



# The Link

The Parish Magazine of

The United Benefice of Corringham & Fobbing



# March 2024

40p

### Clergy

PARISH PRIEST	Fr. DAVID ROLLINS	☎ 01375 673074
ASSOCIATE PRIEST	Rev. WENDY MOTT	☎ 01375 642017
READER (Lay Minister)	MR DAVID TWEDDLE	☎ 01375 676714
READER (Lay Minister)	MRS PAMELA DRAYCOTT	☎ 07806 796082

### Corringham Parish Directory

CHURCHWARDENS	MR DAVID MOTT	☎ 01375 642017
	MRS MANDY WAITE	☎ 07545 770232
P.C.C. SECRETARY	PETER HANDSCOMBE	☎ 01375 677046
P.C.C. TREASURER	BEV HOWELLS	☎ 07712401592
ORGANIST	DARRYL EAST	☎ 01375 857958
ST. JOHN'S HALL	MRS ELAINE EAST	☎ 01375 857958
WEDDINGS & BAPTISMS	VESTRY HOUR 7-7.45	Wednesdays at St. John's

### Fobbing Parish Directory

CHURCHWARDENS	CHRISTINE MATTHEWS	☎ 01375 670465
	MRS MO FROOD	☎ 01375 800113
P.C.C. SECRETARY	MRS CAROLE HOWES	☎ 01375 361926
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GARDNER HALL	MRS ELAINE EAST	☎ 01375 857958
TOWER CAPTAIN	STEVE NASH	☎ 01268 490061
BENEFICE PSR	MRS CAROLE HOWES	☎ 01375 361926
WEDDINGS & BAPTISMS	VESTRY HOUR 7-7.45	Wednesdays at St. John's

INFORMATION TO GO ON THE WEBSITE AND QUERIES ABOUT IT

**[webadmin@ubocaf.org.uk](mailto:webadmin@ubocaf.org.uk)**



**The parish Website is [www.ubocaf.org.uk](http://www.ubocaf.org.uk)**

Articles for the Magazine can be sent to:

**[thelinkmagazine1@googlemail.com](mailto:thelinkmagazine1@googlemail.com)**

## Dear Friends

**E**ASTER approaches at an alarming pace especially this year when Ash Wednesdays falls on Valentines Day and Easter is still in March before the clocks go forward. Actually, they go forward on Easter morning.



As usual we have prepared many different services during Lent, which you will find in the Lent Holy Week leaflet.

I do want to encourage as many of you as possible, to make use of these services and be drawn into a deeper relationship with God. All our additional services and our Lent course are designed to help us develop our relationship with God.

I would especially like to encourage all to journey with Christ during Holy Week and the Holy Triduum, where we share the Last Supper with Christ and his disciples, where we join his loving Mother at the Cross and where we join with Mary Magdalene when she runs to tell the disciples that the tomb is empty.

These three services lead naturally from one to another. Fewer churches are keeping this tradition and it's important if we wish to continue the tradition here that as many people as possible attend. I do understand that many of us have other pulls on our time with work and family commitments and struggle to find additional time. We have altered the times of services, so they now start earlier and finish earlier, to try and accommodate the changing needs of us all.

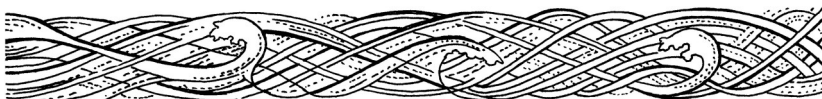
However, as I have shared before to get the most out of Holy week and Easter you really need to have journeyed with Christ for these three days. However if that is not possible do try and join us for the Sundays of Lent, Palm Sunday and Easter Day. As these Sundays mark the pivotal points of Christs journey.

Although I write this letter in February before Ash Wednesday, I do wish you all a Happy Easter, however and with whom you celebrate this great Christian feast.

**Alleluia Christ is Risen - He is Risen Indeed Alleluia!**

**Happy Easter**

*Every Blessing Fr David*



## *Announcement from Fr. David*

**D**EAR ALL, I am very pleased to announce, that we will be welcoming a Curate in the Summer of 2024. Lauren has trained for ordination at St Mellitus College London, she is married to Simon and they have a daughter Florence. Rev Wendy and I look forward to working with Lauren, and I know you will all make her welcome when she starts work in July.

*Fr David*

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## *A Message from Lauren Hart* *Soon to be our New Curate*

*Hello,*

**M**Y name is Lauren Hart, and I am excited to be joining Fr. David and Rev. Wendy as part of the United Benefice of Corringham and Fobbing team. Currently, I am concluding my training as an Ordinand at St. Mellitus College and contextually in a parish church within the Diocese of Chelmsford. My family and I look forward to moving to Corringham in July 2024. There are three of us; me, my husband Simon, and our daughter Florence. We are really looking forward to getting to know you and teaching us all about the local area.

Prior to ordination training, I enjoyed working for Open Doors as a Church Relations Manager for London and before that as a Grants Officer for the Clergy Support Trust. Moreover, in my free time, I enjoy going to the cinema, and the arts.

I love catching up in coffee shops, so please tell me if you would like to get to know one another better whilst chatting over cake and a delicious drink.

*Lauren*

**Our time spent together in fellowship will focus on  
Commandments and Journeying Well Together.**

## *Change in the pattern of Family worship for 2024*

*Dear All*

**P**LEASE note, we are changing the pattern of family worship for 2024.

On the following 4 Sundays there is a change to the worship times at St Mary's and St Michael's, we would ask that you make a note in your diaries and calendars for 2024. There will be an advert in the Parish Magazine, The Link, and reminders on the Pew sheet.

*With best wishes Rev Wendy & Fr David*

10th March **Mothering Sunday**

8 am St John's

9.30 St Marys

11am Family Worship - St Michael's

19th May **Pentecost Sunday**

8am St John's

9.30 St Mary's

11 am Family Worship St Michael's

Sunday **29th September Patronal Festival St Michael's**

8am St John'

9.30 St Mary's

11.30 Family Worship followed by lunch Gardner Hall

Sunday **1st December Advent Sunday**

8am St John's

9.30 St St Mary's

11 am Family Worship St Michael's



## *Looking for the Resurrection*

**I**N THE NICENE CREED we say 'We look for the resurrection of the dead, and the life of the world to come.' In the gospel accounts of the resurrection there is a lot of looking and seeing. Mary Magdalene, Mary the mother of James and Salome went early to the tomb. They saw the stone rolled aside and inside the tomb a young man dressed in white said to them: 'Don't be alarmed. You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. (Mark 16: 6).

Like the women we would probably have been left *'trembling and bewildered'* by what we saw that morning. Had the body been taken? Was the young man an angel or deceiver? Was Jesus raised to life again, or was this an elaborate hoax?

