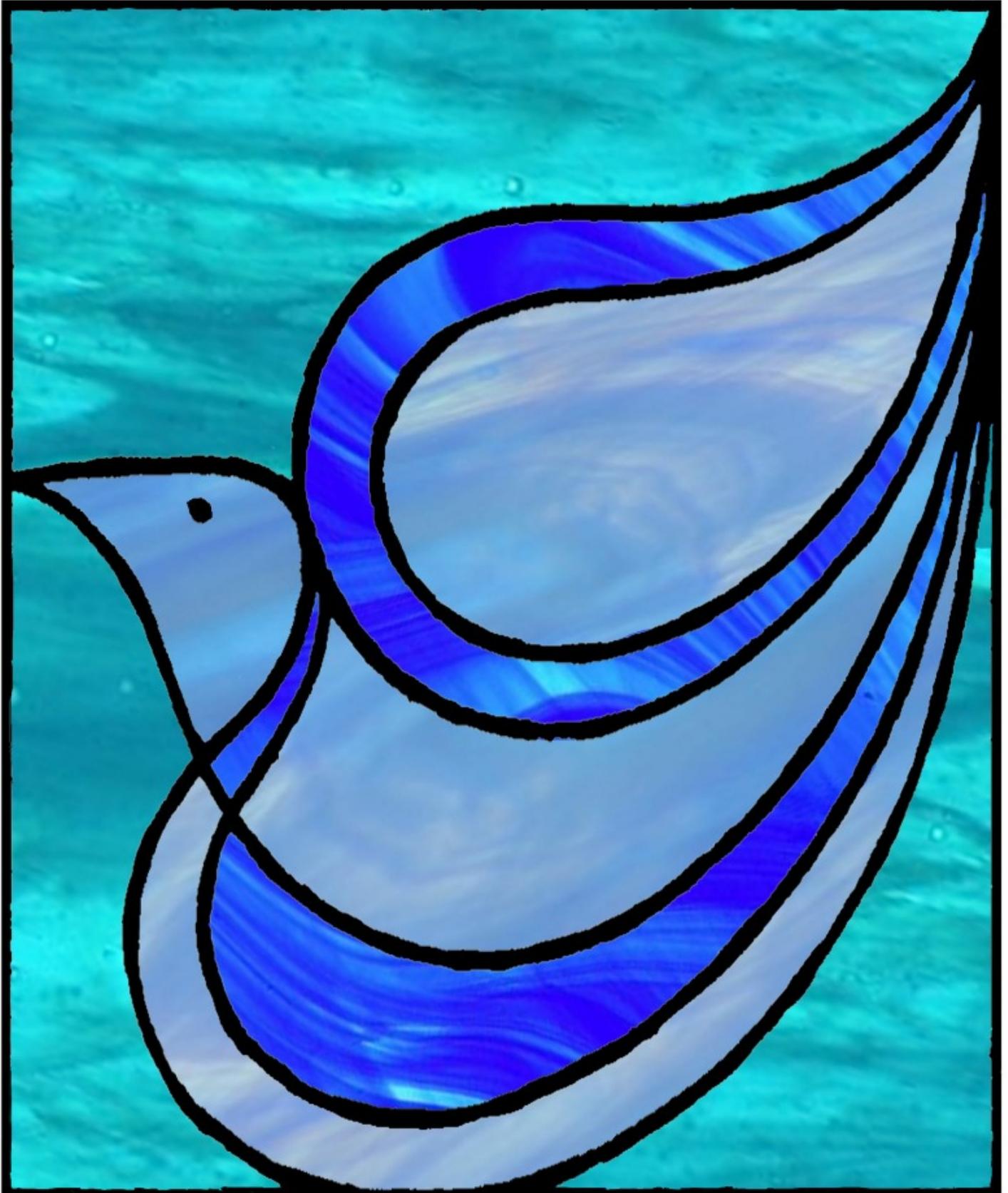


Shirley Parish Magazine

February 2020



SHIRLEY PARISH GUIDE

CLERGY

Vicar - Reverend Peter Law-Jones

The Vicarage, 2 Bishopton Close, Shirley B90 4AH
email: pljz1000@gmail.com

Tel: 0121 293 7610

Associate Vicar - Reverend Paul Day

18 Widney Lane, Solihull B91 3LS
email: pgday@hotmail.co.uk

Tel: 0121 537 9672

Reverend Theresa Jones

email: theresaj1@btinternet.com

Tel: 01564 822687

Reverend Nick Ball

12 Apsley Croft, Kings Norton, B38 0AF
email: nicholaseball@hotmail.com

Tel: 0121 243 1336

WORSHIP CENTRES, REGULAR EVENTS & SERVICES

BAPTISMS, WEDDINGS and COMMUNION FOR THE SICK - please contact the Parish Office

ST JAMES THE GREAT CHURCH, Church Road, Shirley B90 2AX

Sunday: 8.00am Holy Eucharist or Morning Worship
10.00am Holy Eucharist or Morning Worship
12.30pm Baptisms (by appointment)
Tuesday: 9.45am Holy Eucharist (Healing Eucharist/The Guild of St Raphael - 1st Tuesday of the month)
Wednesday 4.00pm Contemplative Prayer - last Wednesday of the month
Thursday: 10.30am Holy Eucharist
Friday: 10.00am 'JimmyTots' in Church House for pre-school children and their carers
Saturday: 10.00am Messy Church - 3rd Saturday of the month in Church House

