

NW WEEKLY

The Weekly Pewsheet of the North Westmorland Parishes

Lent Course

Please see the separate leaflet about this year's Lent Course. No need to sign up this year, just take a leaflet and come along.

Taize service

Why not try our new Taize-Style evening prayer? Bolton, 6.30pm this evening.

Moving Mountains

From 8-11 March, a festival for Christians of all denominations. Full list of events on our website. Notable in our area:

- Thursday 8 March, Filling Station, the Hub, Appleby
- Saturday 10 March: Village Family Brunch, Bolton, 10.00-12.00
- Saturday 10 March: Mothering Sunday-themed Craft Day, Cliburn Village Hall, 2.00-4.00pm
- Sunday 11 March: Joint Mothering Sunday service, 11.00, Crosby Ravensworth
- Sunday 11 March: Mothering Sunday service of Remembrance, 6.30pm, Bolton.

Holy Week

Our Holy Week (25 Mar - 1 April) will be lead this year by Bishop James Bell. Full details in the North Westmorland News.



About Today...

Lent is traditionally a season for self-examination, penitence, self-denial, study, almsgiving and preparation for Easter (Easter being also the principal occasion for baptism). Lent is a time for Christians to train themselves in spiritual disciplines, following courses of scripture reading, teaching and devotional exercises through which we may grow closer to God and find healing for our souls.

During Lent, liturgical dress is the simplest possible. Churches are kept bare of flowers and decoration. The Gloria in excelsis hymn is not used, nor is the word "alleluia" uttered in praise. Fasting is a traditional Lenten discipline, though nowadays largely confined to the tradition of "giving up" something for Lent. Despite its austere image, it must be remembered that Lent falls at the time when traditionally food was scarcest, so that the discipline should not be overbearing. Nonetheless, it should be a constant and sufficient reminder that "man does not live by bread alone, but by every word that proceeds from the mouth of the Lord."

Above all, Lent is outward looking. As we shift the focus of our lives away from ourselves, our desires and our needs, towards the love of God and the needs of others, we also look outwards to share God's love. This year, we have a particular focus on 're-imagining mission'. Between Moving Mountains and the plans to launch our Mission Community, Mission is high on our agenda, but what does it look like for us today? A good starting point for our thinking can be found in the words of the Lent Eucharistic prayer: "Through fasting, prayer and acts of service... you free our hands to welcome others into the radiant splendour of your love."



For your prayers

- Our spiritual disciplines for Lent: fasting, scripture study and almsgiving. That God may "free our hands to welcome others into the radiant splendour of God's love."
- For our Lent Groups, that we may all grow in faith.
- The people of Clifton and Brougham parish as they prepare for their community meeting on 26 February.
- Our preparations for Moving Mountains, that we may come together across denominations, have fun and share the joy of the Lord with all in our communities.
- Appleby Deanery Synod, meeting on Thursday 22nd February.

From our calendar of prayer:

- In the Anglican Communion: The Church of the Province of Central Africa, The Most Revd Albert Chama Archbishop of Central Africa and Bishop of Northern Zambia, clergy and people.
- Our Diocese: This month we pray for Penrith Deanery. Today, for the ministry of retired colleagues and for youth ministry; especially for Carl Mimmack (Ignite Penrith) and Paul Rose (Penrith Methodist Church).
- Our Bishops: Bishop Robert, Confirmation Service, St Aidan's Carlisle.

Today's Readings

Psalm 25.1-9

- 1 To you, O Lord, I lift up my soul; O my God, in you I trust; • let me not be put to shame; let not my enemies triumph over me.
- 2 Let none who look to you be put to shame, • but let the treacherous be shamed and frustrated.
- 3 Make me to know your ways, O Lord, • and teach me your paths.
- 4 Lead me in your truth and teach me, • for you are the God of my salvation; for you have I hoped all the day long.
- 5 Remember, Lord, your compassion and love, • for they are from everlasting.
- 6 Remember not the sins of my youth or my transgressions, • but think on me in your goodness, O Lord, according to your steadfast love.
- 7 Gracious and upright is the Lord; • therefore shall he teach sinners in the way.
- 8 He will guide the humble in doing right • and teach his way to the lowly.
- 9 All the paths of the Lord are mercy and truth • to those who keep his covenant and his testimonies.

Genesis 9.8-17

8 God said to Noah and to his sons with him, ⁹As for me, I am establishing my covenant with you and your descendants after you, ¹⁰and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. ¹¹I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth. ¹²God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: ¹³I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. ¹⁴When I bring clouds over the earth and the bow is seen in the clouds, ¹⁵I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. ¹⁶When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.' ¹⁷God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

Mark 1.9-15

9 In those days Jesus came from Nazareth of Galilee and was baptised by John in the Jordan. ¹⁰And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. ¹¹And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'
¹²And the Spirit immediately drove him out into the wilderness. ¹³He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.
¹⁴Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, ¹⁵and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