Easter gives us a choice. We can approach life looking for disappointment, fear and despair. Or we look for resurrection and find not just an empty tomb, but encounter the living Christ. He continues to meet us in our daily lives bringing new hope, forgiveness of sin, healing and wholeness and the assurance of his presence through the darkest of times.

God invites us to see our lives differently and look for Christ's resurrection life, at work in our lives and in the people around us.

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## *Living in Love and Faith*

Dear All

**T**HE discussions the Church of England has been having over the past few years concerning Living in Love and Faith has now led to the Church of England allowing the Blessing of same sex couples in church during a regular service such as a Eucharist or Evening Prayer Service. Our PCC's agreed at their meeting on 8th February for those prayers to be used as and when we receive a request for such a service. If you want to know when these prayers will be used please consult Fr David or Reverend Wendy.

*Fr David Rollins*

## *Mother's Union Dates*

Stanford le Hope, Corringham and Fobbing  
Meet in the Church Hall 2024

Wednesday 6th, 13th, 20th & 27th March

Lent Course 2pm in the Church Hall  
Metamorphous Bite Size

Monday 4th March Quarterly Prayers 2pm at 149 Abbots Drive

Saturday 20th April Coffee Morning 11am to 2pm in St. Margaret's  
Church Hall

Bacon rolls on offer plus cakes, crafts, books etc  
Also tea and coffee. Everybody Welcome!

For further details on any events, please contact  
Sue Lester on 01375 676809

**Mothers' UNION**  
Christian care for families



## *Forthcoming Extra Services*

### March

|             |                                              |                                                                     |
|-------------|----------------------------------------------|---------------------------------------------------------------------|
| Friday 1st  | World Day of Prayer<br>Stations of the Cross | 1.45pm at Baptist Church<br>7pm at St. Mary's                       |
| Sunday 3rd  | Lent Course                                  | 12.30 to 2.30<br>With soup lunch                                    |
| Sunday 10th | Mothering Sunday                             | 9.30 Mass at St. Mary's<br>11.00 Family Worship<br>At St. Michael's |
| Friday 15th | Lent Quiet Day                               | St. Saviours Hackney                                                |
| Sunday 17th | Lent Course                                  | 12.30 to 2.30<br>With soup lunch                                    |
| Friday 22nd | Stations of the Cross                        | 7pm at St. Mary's                                                   |

### Holy Week

|                |                                                                          |                                                                   |
|----------------|--------------------------------------------------------------------------|-------------------------------------------------------------------|
| Sunday 24th    | PALM SUNDAY<br>(Meet at Gardner Hall 9am)<br>(Meet at the Rectory 10.30) | 8am at St. John's<br>9.15 at St. Michael's<br>10.45 at St. Mary's |
| Monday 25th    |                                                                          | 7pm Mass at St. Mary's                                            |
| Tuesday 26th   |                                                                          | 7pm Mass at St. Michael's                                         |
| Wednesday 27th |                                                                          | 10am Mass at St. Mary's                                           |

## *Holy Triduum*

|               |                 |                                                                                                                                                                              |
|---------------|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Thursday 28th | Maundy Thursday | 7pm Liturgy of The Last Supper<br>Watch until 9.30pm                                                                                                                         |
| Friday 29th   | Good Friday     | 9am Stations of the Cross at<br>St. John's<br>11am Children's Activity at St. John's<br>2pm Good Friday Liturgy at<br>St. Michael's<br>7pm Tenebrae Service at<br>St. John's |
| Saturday 30th | Easter Vigil    | 7pm at St. Mary's                                                                                                                                                            |
| Sunday 31st   | Easter Day      | 8am Mass at St. John's<br>9.15 Mass at St. Michael's<br>10.45 Mass at St. Mary's                                                                                             |



**April**

**Monday 8th    Annunciation    7pm Mass at St. Mary's**

**Tuesday 23rd    St. George    7pm Mass at St. Mary's**

**Sunday 28th    Fobbing APCCM    following the 9.15 Mass**

**May**

**Thursday 9th    Ascension    7pm Mass at St. Mary's  
Archdeacon of Southend Presiding**

**Sunday 12th    Archdeacon covering 9.15 and 10.45**

**Sunday 19th    Pentecost    8am    St. John's  
9.30    St. Mary's  
11am    St. Michael's**

**Sunday 26th    Corringham APCM following 10.45 Mass**

**Friday 31st    Visitation BVM    12noon Mass at St. Mary's**

**June**

**Monday 24th    Birth of John the Baptist  
12noon Mass at St. Mary's**

**Saturday 29th    Sts Peter & Paul    12noon Mass at St. Mary's**

**July**

**Saturday 20th    Welcome BBQ for Lauren    Rectory**

**Monday 22nd    St. Mary Magdalene    12noon Mass at St. Mary's.**

**Thursday 25th    St, James    10am Mass at St. Michael's**



## *Why we should be like donkeys*

**A**RE you a pet-lover? Many people own a dog, a cat or a budgie, but most of us don't own a donkey! Yet in Bible times, donkeys were essential to daily life. They did everything from helping to grind corn, to ploughing, to carrying people, to transporting their belongings. Despite their small frame, donkeys are surprisingly tough. They can survive on poor fodder, can travel an average of 20 miles a day.



There are two occasions in the Christian calendar where donkeys walk into the picture. At Christmas, Mary travelled the 100 miles from Nazareth to Bethlehem on a donkey. And although a donkey doesn't get a specific mention in the manger story, that same one that transported her was probably there; where else would it have been?

On Palm Sunday Jesus entered Jerusalem riding on a donkey. Jesus deliberately chose this animal rather than a horse. Why? In Bible times, the horse was associated with war, conquest and worldly might. But the donkey was a symbol of peace and humility. So, Jesus used this animal to show that He had come with the dignity of the king of peace. His entry into the Holy City also fulfilled Zechariah's prophecy concerning the Messiah.

Donkeys are hardworking and undemanding. They wait for their master to put them to the work He has chosen for them. And, remarkably, each one bears the mark of the Cross on their backs!

Perhaps that is something we should learn—to wait for Jesus our Master, to be always obedient to Him, to serve Him with all our hearts, and to bear the mark of His grace in our lives.

*Lester Amann*



*David Pickup, a solicitor, considers the wisdom of going to court.*

## *Court room drama*

***'And if anyone wants to sue you and take your shirt, hand over your coat as well... If anyone forces you to go one mile, go with them two miles... love your enemies and pray for those who persecute you...'* (from Matthew 5)**

I LOVE A GOOD COURTROOM DRAMA. Some of us will remember the television series *Crown Court* and of course *Rumpole of the Bailey*. A good few legal careers were launched through these series. However, these verses are not going to end up in a dramatic trial. Jesus advises us to settle out of court and make peace.