CHRIST THE KING CHURCH, Widney Junior School, Clifton Crescent, Solihull B91 3LQ

Sunday: 10.30am Holy Eucharist or Morning Worship
4th Sunday (when there is no 5th Sunday) the venue alternates with St John's
6.00pm Holy Eucharist or Evening Worship at Phoenix House, B90 4PQ
Tuesday: 12noon Ploughman's Lunch in Church House (alternate weeks)
2.00pm 'Tuesday Cafe' in Church House (alternate weeks)
Wednesday 10.45am Holy Eucharist at Swallows Meadow (alternate weeks), B90 4PH
2.00pm Home Group at 122 Cranmore Boulevard, B90 4RU
Thursday 3.30pm Messy Church - 3rd Thursday of the month

ST JOHN THE DIVINE CHURCH, Tilehouse Lane, Tidbury Green, Shirley B90 1PW

Sunday: 9.00am Holy Eucharist or Morning Worship
4th Sunday - (when there is no 5th Sunday) venue alternates with Christ the King
7.00pm Reflective Worship - 1st Sunday of the month
Wednesday: 10.30am Coffee Morning - 2nd Wednesday of the month
Wednesday: 10.30am Share a Prayer & Bible Reading - 3rd Wednesday of the month

Parish Services are held when there are five Sundays in the month

(continued inside the back cover)

PARISH OFFICE

Open Monday to
Friday (except Bank
Holidays)
9.30am - 12.30pm

Address: Church House, Church Road, Shirley, B90 2AX
Telephone: 0121 745 8896
email: admin@shirleyparish.co.uk
Parish Website: <https://shirleyparishb90.wixsite.com/live>
Social Media: [twitter.com/@ParishB90](https://twitter.com/ParishB90)
facebook.com/@AdventureinFaithB90

PRAYERS FOR OUR PARISH



Give to us your people, living God,
A renewed faith and a bold vision
that we may proclaim
the Good News of your Son
with faith that your kingdom will come,
with hope for our community
and with love for Him
who died and rose again
to save us, Jesus Christ our Risen Lord
Amen

God of Mission, who alone brings growth to your Church,
send your Holy Spirit to give vision to our planning,
wisdom to our actions, and power to our witness.

Help our church to grow in numbers, in spiritual commitment to you,
and in service to our local community.

Through Jesus Christ, our Lord.

Amen

*We meet for half an hour at 8.30am every Saturday morning to pray for the
Parish - all are welcome to join us -
please see the diary and pewslips for the venues*

A RECIPE FOR PEACE

Level of difficulty: easy

Preparation time: however long you've got

Ingredients

- 1 x you (any shape/size/age is perfect)
- 1 x moment for reflection
- 1 x Jesus

Directions

1. Stop
2. Breathe
3. Lift your eyes
4. Put down your worries
5. Lay aside your context and conditions
6. Remember that you are loved beyond measure

'Come to me, all you who are weary and burdened, and I will give you rest.' (Matthew 11:28)



OUR CHRISTMAS TREE FESTIVAL

A big 'thank you' to everyone who helped, in whatever way, at the Christmas Tree Festival and Craft Fair. Without you the events could not have taken place.

The Christmas Tree Festival and Craft Fair raised £721.41.

£218.74 was also donated at the Memorial Service on 5th December (this was a joint venture organised by Thomas Bragg & Sons Funeral Directors and St James Church).

So, a grand total of £940.15 was shared between the Chaplaincy Team at Birmingham Children's Hospital and Solihull Action for Advocacy.

The money was presented to the charities at the 10am service at St James Church on Sunday 19th January 2020.

Linda Pitt



LITTLE NICK AND THE CHRISTMAS TREES

'Have you seen the screwdriver?', Sarah was shouting to Bernard. 'It's in my pocket.' 'What else do we need?'. And she checked them off – batteries, sharp knife, Christmas card, cake, Little Nick. Now I'm not sure that I like being included in a strange list like that, but at least I got to go with them.

St James Church looked amazing. It was getting dark when we arrived. The gates were twinkling with tinsel and lights. Inside there were lots of trees all carefully decorated and with labels to show which group had done that tree. I took a stroll around. A lot of the trees had a theme to do with what the group were about so there were glittery sprouts on the Friends of St James tree, children's decorations on the school and Messy Church trees and some angels made out of Prosecco corks that I seemed to recognise. Of course, they had been made at our house and were now on the wine group tree.

There were also lots of people getting ready for the family carol service. Sarah and Kate C got the urn out and started filling it. Kate D was practising being an angel. Kate L-J was practising the piano. People started arriving and Bernard was busy handing out carol sheets and mysterious envelopes.

LITTLE NICK AND THE CHRISTMAS TREES *continued*

There were people that I didn't recognise but Sarah would nudge me and say, 'I remember when those girls were children in Sunday School. They have brought their own children today'.

Paul started the service. At least he tried to but he was having a bit of trouble with Angel Kate who seemed to have lost some other angels and kept asking him questions. We sang 'Little Donkey' with one side of the church having sticks to clip-clop like donkey hooves, and the other side bells to ring. There was a little boy in our pew, (I recognised him from 'Journey to the Stable') he was really good at the clip-clops and was disappointed when the instruments were collected in once we had used them.

For our prayers Linda A had given us a label each and asked us to write on it. On one side a person and situation far away that we were worried about, and on the other a person and situation nearby. She called them 'home and away' prayers and asked us to hang them on our Christmas trees at home to remember to say those prayers. But I lost mine on the way home.

And one other really good thing. When Kate L-J played for the carols she wasn't on her own. There was a boy playing the trumpet with her. He was really good so I asked Sarah if she thought he practised really hard. 'I'm sure he does', she said, 'but I think that to play that naturally he must be very talented as well'. So thank you Jake for coming to play for our carols.

Towards the end we got to open our envelopes. Inside were the pieces to make a little angel to wave when we sang the last song. Bernard helped me with mine. Afterwards Kate D said that they looked really good when we all waved them.

