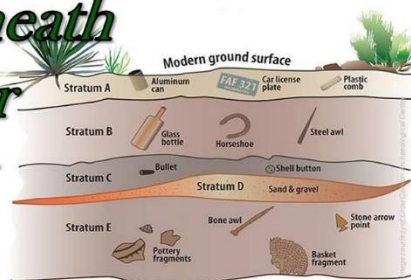
## Wulpherans

At our AGM in February we enjoyed a pleasant supper, and thanked all who hold office in Wulpherans, bake us lovely food, and prepare the hall for our meetings. Then we shared a light hearted view about Christian Crackers jokes!

### CATHERINE SNAPE

takes a look

## Beneath your feet



You'll be welcome at our next meeting  
**Tuesday**  
**5<sup>th</sup> March**  
**7.30pm**

## Kill the Carbon tip

Remember to power down your computer when you're away from it. A computer turned off uses 65% less energy than a computer left on or idle on a screen saver.

For details of all **Holy Week** and **Easter services**, please check **What's On**, posters, website and Facebook

## Peace point

**Peace is built through consent.  
It isn't built on the battlefield.**

*Ernie Regehr (World Council of Churches)*

## Nature Notes for March

*from Margaret Spencer*

Just had a lovely walk down along the canal. The day was bright and clear but a little chilly, the pathway was quite wet and muddy but nice to be out and about - the canal always looks lovely.



Great Tits were flying near the canal; it says on my calendar that their presence announces the end of the winter - so good news all around!

I have some lovely crocus in flower on the garden wall - they look really splendid!



Another bit of news - now is the right time to spot the "Seven Sisters" from the northern hemisphere; a.k.a. the Pleiades, they are easily visible to the naked eye, promising a celestial spectacle!!

## Contacts

**Rector:** Revd Mark Cannon 01943 831 382

**Children and Family worker:** Tamsin Carr  
[childrenandfamilywork@stpetersaddingham.org.uk](mailto:childrenandfamilywork@stpetersaddingham.org.uk)

**Churchwarden:**

Margaret Widdowson  
[margaretwidd3@btinternet.com](mailto:margaretwidd3@btinternet.com)

**Parish Office:** 01943 830 306  
[contact@stpetersaddingham.org.uk](mailto:contact@stpetersaddingham.org.uk)

## Find out more

[www.stpetersaddingham.org.uk](http://www.stpetersaddingham.org.uk)

St Peters Church Addingham

01943 830 306

[contact@stpetersaddingham.org.uk](mailto:contact@stpetersaddingham.org.uk)

For up-to-date details of all services and activities, please look at our website, follow us on Facebook or pick up a "What's On" leaflet.

**Everyone is welcome** and you can also join with St. Peter's online; we livestream many of our services to our Facebook page, so take a look.

You can also follow **C.a.f.e** – **children and family events** at St. Peter's Addingham

**You can watch all St. Peter's Podcasts at [vimeo.com/showcase/10274277](https://vimeo.com/showcase/10274277)**

*Jean Bull shares this saying:*

**To live is to change, and to journey with Christ is to change often**