Any good lawyer spends a lot of their time trying to do just that, to keep clients out of court. It is much better to save costs and have a settlement that both parties are comfortable with, if not overjoyed at the result.

Sometimes people who are caught up in disputes feel the person wants the 'shirt off their back'. Jesus is not saying that we do not have rights, but do not always resist trivial claims. It is so easy to get involved in disputes, but often so difficult to get out again.

These verses are part of the Sermon on the Mount. What strikes me is our Lord must have had real experience of the day-to-day things mentioned there, the family breakdowns, over-bearing soldiers, arrogant employers, the broken hearted, the broken lives. He speaks from knowledge and invites us to show love even for people who are not themselves loveable. And that might include lawyers!



## **Lent Course**

This year our Lent Course is being arranged for four Sundays  
in Gardner Hall from 12.30—2.30

### **Starting with a Soup Lunch**

Our time spent together in fellowship will focus on  
Commandments and Journeying Well Together.

### **Sunday 3rd and 17th March**



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### *What do you think of the weather forecasts?*

IT seems there is some turbulence between the Met Office and the Royal Meteorological Society.

The Royal Meteorological Society has objected to the recent “deluge” of cautionary statements that the Met Office put out concerning the recent storms. It says that “probably not a day went by” during one week of bad weather, “without a weather warning.” It fears that too many warnings will risk making people “complacent”.

The Met Office, backed by a Cabinet Officer minister, Alex Burghart, disagreed. Responding to an urgent question in the House of Commons, he said:

“The forecasting capabilities of our experts in the Met Office and the accuracy and speed at which they can warn and inform the public of incoming severe weather events does, with no doubt, save lives and protect our homes and businesses.”

What do you think? Is the Met Office playing Nanny, or getting it right?

## *Rules of living well after 60*

THE KING is 75. Last year he did 516 engagements, and he had no intention of slowing down. Instead, he was keen to be ‘back up and running’ as soon as possible, if he could have been, after his recent operation. Is he right?

“Absolutely you shouldn’t slow down,” says Sir Muir Gray, 80, former chief knowledge officer for the NHS. “Ageing exists as a normal biological process but until the age of 90, it has little effect on your ability to look after yourself, engage with others or get about independently. In fact, paradoxically, as we get older, we need to become more active – physically and mentally. Ageing doesn’t make you feel old – disease and loss of fitness will.”

A study from the Yale School of Public Health found that people who had positive ideas about their own ageing (“I have as much pep as last year”) lived for an average of 22.6 years after they first participated in the study, while the people who felt less positively about ageing, lived for just 15 years more on average.

Of course, getting older does involve some loss of energy. But slowing down a bit is never something to be ashamed of, and getting enough rest is the very cornerstone of leading a good life.

Exercise is also crucial as we get older. Focus on the four Ss: stamina, strength, skill (balance) and suppleness. Maintain your stamina by brisk walking every day for 30 minutes.

When you are ill, get up again as soon as you reasonably can. Otherwise, you are at risk of ‘deconditioning syndrome’, a physiological decline where muscle strength can decrease dramatically if you are over 70.

Thoughtfully review of your personal life-balance. Try to find the ‘sweet spot’ between activity and rest. Gray advises: “If you’re only doing activities, you are inevitably going to burn out. But if you only rest, you will become sedentary and you’re more likely to fall ill, feel disconnected and lonely.”

Finally, don’t run on a hamster wheel of someone else’s making. This Lent, before God, rethink your real purpose and calling in life. And live it!

## *Why saying hello is important*

WHAT lessons can Christians learn from a London rail worker who was recently honoured by King Charles, for talking 29 people out of taking their own lives?

Maybe something about the power of conversation and being willing to ‘stop for a chat.’

Rizwan Javed helped to save each life over a period of eight years, by being alert and approaching vulnerable individuals in difficult situations. He was awarded an MBE in the New Year Honours earlier this year.

Rizwan was alert, and willing to engage people in conversation.

Anglican priest Jemima Prasadam’s style of talking with people has been described as ‘bus stop theology.’ She put it into action on the half-mile walk from her home to the church in Lozells, an inner-city area of West Birmingham, with high unemployment and poverty.

Her engaging approach is featured in *Stick with Love*, a recent book by Arun Arora, Bishop of Kirkstall in northern England.

She explained: “I don’t go out looking to talk to people, but I am ready to do it. I don’t pass anybody without saying ‘Hello’ and when I leave, I always say ‘God bless you.’ Meetings happen on a daily basis, but often only last as long as it takes for the bus to arrive.

“People often say they are not religious, but I say we are all spiritual beings, and they agree. So, I simply tell them that weak and simple people like me call that God.”

Sadly, we are living in a society where conversations are being closed down. People who might have chatted on the bus or train, are now deeply involved with their mobile phones.

Supermarkets are phasing out staffed checkout points, so that elderly people and others who live alone are deprived of those conversations that can make a difference to their day.

Jesus asked questions as a vital component of His earthly ministry. His deep conversation with the Samaritan woman at the well in John 4 begins with Him asking for a drink.

Maybe we, as Christians and churches, need to be looking out for more chances to start conversations, to give people the opportunity to open up about their lives. In our busy, rushing-around world, there are many people out there who are just longing for a chat...

*By the Revd Peter Crumpler, a Church of England priest in St Albans, Herts, and a former communications director for the C of E.*

**Save the date(s)**  
**Fundraising Fun during 2024**  
**in aid of Building Better Futures International (BBFI)**

**W**E HAVE A FEW EVENTS PLANNED to get together and contribute towards our United Benefice's commitment to the BBFI self-help tailoring project in Tamil Nadu. You'll notice that they all centre around food! Do please put these dates in your diary and come along to help support our commitment to this very worthy cause.

**Thursday 11<sup>th</sup> April – Coffee morning** at 10.45a.m. – immediately after the Thursday morning service (which starts at 10.00a.m.) at St Michael's Church (to which you would also be very welcome)

**Wednesday 1<sup>st</sup> May** – back by popular demand – **Evening Meal** at Zaal's Indian restaurant on Lampits Hill – 6.45 for a 7p.m. start. £16.95 per person – papadom, starter, main, side rice or naan (lamb chops, duck, tandoori mixed grill or any seafood £3.00 extra) plus drinks. A donation towards BBFI would be very welcome. Bookings will be taken soon and please note a £10 deposit per person is required – rest payable on 1<sup>st</sup> May.

**Saturday 10<sup>th</sup> August** – 5p.m. to 7.30p.m. **Curry evening** in Gardner Hall (a non-curry alternative will be available).

