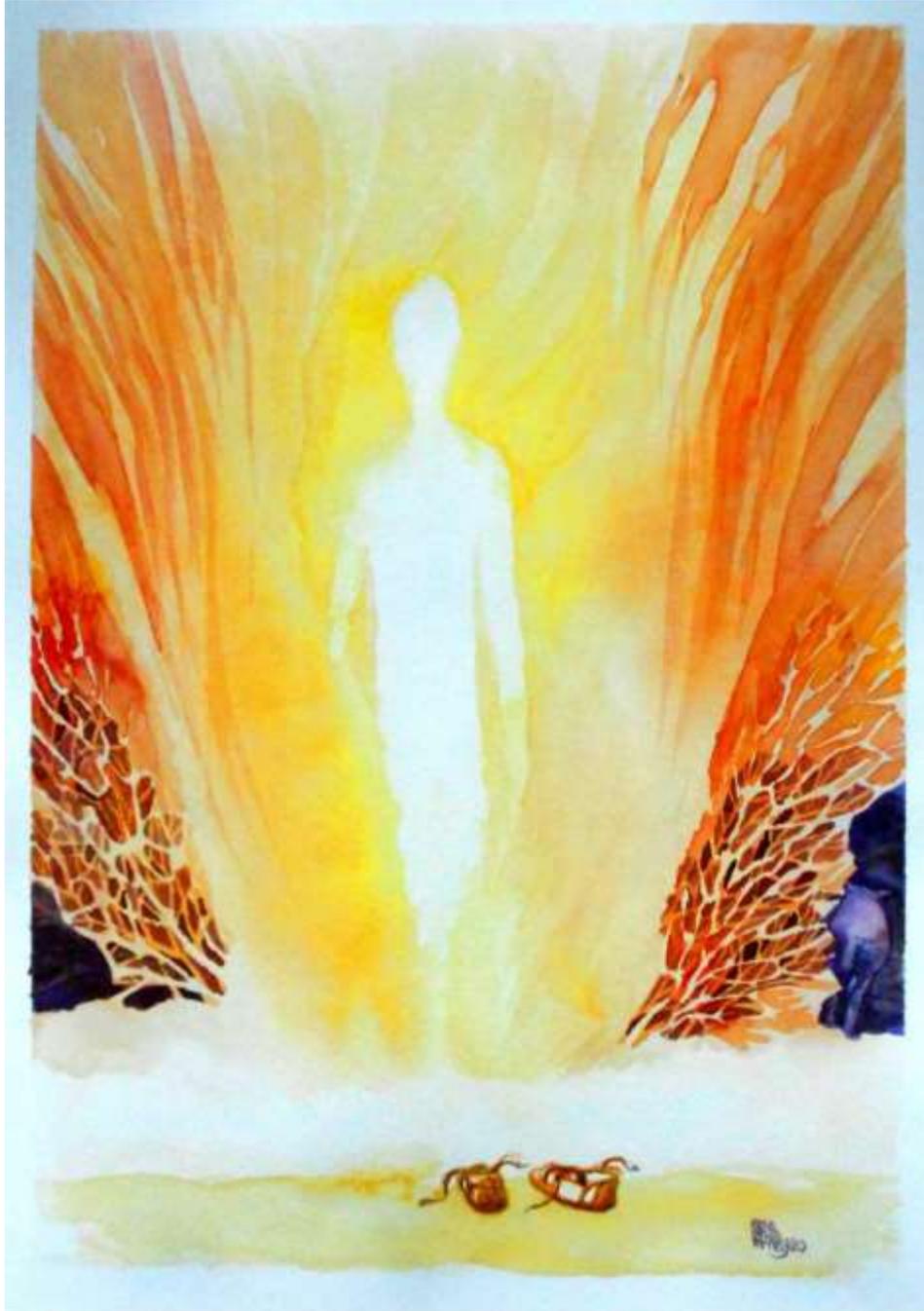




The **Scottish Episcopal Church**
Growing in faith and holiness
United Diocese of Glasgow & Galloway



The Father and I are One – [René de los Reyes](https://www.onlineprayer.net/thanks/) <https://www.onlineprayer.net/thanks/>

Lent - A season of renewal

We begin lent on Wednesday the 17th of February. With this leaflet you will find a simple bookmark with an ash cross on it because we cannot meet to receive the cross for ourselves this year and the words which have echoed through the centuries ring in our ears –

“Remember you are dust and to dust you shall return.
Repent and believe the gospel”.