After the service was finished we had drinks and cake at the back of church. Some of us had a piece of the cake that the children had made in Messy Church. It had been decorated by Sue P with the Messy Church logo on the top and looked magnificent.

So a big thank you to all the people who helped at the tree festival and at the carols. It was brilliant.

Little Nick - Parish Raconteur



THE ADAVU CHRISTMAS PARTY

I thought that you would like to know what a great success the ADAVU party was on December 19th.

There were about twenty ladies, some with babes in arms who were passed around like 'Pass the Parcel' and seemed to enjoy the experience! Two boys of four were VERY excited and rushed around screaming in between playing with the toy cars I had taken (memo to self for next time: remember to replace those cars most of which went missing by the end of the party!). One small girl loved her fairy costume, sitting on her mother's lap the whole time without the confidence to join in with the games - though the wings did get in the way at mealtime.

Some older children were at school, but they were included in the parcels of presents of course, as were the adults who could not come due to travel or emotional reasons. Liisa will deliver those parcels personally.

I had taken three large Ikea bags of clean babies' and children's clothing and the mothers rummaged happily through those, stuffing large plastic bags with their finds. I had prepared bags of colouring books with felt-tip pens and crayons – they were very popular, and everyone was taken home for Christmas presents. Most of the toddlers' books were taken too.

The hot meal of rice, two types of curry, cold bean salads and pizza was well received though it was the cake table which was the chief success as we remembered from the previous year. I had taken lots of empty ice-cream boxes (courtesy of Alcester Ladies Inner Wheel) and the ladies crammed those with the cakes which they wanted to take home with them, before settling down to eat cakes as a dessert (and seconds).

Father Christmas mingled amongst us: sadly some of the youngsters were terrified at seeing him and he had to remove his hat and beard early in the proceedings.

Several ladies sat at a table doing craft work and colouring. Others chatted away in a variety of languages, very delighted to meet up with ladies from the same country – Albanian was the prominent language, though there were folks from Nigeria, Thailand and Poland too.

THE ADAVU CHRISTMAS PARTY continued

When home time came, there was much hugging and kissing as they went off to catch their buses (usually two) weighed down with bags of presents, clothing and of course, cakes.

The feedback was that “it was the best party ever”- so we owe an enormous ‘Thank You’ to the people who made it possible - the donors of money to fund it (particularly Shirley Lions who came to the rescue at the last moment with a sizeable donation when one of last year’s donors dropped out), the donors of presents through the Gift Tree Scheme at the churches of Shirley Parish and the bakers/suppliers of cakes – well done, everyone. You gave a lot of joy to folks who have had very little in their lives of late.

Elizabeth Paice

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£50 - Sarah Penfold

£25 - Ian Whyte

WALKING IS FUN AND IT'S GOOD FOR YOU ... WHY NOT JOIN THE SHIRPAS?

Once a month, we try to organise a short morning walk of about one hour, usually followed by a café and chat.

Whether you walk with or without Nordic poles, we would love you to join us. Here are the dates and locations of the next three walks -

Wednesday 29th January, Earlswood Lakes.

Meet at the Craft Centre car park, Wood Lane, B94 5JH

Wednesday 26th February, Stratford Canal, Lapworth.

Meet at 'The Boot' car park, Lapworth

Wednesday 18th March, Tardebigge and lunch - end of term special.

Please see the Pew Slips for more details.

Chris Speakman



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Mothers' UNION

Our first meeting for this year will be the **A.G.M on Wednesday 5th February** – 2pm in Church House. At this meeting the committee will report back on the activities of 2019 and 2019 audited accounts will be presented to the meeting for approval. If you have any comments, suggestions or you would like to join the committee please do attend and make your views known.

Forthcoming meeting – We look forward to welcoming Rowena Nicholls on **Thursday 20th February**, 7.30pm in Church House for a talk on 'Reflections for the beginning of Lent'.

Mothers' Union member's subscriptions are now due, payment would be appreciated a.s.a.p., returned in the envelope direct to the Treasurer, Susan Knight or via the Parish Office.

If you would like a lift to any of the meetings, please contact a member of the committee: -

Linda Pitt 0121 744 6777
Liz Yates 0121 744 6416
Susan Knight 0121 744 6298

We extend a warm welcome to visitors to any of our meetings.

With our best wishes.

Susan Knight



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THE PRACTICE OF EXAMEN

Our reflective worship service at the start of January focussed on our encounters with God in our everyday lives, and how we are more likely to hear him and encounter him if we are looking and are expectant.

We finished the evening by modelling the practice of examen (a Latin word for “a means of examining”) whereby at the end of each day we review the day and think about the times and places where we have encountered God. I thought it would be helpful to share that practice with a wider audience as many of us might find it helpful.

An examen has six simple steps:

1. FIND A PLACE TO BE STILL

Wherever you are, sit comfortably and be still. Relax, but try to be attentive to yourself and to God.

2. GIVE THANKS FOR THE GOOD THINGS OF TODAY

Recall one moment that you are grateful for from today. Remember how you felt. Notice these feelings and reflect that all good things come from God. Offer your thanks.

3. LET GO OF THINGS BOTHERING YOU

What's on your mind at the moment? What is making you feel awkward or anxious? Raise these things to God and ask for the freedom that comes with the presence of the Holy Spirit.

4. REVIEW YOUR DAY

Try to recall the other events of the day. Reflect on what has happened and how you feel about it. Trust the Holy Spirit to show you the things that are important to think through and the insights that are important to know.

5. TALK WITH GOD

Tell God anything that comes to mind – jot it down, speak it out or think it through. God already knows our needs, this is to help us identify what we need to be aware of, let go or recognize.