**Saturday 28<sup>th</sup> September** – **Afternoon Tea** – 3.30p.m. to 5.30 in Gardner Hall.

Further details will be made available soon but please save the date(s) now so that you can come along and join us.

Thank you.

with best wishes,

*Patricia Draycott*

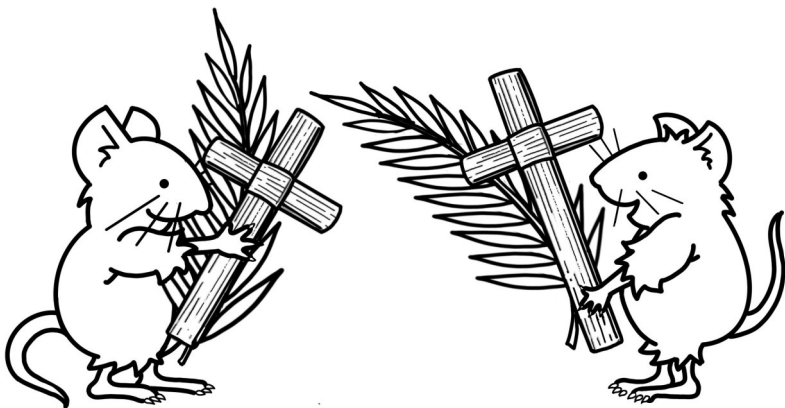


## *Christmas Quiz Results 2023*

|    |                                                        |                                 |
|----|--------------------------------------------------------|---------------------------------|
| 1  | Accompanies Mistletoe                                  | Wine                            |
| 2  | Partial to Humbugs                                     | Scrooge                         |
| 3  | Nip toastie to make red adornment                      | Poinsetter                      |
| 4  | Who tops the trees                                     | Fairy or Angel                  |
| 5  | Rush and Firth starred                                 | Kings Speech                    |
| 6  | Lean or tilt                                           | List or Bow                     |
| 7  | Reorganisation of Army required for central figure     | Mary                            |
| 8  | The brightest of the Caribou                           | Rudolph                         |
| 9  | Tabloid after Musical performance                      | Wrapping Paper                  |
| 10 | Sea Bulb combined                                      | Bauble                          |
| 11 | Deep and crisp and even on the feast of Stephen        | Snow                            |
| 12 | No vowels in this gift                                 | Myrrh                           |
| 13 | Result of Bee attack contains University and very loud | Stuffing                        |
| 14 | Nelson's gift from Norway                              | Christmas tree Trafalgar Square |
| 15 | Found in idyllic and leafy surroundings                | Candle                          |
| 16 | Overtake territory                                     | Lapland                         |
| 17 | Early rocking Buddy                                    | Holly                           |
| 18 | Only time for Pugilist's                               | Boxing Day                      |
| 19 | Harald, Willem Alexander and Charles                   | Three Kings                     |
| 20 | Turn the camera to speechless acting                   | Pantomime                       |
| 21 | Safe bet after swindle                                 | Concert                         |
| 22 | Sounds like much loved after a shower                  | Reindeer                        |
| 23 | Three strikes in a row                                 | Turkey                          |
| 24 | Symbolically a winless August                          | Gold                            |
| 25 | Dundee et alia                                         | Cakes                           |
| 26 | Quietly removed from unfortunate situations            | Lights                          |
| 27 | Type of stone found in Herts and Beds                  | Pudding                         |
| 28 | Will they be eating Pie this Christmas                 | Shepherds                       |
| 29 | Reason for the season                                  | Jesus / Christ / Goodwill       |
| 30 | The Sun stands still                                   | Winter Solstice                 |
| 31 | Fog and digit surround the French                      | Mistletoe                       |
| 32 | Michael and a host of others                           | Angels                          |
| 33 | Reversed in the best figures                           | Gifts                           |
| 34 | Thatcher, Smillie and Vorderman                        | Carols                          |
| 35 | German but swop syllables                              | Manger                          |
| 36 | Sudden realisation                                     | Epiphany                        |
| 37 | Counts down to arrival time                            | Advent Calendar                 |
| 38 | Communality of 1964, 1968, 1970, 1976, 1996 & 1999     | White Christmas                 |
| 39 | Sounds like a more distant Festive occasion            | Father Christmas                |



- |    |                                         |                    |
|----|-----------------------------------------|--------------------|
| 40 | Those in Mary's garden are silver       | Bells              |
| 41 | Speeches follow half of presenting duo  | Decorations        |
| 42 | Oriental sash in the navy               | Robin              |
| 43 | Hogging swaddling clothes?              | Pigs in blankets   |
| 44 | Hollywood lacking community             | Tinsel             |
| 45 | Cunning hand movement curtailed         | Sleigh             |
| 46 | Pull up hang up fill up                 | Stockings          |
| 47 | Oratorio often performed at Christmas   | Handel/The Messiah |
| 48 | Alian on spot                           | Market             |
| 49 | Can precede work, jacket or ride        | Donkey             |
| 50 | Shoots EU HQ                            | Brussel sprouts    |
| 51 | Eaten or crazy                          | Crackers or nuts   |
| 52 | Top level batsman holds this in reverse | Stable             |
| 53 | Chop up old Indian shrapnel             | Mince pie          |
| 54 | It sounds as if you will register       | Yule log           |
| 55 | Hit musical without clothing            | Joseph             |
| 56 | Anger after Sinatra                     | Frankincense       |
| 57 | Jokers                                  | Cards              |
| 58 | Quietly seethes                         | Presents           |
| 59 | Tchaikovsky's extracting the kernel     | Nutcracker         |
| 60 | XXV XII MMXXIII                         | Day/Christmas Day  |



## *The Bishop of Chelmsford's Lent Appeal*

PLEASE see the leaflet which publicises the Appeal

As we are encouraged to fast, pray and give as part of our Lenten observance, can i encourage us to support this Appeal.

If you have given up chocolate or something similar this Lent, maybe the money saved could be redistributed towards the Appeal.

*Fr David*



THE BISHOP OF CHELMSFORD'S

# LENT APPEAL 2024

Supporting the Diocese of Jerusalem's  
Healthcare Ministry



The Church of England  
in Essex and East London  
Diocese of Chelmsford

“The funds raised through the 2024 Bishop’s Lent Appeal will help the Diocese of Jerusalem continue to offer essential health care to those in need, regardless of race, religion, or ability to pay. I am pleased that we are able to contribute to this important ministry at a time when it is needed more than ever”.

The Rt Revd Dr Guli Francis-Dehqani,  
The Bishop of Chelmsford



The Episcopal Diocese of Jerusalem is home to about 7,000 Anglicans worshipping in 28 congregations across five different countries or territories: Jordan, Palestine, Lebanon, Syria and Israel.