Changing our minds can take time and discipline and the Lent programme this year offers you plenty to get your teeth into as we reflect on our relationship with God here in our lockdown and isolation – together in Lent although physically apart 2021.

Do join in as much as you can and do follow the Facebook pages of the Charges and our website.

Our Lent Course for you to join in with

Stepping towards the Light A Lent Pilgrimage



“You have been told, O mortal, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?” *Micah 6.8*

- Week One** - 18 Feb **Trusting in God’s mercy:** finding God in the pandemic
Week Two - 25 Feb **Loving mercy 1:** owning our losses & seeking forgiveness
Week Three - 4 March **Loving mercy 2:** looking at reasons to mourn & signs of renewal
Week Four - 11 March **Walking humbly:** reflecting through the eyes of Christ
Week Five - 18 March **Discerning how to act justly**
Holy Week & Easter have an individual reflection for us to use

Each meeting is at 730pm for an hour on telephone or Zoom
<https://us02web.zoom.us/j/84259061674?pwd=ZkpqUTZVaHdBcnRpS1VtVWk0K2laQT09>
Meeting ID: 842 5906 1674 Passcode: 991121
Or Telephone in on 0131 460 1196 using the ID and Passcode above.

To Join in just let Lisa know you want to take part
SEIstudent@SECStJohnStMargaret.org.uk or 07802 888423

There are more details on the Newsletter & on the website

Lent Appeal 2021

www.aberlour.org.uk

Bishop Kevin's Lent Appeal for the Diocese of Glasgow and Galloway is collecting to support the work of



Aberlour. Have an idea for how you can collect towards this fabulous good cause as they help to give the children of Scotland the help and support that they need. Ideas will be put on the pewsheet each week so do get it on the churches website.

Lent a time to pray

Our chief aim in Lent is to draw closer to God our maker and find out more about him by looking at the life and words of Jesus. Give

yourself a **Daily Quiet Time** for Lent – decide if it is going to be 10mins or 20mins or 30mins - use a timer to help you. If you are a busy person with kids and family calls on your time go and hide in the bathroom for your quiet time – to escape the pressures.

Make a special place for your **Daily Quiet Time** – a particular chair, corner, room or cross and candle to sit with, whatever works for you.

Do this on *Shrove Tuesday* so you are ready to begin on Ash Wednesday, 17 Feb, and ask God to be with you as you journey through Lent this year.



Here are some resources to choose from to use in your **Daily Quiet Time**

From the Ignatian Spirituality Centre an Online Lent Retreat using images, music, bible readings and silence for each day at www.onlineprayer.net

Dust that Dreams of Glory *Michael Mayne, Canterbury Press (£10.99)*

This book collects together seasonal material for Ash Wednesday through to Holy Saturday, including a sequence of seven meditations on the words of Christ from the cross.

My Sour-Sweet Days *Mark Oakley, SPCK (£9.99)*

'40 well-chosen poems by George Herbert, each followed by a short but profound reflection by Mark Oakley. The combination is excellent: richly expressive poems and accessible personal meditations. This book powerfully demonstrates how poetry can bring comfort, refreshment and renewed energy to our spiritual lives.'

Soul Journey *Margaret Silf, DLT, (£12.99)*

Lent is a journey of hope and faith and this book is a day-by-day companion to help you find the Way, to be revitalised and to discover fresh horizons. With daily meditations on Scripture, and a weekly reflection on the journey travelled so far, it offers resources to help draw closer to God."

Opening the Scriptures: Setting our Hearts on Fire *Churches Together in Britain*

"Taking the story of the Emmaus Road as its starting point, the course invites us to 'open the scriptures' and read them with both our hearts and our heads. A weekly treasure trove of material including mediation, reflection on the passage, images, poems and song suggestions." at <https://ctbi.org.uk/wp-content/uploads/2020/01/Lent-2020-Opening-the-Scriptures-for-website.pdf>

Arts and Faith: Lent *Loyola Press*

A weekly online video and written reflection discussing a work of art inspired by the Sunday lectionary readings, and a daily video for Holy Week. <https://www.loyolapress.com/catholic-resources/liturgical-year/len/arts-and-faith-for-lent/>

Children and Young People

#LiveLent: Care for God's Creation (Kids) *Church House Publishing, (£1.50)*

God has given us a wonderful world to enjoy, but also to protect. This



wee booklet will help children and families learn more about the amazing gift of God's creation and how we can care for it better. From www.chpublishing.co.uk

Follow Me Amy Robinson, Kevin Mayhew (£16.99)

"A daily Lent course for all the family, with stories, activities and reflections. Each week leading up to Easter focuses on a particular Bible passage about being called to follow Jesus."