6. FINISH YOUR PRAYER

An examen prayer can take a few minutes or a good hour. However long you have been able to give, offer this time to God with a closing prayer. The traditional compline prayer is one that could be used:

Reverend Paul Day

THE PRACTICE OF EXAMEN continued

Before the ending of the day,
 Creator of the world, we pray
 That you, with steadfast love, would keep
 Your watch around us while we sleep.

From evil dreams defend our sight,
 From fears and terrors of the night;
 Tread underfoot our deadly foe
 That we no sinful thought may know.

O Father, that we ask be done
 Through Jesus Christ, your only Son;
 And Holy Spirit, by whose breath
 Our souls are raised to life from death.
 Amen



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REFLECTING ON TIME

I have been thinking a lot lately about how our lives are ruled by time.

The reason for this is because as Graham has been so poorly everything revolves around time.

For myself the day begins when the alarm clock rings and tells me it is time to get up and go off to work. Once I have checked that Graham is going to be ok, I go off to work where I sign in to say what time I have arrived there.



My work revolves around time too; I have to log what time I got a person up, what time they had breakfast and a drink, how much time I spent chatting to them and what time is my allotted break and then when it's time to leave I have clock out.

When I arrive home, it then is often time to take Graham to maybe the doctors or a hospital appointment. This requires a certain amount of time too now, as I have to load up the car with a wheelchair and oxygen.

Then we also have to remember who is calling and what time they will be arriving, like the physio nurse, or Emma our lovely palliative care nurse.

Today it was time for our District Nurse and she notices our photo of when we were licensed as Readers and we have a big discussion about church and all that churches provide outside of Sunday services. This was an eye opener for her and she is going to check out what's on at her local church in Bromsgrove.

Then it got us thinking about all the time it takes to write a sermon, prepare a service, Messy Church, Open the Book, put on the Ploughman Lunches, the Tuesday Cafe, the coffee mornings, the Quingo and all the other events our Parish offers.

The vicar's time in all he has to do, and everyone else who supports him to keep our churches running like clockwork.

But when I really stop and think of all the time it takes to do all of the above, I realise it's all in God's own time. It's his way of using us all to do his work.

But he also gives us sleep - time to recuperate and also for him to listen to our prayers. I had just been saying my prayers to him when I heard him say "Stop be still, know that I am God and write about taking time out".

REFLECTING ON TIME *continued*

So I have taken this time out as I realise I haven't written for the magazine for months now, but also because I realise that everyone needs to be still and allow God to speak, although he uses us to do his work, he also wants to talk to us, he won't mind if you are a few minutes late or can't get to a meeting that day for everything is done in God's own time.

So next time you feel you are running out of time remember this - it's all in God's good time, Amen.

Love and prayers

Denise Smith (Reader)

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FOOD BANK NEEDS

The numbers of individuals and families coming for emergency food parcels over the Christmas and New Year period was astonishing, fifty seven in one two hour period at Tyseley – even on Boxing Day four desperate families came to one of the satellite Food Banks where volunteers turned out to help – the Fourth Emergency Service?

Organisations, churches and schools gave so generously that it seems churlish to wish that they had asked what we specifically needed so once again we were scrabbling for **dried milk, instant mash and cooking oil** whilst being swamped with baked beans, rice and pasta!



I wonder if 2020 will see an improvement ...

Best wishes to you all, *Elizabeth Paice*

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**10.30 am to 12 noon
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LOOKING AHEAD TO LENT IN OUR PARISH

Last year we launched our bid to become an Eco Church. This is all about us as individuals and as churches taking seriously a concern for the environment and doing all we can to care for God's creation. Our Lent course this year will be based on a booklet from the Archbishops called "Care for God's Creation". The booklet provides a short reading for each day in Lent, together with a practical challenge for each day. We have put together a five week discussion course which is based on the daily readings and can be done in conjunction with them or independent of them.

Booklets will be available from all three churches in the weeks leading up to Lent and we would ask for a small donation of £1.50 to cover the cost of the booklet. Even if you can't commit to one of the courses, the booklet can be used separately.



In addition to this we plan to run the START course again. This is ideal for anyone who wants to know more about what the Christian faith is all about, and also a good opportunity for anyone who would just like a refresh of the basics. Its format is discussion based following a couple of easy to follow video clips.

The proposed dates are:

START course –

Tuesday evenings: 7.30pm to 9.15pm at St John's Church from 3rd March to 7th April (six weeks)

Care for God's creation –

Wednesday afternoons: 2.30pm to 4pm at Church House from 4th March to 1st April (five weeks)

Thursday evenings: 7.30pm to 9pm at 18 Widney Lane from 5th March to 2nd April (five weeks)

These dates will be confirmed nearer the time.

Reverend Paul Day



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The START course

Tuesday evenings
March 3rd – April 7th
7:30pm – 9:15pm

St John's Church
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SHIRLEY PARISH



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OUR PARISH DIARY FOR FEBRUARY 2020

