

CHURCH SERVICES IN FEBRUARY 2024
in the Benefice of Launditch and Upper Nar

Friday February 2nd

8:00pm Online Compline with Miriam Fife

1st SUNDAY February 4th (Green)

Malachi 3:1-5 | Psalms 24:(1-6)7-end | Hebrews 2:14-end | Luke 2:22-40

Benefice Service 10:00am at Great Dunham

Candlemas with Bishop Jane

6:30pm Evensong Mileham Church Wardens

Friday February 9th

8:00pm Online Compline with Hilary DeLyon

2nd SUNDAY February 11th (Green)

2 Kings 2:1-12 | Psalm 50:1-6 | 2 Corinthians 4:3-6 | Mark 9:2-9

9:00am	Little Dunham	Holy Communion BCP	John Blore
9:00am	Great Fransham	Holy Communion Iona	Julia Houston
10:00am	Beeston	Holy Communion	Andrea Woods
10:15am	Litcham	Matins	Church Wardens
11:15am	Mileham	Holy Communion CW/BCP	Andrea Woods
11:15am	Gressenhall	Morning Worship	Kevin Blogg

Wednesday 14th February

A Service for Ash Wednesday

7:00pm at Beeston

Friday February 16th

8:00pm Online Compline with John Blore

3rd SUNDAY February 18th (Purple)

Genesis 9:8-17 | Psalm 25:1-9 | 1 Peter 3:18-end | Mark 1:9-15

9:00am	East Lexham	Holy Communion BCP	John Blore
9:00 am	Stanfield	Holy Communion Iona	Andrea Woods
10:00am	Beeston	Celtic Morning Prayer	Church Wardens
10:15am	Litcham	Matins	Church Wardens
10:00am	Great Dunham	Morning Worship	Miriam Fife
11:00am	Mileham	Morning prayer	Church Wardens

Friday February 23rd

8:00pm Online Compline with Hilary DeLyon

4th SUNDAY February 25th (Purple)

Genesis 17:1-7 & 15-16 | Psalm 22:23-end | Romans 4:13-end | Mark 8:31-end

9:00am	Little Dunham	Morning Prayer	Church Wardens
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10:00am	Great Dunham	Family Holy Communion	Miriam Fife
10:30am	Tittleshall	Holy Communion Iona	Hilary De Lyon
11:00am	Mileham	Morning Prayer	Church Wardens
11:15am	Gressenhall	Holy Communion Iona	Julia Houston
4:00pm	Litcham	Informal Worship	Worship Leaders

Friday March 1st

8:00pm Online Compline with Miriam Fife

1st SUNDAY March 3rd (Purple)

Exodus 20:1-17 | Psalm 19 | 1 Corinthians 1:18-25 | John 2:13-22

Weasenham St Peter

Benefice Service 10:00am Ministry team

6:30pm Evensong Mileham Church Wardens

*Links for the Online Zoom services will be sent out in the weekly emails.

If you do not get these then please contact Miriam, (details below).

A full list of all the services for the Launditch and Upper Nar group of parishes can be viewed or downloaded from the Litcham website, please visit litcham.wordpress.com and select 'Services' in the Worship dropdown menu.

All enquiries should be directed to the Benefice Administrator:

Alison: lunbenefice@outlook.com or phone 07392 027 767 or

Revd Miriam Fife, Rector: miriam.fife@btinternet.com

ASH WEDNESDAY SERVICE

Wednesday 14th February - 7:00pm Beeston Church

Do join us at this poignant service as we begin the season of Lent with a service to call to mind the forgiveness we receive from God for all our wrongdoing for which we are truly sorry. We enter Lent with cleansed hearts and renewed hope as we look forward to the tears, trials and triumph of Easter.

LENT GROUP

Mondays 11:00am at Great Dunham Church

Come and discover more about Lent and the journey to faith in Jesus:

There five sessions:

Monday, February 19th, 26th and March 4th, 11th and 17th.

Please arrive at 10:30am for coffee or tea and stay afterwards for a simple soup lunch. All Welcome, No charge

Please contact Alison on 07392 027767 or lunbenefice@outlook.com to register attendance and for catering purposes

And...

LENT QUIET DAY

Saturday 23rd March from 2:00 to 5:00pm at St. Mary's Tittleshall

Hosted by Rev'd Hilary de Lyon

YOUR RECTOR Writes...

What's so special about February 14th?

February 14th has become not so much the commemoration of St Valentine, a third century Roman saint, as an opportunity for the hopeful in love to declare their interest, the already in love to demonstrate it by the giving of flowers, gifts and cards filled with meaningful messages (and, therefore, a commercial opportunity too, the supermarket aisles are already turning red, festooned with hearts and streamers), and Love of all kinds, as children make cards for parents and grandparents and people gather for special shared meals.