Inspired by the parable of the Good Samaritan, the ministry of healthcare is an important and growing ministry in the Diocese of Jerusalem, one offered to those in need regardless of race, religion, or ability to pay.

The diocese’s healthcare institutions range from homes for the elderly, to therapeutic residential facilities for special needs students, to clinics, rehabilitation centres and hospitals.

The need for support for the Diocese of Jerusalem’s healthcare ministry is particularly pressing at this time of war in the Holy Land.

To find out more about the Diocese of Jerusalem’s healthcare ministry, access resources or to donate scan the QR code or visit

[www.chelmsford.anglican.org/lent-appeal](http://www.chelmsford.anglican.org/lent-appeal)

## Support the appeal

### Help us spread the word

Resources to help you share details of the 2024 Bishop’s Appeal are available on the Diocese of Chelmsford website.

### Making a donation

We welcome donations from individuals and churches as well as other groups and organisations.

Donations can be made online or by bank transfer. If you would like to make a donation to The Bishop of Chelmsford’s Lent Appeal by bank transfer, please use the following details:

Chelmsford Diocese Board of Finance  
Barclays Bank - Account Number: 60269603  
Sort Code: 20-20-35  
Reference: Lent Appeal 24

Donations will be accepted until 1 July 2024.



The Chelmsford Diocesan Board of Finance is a registered charity, No 249505. A company limited by guarantee – Registered in England No 137029.

X f Instagram @chelmsdio

## *Mr Bates vs The Post Office: not the only one*

*“We’re here because the Post Office told every single one of us sat here today, told us over and over, ‘You’re the only one.’ And that was wrong. That was a lie, actually. Because... well, look at us. Here we all are. And from this moment forwards, none of us will be the only one ever again.”*

**B**Y NOW, most of us know what the Post Office did all those years ago. It’s hard to believe that hundreds of innocent sub-postmasters were repeatedly lied to and prosecuted in what has been called ‘the biggest miscarriage of justice in British legal history’.

Yet when Horizon, the computer system rolled out to each post office, incorrectly showed huge account shortfalls, these were blamed on sub-postmasters. They were told that nobody else had any issues, that they were the only one.

Except that they weren’t – *and the Post Office knew this.*

But still the Post Office went ahead and prosecuted these sub-postmasters. Some went bankrupt, some went to prison, some committed suicide.

The anger and outcry against the Post Office is welcome. The cry for justice is right. We all want to live in a society where justice is done.

As Jules Gadsby of the London Institute for Contemporary Christianity says: “As Christians, this should be close to our hearts. The Lord is a God of justice. Righteousness and justice are the foundation of his throne (Psalm 89:14).

“And Christ stands by those who suffer. He doesn’t look on from a distance, but as one who, at the cross, has experienced it Himself.

“It’s through His people, reflecting His character and His priorities, that He reveals this.

“We may never have to battle like Alan Bates and the sub-postmasters. But each of us will, in some way, be called to be a mouthpiece for truth and justice in our workplaces, homes, or community.

“In doing so, we show what God is like. And we show those facing unfairness and injustice that they’re not alone. We are there with them. God is there with them.”

*This is adapted from an article by Jules Gadsby, Church Engagement Specialist at London Institute for Contemporary Christianity (LICC).*

## *This Mothering Sunday, could you give the Gift of Dignity?*

**T**HE MOTHERS' UNION has launched '**Make A Mother's Day**', its annual Mothering Sunday fundraising campaign. It hopes to raise funds to support the MU's global community projects, which "transform lives every day."

**The MU says:** "We know how important mothers, caregivers and grandmothers are, and how much they do to help their children, families and communities thrive, often unnoticed and without thanks."

And so, for Mothering Sunday (10th March) the MU is asking people to buy a 'Gift of Dignity', to help empower women in developing countries to transform their lives, and to reach their full potential.

"When buying these life-changing gifts, you will receive a card that explains your gift along with a Mothering Sunday greetings card, which you can give to a loved one. You are also able to give a gift in memory of someone special."

The Mothers' Union also says: "We look forward to hearing about the events, coffee mornings and church collections you hold to fundraise for our **Make A Mother's Day 2024** campaign." You can tag any posts using #MAMD24 or #MU

*The Mothers' Union has been running the 'Make A Mother's Day' campaign since 2006, to celebrate all mothers and caregivers - how they nurture, love and help us to flourish.*

<https://mueshop.org/collections/make-a-mothers-day-2024>



## Happy Birthday Barbie!

IT WAS 65 YEARS AGO, on 9<sup>th</sup> March 1959 that the Barbie doll was first launched at the International Toy Fair in New York City. So, 9<sup>th</sup> March is Barbie's official birthday.

Here are some things you may not know about the doll:

Barbie is arguably the world's most popular doll. In fact, more than 100 are sold every minute.

Barbie is 11-inches (29cm) tall and made of plastic. She has dubious origins, for she was modelled on a curvaceous doll in Germany called Lilli, who had originated as a highly risqué cartoon character in the West German newspaper *Bild Zeitung*.

Barbie was designed by Jack Ryan, an engineer who worked on guided missile systems used by the US military. He developed her iconic twisting waist and bendable knee joints that clicked.

In 1959 Barbie was 'born' in Southern California, the brainchild of Ruth Handler, who had co-founded the Mattel toy company with her husband in 1945. She wanted an adult doll that would inspire girls in the same way action figures of firefighters and soldiers encourage boys.

In 1961 Mattel launched Barbie's boyfriend, Ken. (The Handler's children were named Barbara and Ken.) In 1980, Barbie was given an African American incarnation and a Latino incarnation.

The original Barbie had impossible body proportions. If she had been human, she would have been 5 feet 9 inches tall and weigh 110 pounds. Her bust, waist, and hip measurements would be 36, 18, and 38 inches respectively. Her neck wouldn't be able to support her head, and her tiny ankles and feet would make walking impossible.

Barbie's first 'job' was as a fashion model. Since then, the doll has had more than 250 careers. These include being a surgeon, serving in the military, and even being an astronaut.

Barbie has been positioned as the 'ultimate American girl', but she has never been manufactured in the United States, to avoid higher labour costs. More than a billion Barbie dolls have been sold since 1959.

To celebrate, the Design Museum in London is holding an exhibition this summer, to tell the story of "one of the most recognisable brands on the planet."



## The story of Aspirin

**Y**OU will probably have taken aspirin, in one form or other, many times. But how much do you know of its history?

It was 125 years ago this month, on 6<sup>th</sup> March 1899 that the German pharmaceutical company Bayer first patented aspirin (acetylsalicylic acid).