- 1st 8.30am: Parish Prayers at 87 Burman Road
- 2nd THE PRESENTATION OF CHRIST – CANDLEMAS**
7pm: Reflective Worship at St John’s Church
- 3rd 10.30am: Portershill Drive Holy Communion
- 4th 9.45am: Healing Eucharist at St James Church
11am: Pegasus Court Holy Communion
12noon: Ploughman’s Lunch at Church House
- 5th 10.45am: Swallows Meadow Holy Communion
2pm: Mothers’ Union AGM
- 8th 8.30am: Parish Prayers at 18 Widney Lane
- 9th THIRD SUNDAY BEFORE LENT**
11.30am: The Friends of St James Walking Club
3pm: Baptism families celebration at Church House
- 10th 11am: Elizabeth House Holy Communion
12.05pm: Mothers’ Union prayers at Birmingham Cathedral
- 11th 2pm: Tuesday Café at Church House
7.30pm: The Friends of St James AGM
- 12th 10.30am: Coffee & Fairtrade at St John’s Church
2.30pm: ‘Moving Further On’ – Bible Study at St John’s Church
- 13th 3.30pm: Messy Church at Widney School
- 14th ST VALENTINE
- 15th 8.30am: Parish Prayers at St James Church
10am: Messy Church at Church House
2pm: ‘Tea at the Ritz’ at Church House
- 16th SECOND SUNDAY BEFORE LENT**
- 18th 12noon: Ploughman’s Lunch at Church House
- 19th 10.30am: Share a Prayer & Bible Study at 2 Hollywood Gardens
10.45am: Swallows Meadow Holy Communion
7.30pm: Mission, Ministry & Pastoral Committee Meeting
- 20th 7.30pm: Mothers’ Union – ‘Reflections for the beginning of Lent’
- 22nd 8.30am: Parish Prayers at 34 Arnold Road
- 23rd SUNDAY NEXT BEFORE LENT**
9am: St Johns & CTK Joint Service at St John’s Church

OUR PARISH DIARY FOR FEBRUARY 2020 continued

- 25th 2pm: Tuesday Café at Church House
 7pm: Shirley Parish Book Club at Church House
 7.30pm: Operations Committee Meeting
- 26th ASH WEDNESDAY
 Shirpas Walking Group - Lapworth
 10.30am: Holy Communion at St John's Church
 4pm: Contemplative Prayer at St James Church
 7.30pm: Holy Communion at St James Church
- 27th 4pm: Standing Committee Meeting
- 29th 8.30am: Parish Prayers at 18 Widney Lane
 7.30pm: Quingo evening at Church House

(Please check the weekly pew slips or the website for any changes and additions to the diary)

MARCH 2020 PARISH MAGAZINE

DEADLINE FOR INFORMATION & ARTICLES - Wednesday 12th February

PUBLICATION DATE - Saturday 29th February

THE FRIENDS OF ST JAMES - DATES FOR YOUR NEW 2020 DIARY

Tuesday 11th February - 7.30pm - AGM in Church House

Saturday 14th March - 7.30pm - Candlelit Supper in Church House

Saturday 25th April - 10am - Coffee Morning in Church House

Sunday 28th June - BBQ at Church House

Saturday 12th September - 10am - Coffee Morning in Church House

Saturday 5th December - 7.30pm - Christmas by Candlelight in Church House

Walking Club - 9th February, 8th March, 5th April, 10th May, 14th June,
 12th July, 9th August, 13th September, 11th October, 1st November
 and 13th December

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Saturday 15th February 2020

2pm until 4pm

at Church House



Tickets £6 from the Parish Office
or St John's Committee

*Come for a cup of tea
and a chat - the Tuesday
Cafe will be open from*

2pm on

11th and 25th

February at

Church House



IT'S ALL IN THE SPELLING ...

- G - God
- R - ran
- A - alongside
- C - carrying
- E - everything



Thursday 13th February
at 3.30pm
at Widney Junior School

Saturday 15th February
at 10am
at Church House

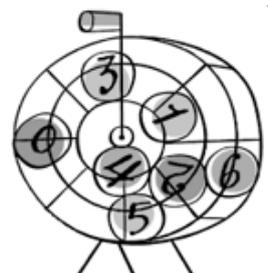
Make the most of the extra day
and enjoy an evening of

QUINGO

Saturday 29th February
7.30pm

at Church House

Tickets £7 (including
supper) available from Gill
Gough or the Parish Office



PSALM 23 GARDEN COMING TO RHS CHELSEA

The Bible Society has announced that “We’re absolutely thrilled to be working with award-winning garden designer Sarah Eberle, to bring Psalm 23 to life at the RHS Chelsea Flower Show in May 2020!”

The Psalm 23 Garden at RHS Chelsea Flower Show 2020, designed by Sarah Eberle, will offer visitors the chance “to stop, reflect, and feel refreshed”.

The Bible Society said: “This powerful psalm, with its visual imagery of green pastures, still waters and the valley of the shadow of death, just cries out to be turned into a garden. We hope you’ll love it. And after the Chelsea Flower Show, the garden will find a permanent home at the Winchester Hospice in Hampshire, where it will be a blessing to patients and families.”

The Bible Society says it is also hoping that people will “join us in creating community gardens across the country inspired by the Psalm 23 Garden”.

You can follow the project on Facebook, Twitter and Instagram and join us on the road to Chelsea.

LOVE IN ACTION!

The writer Gary Chapman describes the five ‘love languages’ as words of encouragement, quality time, gifts, acts of service and touch. Do you have a preferred ‘language of love’?

With the approach of St Valentines’ Day, let’s ask: what is God’s love language? *‘Dear children, let us not love with words or speech but with actions and in truth.’* (1 John 3:18). God’s love is expressed in the word *agape*, which is exclusively found in the New Testament. Greek has a number of words for love e.g. empathetic, friendship or sexual, but *agape* is defined uniquely by Jesus. *‘This is how we know what love is: Jesus Christ laid down His life for us. And we ought to lay down our lives for our brothers and sisters.’* (1 John 3:16) It provides the model for how we should love others.

Agape love is self-giving: it is ready to put the other person first, just as Jesus gave His life for us on the cross by dying in our place. Are we generous with our time, words, money and service to others?



LOVE IN ACTION! continued

Agape love takes the initiative: are we ready to show love to those who don't deserve it? Do we have eyes of compassion to see the needs around us and a heart to reach out to them?

Agape love is intentional: are we ready to get close to those in need around us, irrespective of what time we have or how we feel?