I'm not sure what St Valentine would make of all of that! St Valentine was a clergyman, either a priest or a bishop, and alongside his association with a tradition of courtly love is also the patron saint of epilepsy and beekeepers. He spent his years ministering to persecuted Christians and was martyred while on a visit to Rome on February 14th in 269AD.

This year February 14th is special for an altogether different reason: it is also Ash Wednesday.

Ash Wednesday is a holy day of prayer and fasting in many Western Christian denominations. It is preceded by Shrove Tuesday and marks the first day of Lent, the six weeks of penitence before Easter. It is traditionally observed with fasting and abstinence from meat in a number of Christian denominations and many Christians attend special Ash Wednesday church services, at which churchgoers receive ash on their foreheads. Ash Wednesday derives its name from the practice, in which the placement of ashes is accompanied by the words, "Remember that you are dust, and to dust you shall return."

The ashes are prepared by burning palm leaves from the previous year's Palm Sunday celebrations. As it is the first day of Lent, many Christians begin Ash Wednesday by making a Lenten sacrifice that they will not partake of until the arrival of Eastertide. This tradition of 'giving something up for Lent' is observed by many people, as is the tradition of eating pancakes on Shrove Tuesday (originally a way of using up all the rich ingredients of eggs, butter and sugar before the start of the Lenten fast).

The merging of Christian and secular traditions happens around most of our major festivals, and I can't speak for anyone else, but I think it wonderful that our traditions are enjoyed in so many ways by church-goers and non-church-goers alike. The fun of the festivities at Valentine's Day (and all the rest) is great. It does feel rather short-lived though... all that build-up, then it's done in a day! In the church however, on February 14th this year we will gather for the Ashing service as we begin our journey through Lent, described as 'journey' as we remember Christ's journey through the wilderness for the forty days which preceded his ministry. We gather throughout this time to explore our faith and support each other in informal sessions. If you would like to know more, are curious about why we do what we do in the church, about the festivals, Ash Wednesday or Lent, then the Lent Group sessions (see above) are for you as much as for those of us who have been doing it for years. We would love to welcome you.

With every blessing, Reverend Miriam

METHODIST SERVICES

Tittleshall 9:30am

February 4th Revd Jacqui Horton (Covenant Service)

11th Fellowship

18th Aileen Fox

25th Fellowship

Litcham 10:30am

February 4th United Covenant Service at Tittleshall (09:30am)

11th Glyn and Angela Constantine

18th Fellowship
25th Avril Temple

METHODIST NOTES

The Gregorian calendar, named after Pope Gregory XIII and dating back to 1582, is widely used throughout the world. It superseded the previous Julian calendar, named after Julius Caesar, in order to acknowledge that the earth took a little under 365 days to revolve round the sun. Thus, it included leap years, an extra day in every 4 years.

What a gift that is! We are granted an extra day this year, but will we do anything special with it? There is a tradition of role reversal in marriage proposals, but for the vast majority of us it can just be another day.

We read in chapter 6 verse 10 of Paul's letter to the Galatians, those early Christians, who lived in what is now north-central Turkey, 'So then, while we have opportunity, let us do good to all people, and especially to those who belong to the family of believers.'

February is associated with Lent and in previous notes I have mentioned the idea of doing random acts of kindness rather than denying ourselves during this period; doing something positive for someone else, for no reason and for no reward.

Watching the news on television this evening I was struck by a feature on the vulnerability of the homeless. Foodbanks are increasingly in demand. Coping with devastating news, supporting someone with dementia, having to live alone after losing a loved one, picking up the pieces after the breakup of a family; so many people have burdens to carry...

Personally, I think it would be wonderful to spend some time individually or as a church/community group on the extra day God has gifted us this year by putting a plan into action to make a difference in the local community or further afield. May His love shine through whatever we do!

Blessings, Elizabeth Lodge, Tittleshall Methodist Chapel

ECUMENICAL BIBLE STUDY

After a break for the winter, we will begin our Bible Studies for the year with a series on each of the Fridays during Lent, beginning on February 16th.

We meet in the back room at Litcham Methodist Church and begin at 10am. with morning coffee or tea and biscuits, and look to finish at around 11am.

Our theme this year will be '(Almost) forgotten books of the Bible', and will focus on those the church calls 'Minor Prophets', beginning with Amos.

Anyone and everyone is welcome. We share some wonderful times together. and you are guaranteed a good laugh alongside the more serious side of exploration, so do come and give us a try.

If you would like to know more, ring me, Stephen Lynn, on (01328)700978.