But this is based on salicylic acid, which was used in herbal medicines as far back as Sumerian times, in 2500 BC. It was then that the Assyrians used willow leaves for rheumatic disease. The Egyptians also used willow leaves, as well as myrtle, to ease joint pain or inflammation.

In Greece, Hippocrates (460-377 BC) recommended an extract of willow bark for fever, pain and childbirth. And even the peoples of ancient China, Rome, and Native America all discovered and used plants containing salicylic acid.

Fast forward to Chaucer's 14<sup>th</sup> century, and the Knight's Tale recommends the use of meadow sweet for pain, another source of acetylsalicylic acid.

In 1763, some science was introduced, when an English clergyman, the Revd Edward Stone, used willow bark to successfully treat fever 'ague' in 50 of his parishioners. He carefully documented it all for the President of the Royal Society.

In 1828, Johann Andreas Buchner, a Professor of Pharmacology at the University of Munich, purified salicin from willow bark.

In 1859, Professor Hermann Kolbe, at Marburg University worked out the chemical structure of salicylic acid and made it synthetically.

In 1897, Dr Felix Hoffman, a German chemist at Friedrich Bayer and Co, managed to produce pure stable acetylsalicylic acid (ASA). His discovery was the *first time* that a drug had been made synthetically, and so it was the birth of both aspirin and the pharmaceutical industry.

Finally, in early 1899 the new compound was named and registered Aspirin. The 'A' comes from acetyl and 'spir' from the first part of *Spirea ulmaria* (Meadowsweet) a botanical source of salicylic acid.

So next time you take an aspirin, think of the Assyrians chewing willow leaves, 4,000 years ago.

## Crufts Dog Show, 7<sup>th</sup> - 10<sup>th</sup> March

C RUFFTS has well been called the greatest dog show in the world.

Everything about Crufts is big: last year more than 155,000 visitors flocked to the National Exhibition Centre (NEC) at Birmingham for a show that lasted four days, to see more than 24,000 dogs compete. In addition, there were numerous displays of agility, obedience, and simply fun games.



Crufts was established in 1891, and named after its founder, Charles Cruft. In 1876 a young Charles had left college with no wish to join his family's jewellery business. Instead, he became a travelling salesman for Spratts, a dog food company. This brought him into contact with large country estates and many sporting kennels.

When his next job with Spratts took Charles Cruft to Europe, he became friendly with some French dog breeders. In 1878 they invited him to organise the promotion of the canine section of the Paris Exhibition. Though Cruft was still just two years out of college, his entrepreneurial talents were already evident.

Back in England, in 1886, he took up the management of the Allied Terrier Club Show at the Royal Aquarium, Westminster. And then, in 1891 the first Cruft's show was booked into the Royal Agricultural Hall in Islington. It has evolved and grown ever since.

Last year more than 200 breeds of dog were shown at Crufts. More than 83 per cent of the people who visit Crufts are dog owners themselves.





## *Easter Prayer 2024*

Almighty, God,

You hold all things in Your hands. You make sense of everything!

So often we only see where we are now, what we feel now, in this moment - but You know the end from the beginning.

In all our troubles, our assurance is in Your sovereignty, in Your mighty act of salvation.

Thank you that, just as after winter comes spring and after night comes morning, so, most gloriously, after death on Good Friday, comes resurrection on Easter Day!

***Christ is Risen*** - and we can know, by the indwelling of his Holy Spirit, that ***He is risen indeed!***

We can know, in our real and every-day lives, where our help comes from.

Hallelujah! Thank you, living Lord,

In Jesus name.

Amen.

*By Daphne Kitching*



## *The Crossroad*

The road was hard, no turning back,  
The way ordained by mighty God.  
'Your will, not mine' was all He said,  
As humbly down that path He trod.

The crowd that cheered Him once with palms  
Began to shout for Him to die,  
They chose Barabbas in his stead  
And with one voice cried 'Crucify!'

Between two thieves on Calvary's hill  
They put to death the Prince of Life  
One cried for help, the other cursed.  
The first was promised Paradise.

This promise now is for us all:  
Christ gave His life to set us free.  
The Cross divides, it always will -  
The question is: what side are we?

*By Megan Carter*



## The Gardener

Spring's a time for planting in the warming earth  
Seeds and saplings growing at this time of birth.  
Carefully we tend them, pulling out each weed  
Watering and weeding every plant and seed.

Yet we are just helpers – nothing done alone  
For without our Father, nothing will be grown;  
He's the Creator, He alone can bring  
Growth into our gardens each succeeding spring.

Let us praise our Maker who makes life appear,  
Praise Him in the springtime, and throughout the year;  
Praise Him for all nature – ev'ry tree and flower  
Gaze upon the garden, praise Him every hour!

God the gracious gardener cares for more than plants  
As to us, His children every breath He grants.  
He that for salvation gave His only Son,  
Do not fail to praise Him for all that He's done.

*By Nigel Beeton*



## 'Glorious the song when God's the theme': Hildegard of Bingen

WE ENTER THE MIDDLE AGES. But it is the Middle Ages through the eyes of a record producer in the last century.

In 1980 Ted Perry decided to found a new independent record company, Hyperion. If that was not financial risk enough, in the following year Hyperion issued a CD of a composer virtually unknown in the 1980s – Hildegard of Bingen. The risk paid off, and Gothic Voices' recording of the music of this remarkable medieval nun became a best seller. The CD sold in its thousands and received awards from the gramophone industry.



'A feather on the breath of God', the title of the CD, is how Hildegard described herself. 'Listen, there was a king sitting on his throne. Around him stood great and wonderfully beautiful columns ornamented with ivory, bearing the banners of the king with great honour. Then it pleased the king to raise a small feather from the ground and he commanded it to fly. The feather flew, not because of anything in itself, but because the air bore it along. Thus am I a feather on the breath of God.'

Hildegard was born in 1098, the tenth child of noble parents who lived in western Germany. Aged only eight, she was given into the care of Jutta, abbess of a monastery in the Rhineland, near Bingen. There she lived the life of an enclosed nun, her only contact with the world outside via a grille through which food was passed.

After 30 years, Hildegard left that cell and was assigned a scribe, who wrote down her visions and meditations in two volumes. She founded two monasteries, wrote books on medicine and natural healing and the first morality play, and composed a great range of songs. She corresponded with the great and the good, and as the 'Sybil of the Rhine,' her advice was sought by popes and emperors, by kings and bishops. A truly creative life of prayer and service until her death in 1179.