The story is told of Jesus asking a little child, '*how much do you love me?*' The child replied '*lots and lots and lots!*' They then asked Jesus how much He loved them. Jesus stretched out His arms wide and said '*I love you this much*', as they nailed Him to a cross.

Reverend Paul Hardingham

ASH WEDNESDAY - 26th FEBRUARY

At the end of this month Ash Wednesday introduces the Christian preparation for Easter, which normally coincides with Passover, the major Jewish celebration of the year. It's near Easter because Jesus was crucified at Passover, having just shared this very meal with his disciples.

Passover celebrates and recalls the Israelites' escape from slavery in Egypt. Led by Moses they crossed the Red Sea and forty days later entered the 'Promised Land.' They shared the Passover meal at their last night in Egypt and have kept it all for nearly the past three thousand years or so that have followed.

Many years ago, when I was in Jerusalem to produce a radio programme, I was invited to join a Jewish family for their Passover meal. It was a great occasion, very like our Christmas, a family event with deep religious significance for those who seek it.

At the meal in Jerusalem we ate modest lentils and unleavened bread – Matzos as we now call it. We also drank plenty of wine but not from the cup at the end of the table. That is 'Elijah's cup', only to be drunk from when the prophet comes to announce the arrival of the Messiah. At the last supper Jesus instructed His disciples to drink from that cup after supper, which may have shocked them at the time. The Messiah had come!

Canon David Winter





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LENT FASTING - IN THE WORDS OF POPE FRANCIS

Fast from hurting words ... and say kind words
Fast from sadness ... and be filled with gratitude
Fast from anger ... and be filled with patience
Fast from pessimism ... and be filled with hope
Fast from worries ... and have trust in God
Fast from complaints ... and contemplate simplicity
Fast from pressures ... and be prayerful
Fast from bitterness ... and fill your hearts with joy
Fast from selfishness ... and be compassionate to others
Fast from grudges ... and be reconciled
Fast from words ... and be silent so you can listen



LENT FASTING

This month sees the start of Lent, the season of penitence, self-examination and fasting running up to Easter. Fasting can be a neglected discipline, but it plays an important part in the Christian life. Jesus began His earthly ministry by fasting in the wilderness for forty days and He taught His disciples to fast (i.e. not *if* but *'when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen.'* (Matthew 6:17,18).

Why Fast?

Firstly, giving up something in my life underlines my desire to put God first in my life. Secondly, fasting shows me how much I depend on things other than God in my life, so I can surrender my idols to Him. Thirdly, fasting encourages me to have a deeper hunger and dependency for God in my life. Therefore, fasting gives me space to humbly focus on God for His strength, provision, and wisdom and results in a more intimate relationship with Christ. It also enables the Holy Spirit to reveal my true spiritual condition, leading to brokenness, repentance, and a transformed life, with a heart more attentive to God.

How can I fast?

Usually fasting involves missing one or two meals during the day, although some can't abstain from food for medical reasons. It might also include abstaining or limiting the time I give to television, alcohol or social media. However, Lent can also be a time to embrace new spiritual disciplines e.g. joining a study group, 'random acts of kindness', or giving more time to prayer and Bible study.

Whatever you do, make Lent count this year!

Reverend Paul Hardingham

The Friends of St James The Great

Candlelit Supper

14th March 2020

7.30 pm in Church House

Bar available

*Tickets £13.50
available from the
Parish Office*



THIS MONTH'S CROSSWORD

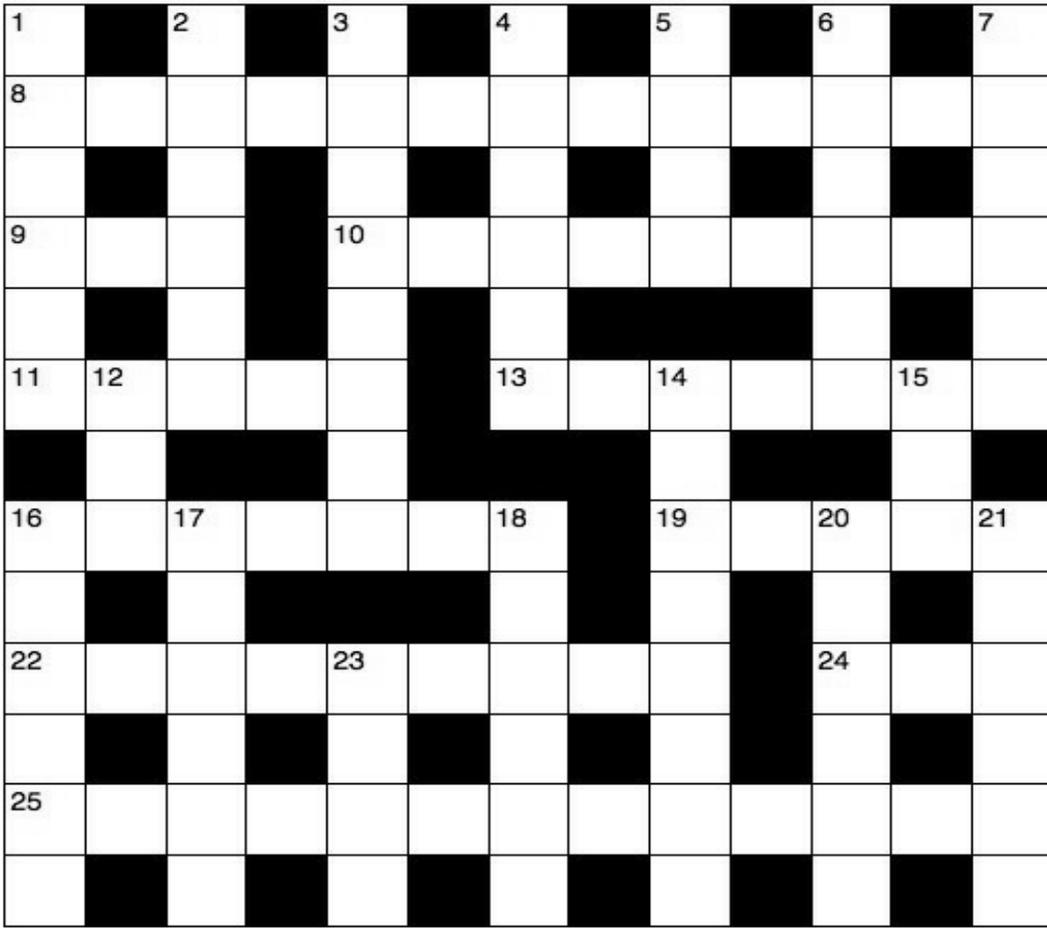
Across

- 8** Interrogated (Acts 12:19) (5-8)
9 'Burn it in a wood fire on the — heap' (Leviticus 4:12) (3)
10 Tobit, Judith, Baruch and the books of Esdras and the Maccabees are part of it (9)
11 Science fiction (abbrev.) (3-2)
13 Clay pit (anag.) (7)
16 Went to (John 4:46) (7)
19 'Therefore, I urge you, brothers, in view of God's mercy, to — your bodies as living sacrifices' (Romans 12:1) (5)
22 David's plea to God concerning those referred to in 14 Down: 'On — — let them escape' (Psalm 56:7) (2,7)
24 Royal Automobile Club (1,1,1)
25 How the book of Ezekiel refers to God more than 200 times (Ezekiel 2:4) (9,4)

Down

- 1** Seas (Proverbs 8:24) (6)
2 One of the sons of Eli the priest, killed in battle by the Philistines (1 Samuel 4:11) (6)
3 Specialist in the study of the Muslim religion (8)
4 'Do not rebuke an older man harshly, but — him as if he were your father' (1 Timothy 5:1) (6)
5 One of Esau's grandsons (Genesis 36:11) (4)
6 Taking a chance (colloq.) (2,4)
7 God's instructions to the Israelites concerning grain offerings: ' — salt to — your offerings' (Leviticus 2:13) (3,3)
12 Confederation of British Industry (1,1,1)
14 'All day long they twist my words; they are always — to harm me' (Psalm 56:5) (8)
15 The crowd's reaction to Jesus bringing back to life a widow's son in Nain (Luke 7:16) (3)
16 Disappear (Psalm 104:35) (6)
17 How Jeremiah was likely to die if he wasn't rescued from the cistern where he was imprisoned (Jeremiah 38:9) (6)
18 What the prophets do to a wall, with whitewash (Ezekiel 13:10, RSV) (4,2)
20 Made by a plough (Job 39:10) (6)
21 Noah was relieved when the flood waters continued to — (Genesis 8:5) (6)
23 Jesus gave the Twelve the power and authority to do this to diseases (Luke 9:1) (4)

THIS MONTH'S CROSSWORD & SUDOKU



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Answers are on page 31

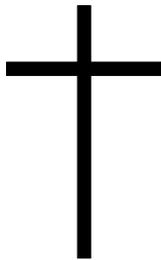
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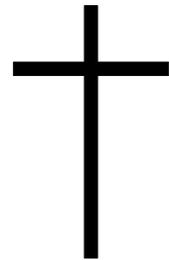
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MOTHERS
NUNC
OFFICE
PRAYER
PRESENT
PRESENTATION
PUBLIC

PURIFIED
SIMEON
TEMPLE
WEST
WORLD

*Answers are on
page 31*

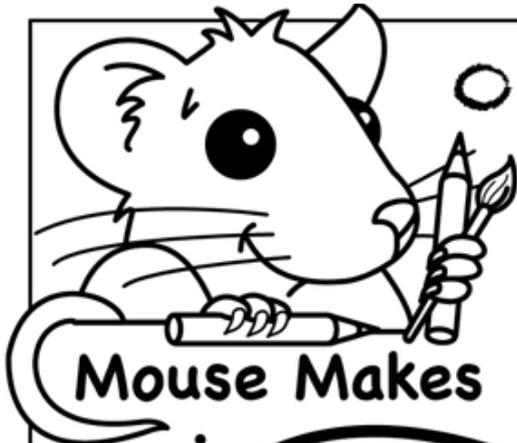
WORDSEARCH - CANDLEMAS - 2nd FEBRUARY

In New Testament times forty days old was an important age for a baby boy: it was when they made their first 'public appearance'. Mary, like all good Jewish mothers, went to the Temple with Jesus, her first male child - to 'present him to the Lord'. At the same time, she, as a new mother, was 'purified'. Thus we have the Festival of the Presentation of Christ in the Temple, forty days after Christmas.

Jesus is described in the Bible as the Light of the World, and so early Christians developed the tradition of lighting many candles in celebration of this day. The Church also fell into the custom of blessing the year's supply of candles for the church on this day - hence the name, Candlemas. The story can be found in Luke 2:22-40.

Simeon's great declaration of faith and recognition of who Jesus was is found in the Nunc Dimittis, which is embedded in the Office of Evening Prayer in the West.





After **Jesus** was baptised He was led by the Spirit into the **wilderness** for **forty days** where he was tempted by the devil.