The starting point for her own compositions was the plainsong of that time. Modern techniques of singing and performing often make plainsong slow and heavy. The secret to bringing plainchant alive is to sing it with relaxed attention. In many ways that is the secret of the life of prayer: that paradox of resting in the Lord while being alert to the promptings of his spirit. Hildegard realised that secret as she brought to her music, as she did to everything, an intensity of emotion and faith, developing the medieval plainchant into melodies that flowed off the page and soared into the skies.

It is all there in the chant 'O ignis spiritus' on the CD – an ecstatic song, praising the life of God's Spirit as breath and spark of flame, as a power within and armour without. As Hildegard contemplates this gift, her music moves and grows, reaching upwards to God's throne of glory in praise and adoration and outwards to those who listen.

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## *Noah had problems, too*

When Noah sailed the waters blue,  
he had his troubles same as you.  
For 40 days he drove the Ark  
before he found a place to park.

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## *St Patrick's Day groaners*

Why do people wear shamrocks on St. Patrick's Day?  
Regular rocks are too heavy.

Why can't you borrow money from a leprechaun?  
Because they're always a little short.

How can you tell if an Irishman is having a good time?  
He's Dublin over with laughter!

What would you get if you crossed Christmas with St. Patrick's Day?  
St O'Claus!

## *Mothering Sunday, 4<sup>th</sup> Sunday in Lent*

*There is an old Jewish saying: God could not be everywhere, and therefore He made mothers.*

MOTHER CHURCH, Mother Earth, Mother of the Gods - our human mothers - all of them have been part of the celebration of 'Mothering Sunday' - as the fourth Sunday in Lent is affectionately known. It has been celebrated in the UK since at least the 16<sup>th</sup> century.

In Roman times, great festivals were held every Spring to honour Cybele, Mother of all the Gods. Other pagan festivals in honour of Mother Earth were also celebrated. With the arrival of Christianity, the festival became one honouring Mother Church.

During the Middle Ages, young people apprenticed to craftsmen or working as 'live-in' servants were allowed only one holiday a year on which to visit their families, which is how 'Mothering Sunday' got its name. This special day became a day of family rejoicing, and the Lenten fast was broken. In some places the day was called Simnel Day, because of the sweet cakes called simnel cakes traditionally eaten on that day.

In recent years the holiday has changed, and in many ways now resembles the American Mother's Day, with families going out to Sunday lunch and generally making a fuss of their mother on the day.

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## *Good Friday, Jesus and the thieves on the Cross*

LUKE'S account of the crucifixion (Luke 23:32-43) emphasises the mocking of the crowd, *'if you are the king of the Jews, save yourself'* (35,37,39). In their view a Messiah does not hang on a cross and suffer. In considering the two men who were crucified with Jesus, we are also confronted with the issue of how Jesus secures salvation for us.

The words of one of those crucified with Jesus reflected the crowd's taunts: *'Aren't you the Christ? Save yourself and us.'* He highlights the question of Jesus' identity: how can He save others, when He cannot save Himself from death? He failed to see that the cross itself was the means of salvation.

So - what kind of Messiah was Jesus?

The other criminal's response in his last moments is a moving expression of faith. When challenging the other man, he spoke of the utter injustice of the crucifixion: *'this man has done nothing wrong.'* He perceived the truth that Jesus was indeed the Messiah. In a wonderful picture of grace, *'remember me when You come into Your kingdom'*, the second thief confessed his guilt and secured Jesus' forgiveness and mercy.

In reply, Jesus promised the man life from the moment of death; *'Today you will be with Me in paradise.'* Jesus used the picture of a *walled garden* to help the man understand His promise of protection and security in God's love and acceptance eternally.

Each one of us has to choose how we react to Jesus on the cross. Do we want Him to 'remember' us when He comes into His kingdom, or not? If you were to die tonight, how confident would you be of going to be with Jesus? *'For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God'* (1 Peter 3:18).



## *Easter Eve or Holy Saturday*

**E**ASTER EVE is the last day of Lent. It is the day between Good Friday and Easter Day, and represents the one full day that Jesus was dead. It is a day of quiet reflection and anticipation for Christians worldwide.

In various church traditions it is known as Easter Eve, Holy Saturday, the Great Sabbath, Hallelujah Saturday, Saturday of the Glory, and Black Saturday.

Easter Eve is sometimes incorrectly called Easter Saturday. But Easter Saturday is the Saturday *following* Easter Sunday.

Most churches do not have any services on Easter Eve. In the Catholic Church, the altar remains stripped completely bare. Many Lutheran, Anglican, Methodist, and other churches observe many of the same customs as the Catholic Church; however, their altars may be covered in black instead of being stripped.

In the Catholic, Lutheran, Anglican, and Methodist traditions, Easter Eve lasts until nightfall, after which the Easter Vigil is celebrated, marking the official start of the Easter season.

What did Jesus do on that one full day in the grave? Christian understanding varies on this.

The Roman Catholic, Eastern Orthodox and most mainline Protestant churches teach that Jesus descended to the realm of the dead on Holy Saturday, to save the righteous souls who died before His crucifixion.

The catechism of the Catholic church calls the descent "the last phase of Jesus' messianic mission," during which He "opened heaven's gates for the just who had gone before Him."

Often called "the Harrowing of Hell," the dramatic image of Jesus breaking down the doors of Hades has proved almost irresistible to artists, from the painter Hieronymus Bosch to the poet Dante to countless Eastern Orthodox iconographers.

But some Protestants say there is little scriptural evidence for the detour to hell, and that even Jesus' own words contradict it. For on Good Friday, Jesus told the Good Thief crucified alongside Him that "today you will be with Me in Paradise," according to Luke's Gospel."

"That's the only clue we have as to what Jesus was doing between death and resurrection," John Piper, a prominent evangelical author and pastor from Minnesota, has said. "I don't think the thief went to hell and that hell is called paradise."

The Bible says little about the interlude between Jesus' death and resurrection. Churches that teach He descended to the realm of the dead usually quote 1 Peter 3:18-20. "Christ was put to death as a human, but made alive by the Spirit," Peter writes. "And it was by the Spirit that He went to preach to the spirits in prison."

The descent might not have become a doctrine if not for a fourth-century bishop named Rufinus, who added that Jesus went *ad inferna* - to hell - in his commentary on the Apostles' Creed. The phrase stuck, but it was officially added to the influential creed only centuries later.

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## Annual World Day of Prayer

Friday 1st March

1.45pm at Corringham Baptist Church





## *EASTER, the most joyful day of the year*

**E**ASTER is the most joyful day of the year for Christians. Christ has died for our sins. We are forgiven. Christ has risen! We are redeemed! We can look forward to an eternity in His joy! Hallelujah!

The Good News of Jesus Christ is a message so simple that you can explain it to someone in a few minutes. It is so profound that for the rest of their lives they will still be 'growing' in their Christian walk with God.