READ the story in *Luke 4:1-13*

Mouse Makes

J U M P A P
J E R U S A L E M
H I G H H O L D I F

D E S E R T
R O J O R D A N
V R I V E R O C K
U

T H U N G R Y
E O H F O O T
M L I F T D E
P Y M O J B O
T S B R E A D
A P A T S R E
T I P Y U A V
I R T E S T I
O I I L E D L
N T S T O N E
S T E M P L E
H D A Y S

W O W O R L D
I S O N K T O
L C R W I H W
D R S R N R N
E I H I G O D
R P I T D W G
N T P T O O L
E U A E M N O
S R I N S L R
S E R V E Y Y
E A N G E L S
L O R D R

What was Jesus' reply when the devil asked Him to turn a stone into bread?

Who did Jesus say He would only worship and serve?

What did Jesus say you must not do?

Can you find these words in the word search?

- JESUS • BAPTISED • RIVER • JORDAN • LED
- HOLY SPIRIT • WILDERNESS • DESERT • TEMPTATIONS
- DEVIL • FORTY • DAYS • HUNGRY • ROCK • STONE
- BREAD • WRITTEN • SCRIPTURE • ALL • KINGDOMS • WORLD • GLORY
- WORSHIP • SERVE • GOD • ONLY • JERUSALEM • TEMPLE • HIGH • IF • SON
- JUMP • THROW • DOWN • ANGELS • HOLD • LIFT • FOOT • LORD • TEST

PEW SLIPS THAT DIDN'T QUITE GET IT RIGHT

Mrs Thomas, of this church, wishes to thank all those members who so kindly assisted in the death of her husband.

The regular Monday night choir practice of this church will be held on Tuesday night instead of Friday night.

Children are normally collected during the Offertory Hymn.

The talk for next Friday night will be 'What is hell?' Come early and listen to our choir practice.

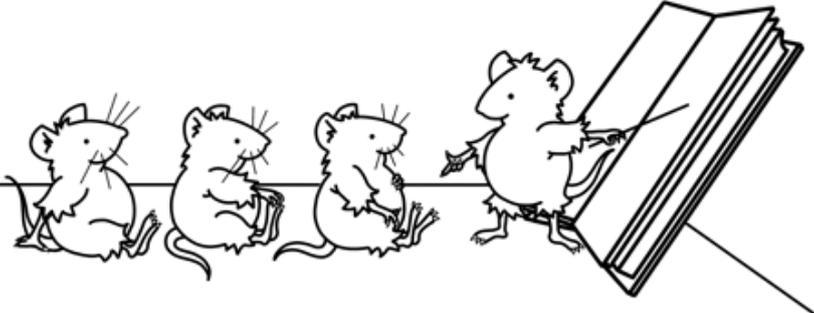
Tuesday at 4 pm there will be an ice cream social.

Ladies giving milk should come early.



3	5	9	6	4	1	8	7	2
1	2	4	8	7	9	5	6	3
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5	9	3	1	8	7	2	4	6
2	6	7	4	5	3	1	8	9
8	4	1	2	9	6	3	5	7

PUZZLE ANSWERS



O	I	I	D	O	E	E	R	B	I	C	I	R	P	
T	P	R	E	S	E	N	T	A	O	S	H	U	R	D
L	H	E	I	T	C	I	L	B	U	P	A	A	R	B
I	L	G	F	N	N	A	Y	Y	I	S	Y	S	R	E
R	N	O	I	T	A	T	N	E	S	E	R	P	L	H
L	M	F	R	L	R	W	F	D	R	B	A	P	I	N
Y	E	F	U	D	A	M	E	F	L	R	M	S	O	G
D	N	I	P	E	E	V	O	S	E	E	D	E	N	S
N	J	C	S	F	P	S	I	T	T	I	M	I	D	R
W	Y	E	R	S	P	T	L	T	H	I	N	A	F	O
O	E	U	S	F	A	C	E	I	S	E	P	O	S	T
R	G	Y	N	U	N	C	N	I	V	E	R	V	P	Y
L	A	O	S	H	S	I	W	E	J	T	F	S	D	A
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D	T	I	B	A	T	W	N	D	M	I	R	S	P	E

O	H	I	E	O	O	A						
C	R	O	S	S	E	X	A	M	I	N	E	D
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A	S	H	A	P	O	C	R	Y	P	H	A	
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S	C	I	F	I	T	T	Y	P	I	C	A	L
B	S	L	W									
V	I	S	I	T	E	D	O	F	F	E	R	
A	T	A	T	U	E							
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S	O	V	E	R	E	I	G	N	L	O	R	D
H	E	E	T	G	W	E						

MAKING FABRIC BAGS FOR THE FOOD BANK

In this New Year, let's continue to work together to reduce the number of plastic bags through our ongoing project to send fabric bags for food distribution from the Food Bank. The red box at the back of St James Church containing fabric bag kits has been replenished so please call in and collect one if you are able. If you already have fabrics, new or used, and just need instructions, here they are:

- *Cut a piece of fabric approximately 110cm (44") wide and 50cm (20") deep and another two pieces for handles approximately 38 cm (15") long.*
- *Fold the 110 cm (44") length in two and sew along the other side and the bottom. French seams make the bag strong (i.e. sew with the right side of the material on the outside then turn inside out, sew again to conceal the raw edges, now on the inside). On more modern sewing machines, over sewing suffices.*
- *Iron the bag to make two fold marks down each side. Measure about 10cm (4") at the bottom to make the bag "stand up" on its base which will eventually be made firm by the insertion of the piece of card. Pull a triangular shape at each bottom side, using the ironed lines as a middle guide on each side. Sew these triangles on the inside of the bag and iron.*
- *Neaten the top edge. Make the handles and join to the two top sides of the bag. Oversew where the handle joins the bag to ensure they are strong enough to carry weight.*

Thank you again to everyone for such an encouraging response so far: bag makers, donators of fabrics and cottons and those passing on the idea to other groups and churches. We are starting to make a difference.

Chris Speakman



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SHIRLEY PARISH GUIDE *continued*

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