Why does the date move around so much? Because the date of Passover moves around, and according to the biblical account, Easter is tied to the Passover. Passover celebrates the Israelites' exodus from Egypt, and it lasts for seven days, from the middle of the Hebrew month of Nisan, which equates to late March or early April.

Sir Isaac Newton was one of the first to use the Hebrew lunar calendar to come up with firm dates for the first Good Friday: Friday 7<sup>th</sup> April 30 AD or Friday 3<sup>rd</sup> April, 33 AD with Easter Day falling two days later. Modern scholars continue to think these two Fridays to be the most likely.

Most people will tell you that Easter falls on the first Sunday after the first full moon after the Spring Equinox, which is broadly true. But the precise calculations are complicated and involve something called an 'ecclesiastical full moon', which is not the same as the moon in the sky. The earliest possible date for Easter in the West is 22<sup>nd</sup> March, which last fell in 1818. The latest is 25<sup>th</sup> April, which last happened in 1943.

Why the name, 'Easter'? In almost every European language, the festival's name comes from 'Pesach', the Hebrew word for Passover. The Germanic word 'Easter', however, seems to come from *Eostre*, a Saxon fertility goddess mentioned by the Venerable Bede. He thought that the Saxons worshipped her in 'Eostur month,' but may have confused her with the classical dawn goddesses like *Eos* and *Aurora*, whose names mean 'shining in the east'. So, Easter might have meant simply 'beginning month' – a good time for starting up again after a long winter.

Finally, why Easter eggs? On one hand, they are an ancient symbol of birth in most European cultures. On the other hand, hens start laying regularly again each Spring. Since eggs were forbidden during Lent, it's easy to see how decorating and eating them became a practical way to celebrate Easter.



## *Forthcoming Events*

For all bookings and information for Corringham events please contact  
Bev Howells on 07712 401592

Thursday 11th April	Coffee Morning	St. Michael's Church After 10am Service In aid of the India BBFI Project
Saturday 27th April	Spring Fayre	Gardner Hall
Saturday 27th July	Summer Bazaar	Gardner Hall
Saturday 10th August	Curry Evening	Gardner Hall 5.30 for 6pm In aid of the India BBFI Project
Saturday 30th November	Christmas Bazaar	Gardner Hall

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## *Lent Quiet Day*

*St. Saviour's Hackney*

*Friday 15th March*

Please let Fr. David or Rev. Wendy  
know  
if you are interested in attending



A free phone line of hymns,  
reflections and prayers

## Zoomed Services



<b>Sunday 3rd March</b>	<b>9.15am</b>	<b>St. Michael's</b>
Wednesday 6th March	10am	St. Mary's
<b>Sunday 10th March</b>	<b><u>9.30am</u></b>	<b>St. Mary's</b>
Thursday 14th March	10am	St. Michael's
<b>Sunday 17th March</b>	<b>9.15am</b>	<b>St. Michael's</b>
Wednesday 20th March	10am	St. Mary's
<b>Sunday 24th March</b>	<b><u>9.00am</u></b>	<b>St. Michael's</b> (Palm Sunday)
<b>Thursday 28th March</b>	<b><u>7pm</u></b>	<b>St. Mary's</b> (Maundy Thursday)
<b>Friday 29th March</b>	<b><u>2pm</u></b>	<b>St. Michael's</b> (Good Friday)
<b>Sunday 31st March</b>	<b>9.15am</b>	<b>St. Michael's</b>
	<b>10.45am</b>	<b>St. Mary's</b>
Wednesday 3rd April	10am	St. Mary's
<b>Sunday 7th April</b>	<b>10.45am</b>	<b>St. Mary's</b>
Thursday 11th April	10am	St. Michael's
<b>Sunday 14th April</b>	<b>9.15am</b>	<b>St. Michael's</b>
Wednesday 17th April	10am	St. Mary's
<b>Sunday 21st April</b>	<b>10.45am</b>	<b>St. Mary's</b>
Thursday 25th April	10am	St. Michael's
<b>Sunday 28th April</b>	<b>9.15am</b>	<b>St. Michael's</b>
Wednesday 1st May	10am	St. Mary's
<b>Sunday 5th May</b>	<b>10.45am</b>	<b>St. Mary's</b>

## Prayer Intentions : March 2024

1 <sup>st</sup>	St David	The people of Wales
2 <sup>nd</sup>	St Chad	World day of prayer
3 <sup>rd</sup>	<b>3<sup>rd</sup> Sunday of Lent</b>	<b>All leaders of the Christian Faith</b>
4 <sup>th</sup>	Feria	The homeless
5 <sup>th</sup>	Feria	Those seeking asylum
6 <sup>th</sup>	Feria	All involved with the foodbanks
7 <sup>th</sup>	St Perpetua and Felicity	Those being trained for the priesthood.
8 <sup>th</sup>	Feria	For Fr David and our Benefice
9 <sup>th</sup>	Feria	The Shrine of our Lady at Walsingham
10 <sup>th</sup>	<b>Mothering Sunday</b>	<b>All who mother</b>
11 <sup>th</sup>	Commonwealth Day	Our King and his family
12 <sup>th</sup>	Feria	For all who work in education
13 <sup>th</sup>	Feria	For peace and harmony in our world.
14 <sup>th</sup>	Feria	For all who suffer long term illness
15 <sup>th</sup>	Feria	For all in our deanery
16 <sup>th</sup>	Feria	For all in the medical profession
17 <sup>th</sup>	<b>5<sup>th</sup> Sunday of Lent</b>	<b>Deeper Spirituality</b>
18 <sup>th</sup>	St Cyril	Those who provide aid for others
19 <sup>th</sup>	St Joseph	For all who care for others
20 <sup>th</sup>	St Cuthbert	Our Pilgrim Journey.
21 <sup>st</sup>	Thomas Cramner	For unity among Christians
22 <sup>nd</sup>	Feria	All who are mourning at this time
23 <sup>rd</sup>	Feria	A greater readership of the Bible
24 <sup>th</sup>	<b>Palm Sunday</b>	<b>The Way of the Cross</b>
25 <sup>th</sup>	Monday of Holy week	Deliverance
26 <sup>th</sup>	Tuesday of Holy week	Strength in prayer
27 <sup>th</sup>	Wednesday in Holy Week	Witness
28 <sup>th</sup>	<b>Maundy Thursday</b>	<b>Humility</b>
29 <sup>th</sup>	<b>Good Friday</b>	<b>Sacrifice</b>
30 <sup>th</sup>	<b>Easter Eve</b>	<b>Baptism</b>
31 <sup>st</sup>	<b>Easter Day</b>	<b>Resurrection</b>