All Age Lent and Easter Nick Harding, Kevin Mayhew (£8.94)

This book contains many suggestions to help with the planning and presentation of all-age Lent and Easter services and activities. There are games and activities for some or all of the congregation, liturgy and prayers in accessible language and talk suggestions and outlines.



Good Works – Lent is a time when people have taken up something that is good for others and in a spirit of prayer and offering our time, gifts and skills to others.

This year try the **"Water not Coffee"** challenge – once each day choose to drink a cup of hot water rather than a cup of coffee and give a £1 to the Lent Appeal. You can have a bowl by the kettle and watch it fill up slowly – or you may need a bucket by the backdoor if you live with others! You will be getting your water needed by your body to keep you alert but fasting from the coffee – have a go see how you get on. *Photos are welcomed on our Facebook page of for the website.*

ASIDE: You can also try **"Sparkling water not Wine"** at dinner on Wednesdays and Fridays if that works better in your household.

To keep a Scottish feel to our Lent observance try these..

For Men – *Kilted Friday* – if you have a kilt wear it on each Friday in Lent as a way of raising money for the Lent appeal. Get someone to take a picture and add it to our Facebook pages or our website. Casual or Formal the choice is yours.....



For Women – *Tartan Tuesday* – have you got something tartan you could wear each week on a Tuesday to help raise money for the Lent Appeal – maybe a dress, a scarf, a brooch, a hat or a hanky.... Whatever it is, use it and show it of on Tuesdays in Lent to raise money for the Lent Appeal

All days open to all gender identities! Mix and match as you choose....and swap around too - February is LGBT History month so try for a rainbow too!

40 Acts: The Generosity Challenge. Stewardship

"Every day throughout Lent, wake up to a new generosity challenge and short Bible-based blog straight to your inbox. Each act is designed to sharpen your awareness and give you practical ways to stretch your faith." at <https://40acts.org.uk/>



Prayer for Fridays in Lent Stations of the Cross



Here are some links to some Good Stations of the Cross you can use in your prayers at home. Just settle down at the laptop, tablet or smartphone and make the Way of the Cross with Jesus Friday by Friday.

All Saints Anglican Church of San Antonio at <https://www.youtube.com/watch?v=0TkQg-wqzNI>

Stations of the Cross Saint Marys Anglican Church at <https://www.youtube.com/watch?v=KCiWgxo1oTE>

AND our very own **Scottish Episcopal Institute**

Monday evening Lent series to join in with

Acting like a Christian: What does it mean to act like a Christian? Or, to put it another way, what is characteristic of Christian behaviour? How is acting like a Christian different from acting like everyone else? Jesus says that everyone will know his disciples by their love. How are his disciples known in the twenty-first century by that criterion?

For five Monday evenings in Lent, we will consider these questions. We will look to the sources of Christian ethics: to God's revelation in the Bible and in the world. We will look to constructively critical voices from scientists, philosophers and theologians. We will try to articulate principles to guide Christian behaviour as individuals and communities, to identify what place such principles have in the public square as opposed to private lives, and to develop some facility to apply such principles to contemporary ethical questions.

7pm to 8pm on five Monday evenings in Lent via Zoom, presented by the Revd Dr Michael Hull.

The discussion will be delivered via Zoom. Register to take part at <https://www.eventbrite.co.uk/e/acting-like-a-christian-tickets-138446831199?aff=ebdssbonlinesearch>



22 Feb: What does it mean to love like a Christian (John 13.34–35)?

1 Mar: How's the Christian understanding of love critiqued today (John 8.3–11)?

8 Mar: How is love to guide Christian behaviour (Titus 2.11–15)?

15 Mar: Does 'Christian ethics' have a place in the public square (I Peter 2.11–15)?

22 Mar: How may Christian principles be applied today (James 1.22–25)?

Worship Services for the days of Lent 2021

Wednesdays in Lent starting with 17 Feb **ASH WEDNESDAY**

2pm Telephone Church

7pm Zoom Communion Service

All Sundays in Lent

0945am *recorded* Sunday Eucharist for Lent *from St Johns/St Margarets*

6pm live Zoom/Telephone EVENSONG for Lent

Daily Prayers - live streamed on YouTube channel SECStJohnStMargaret
0900 Morning Prayer *Monday to Friday*
1730 Evening Prayer *Monday to Friday*

Lent Groups

SEI Group on Mondays 7pm-8pm

Renfrewshire Regional Groups Thursdays 7.30pm-8.30pm

A note about - Zoom details for LENT

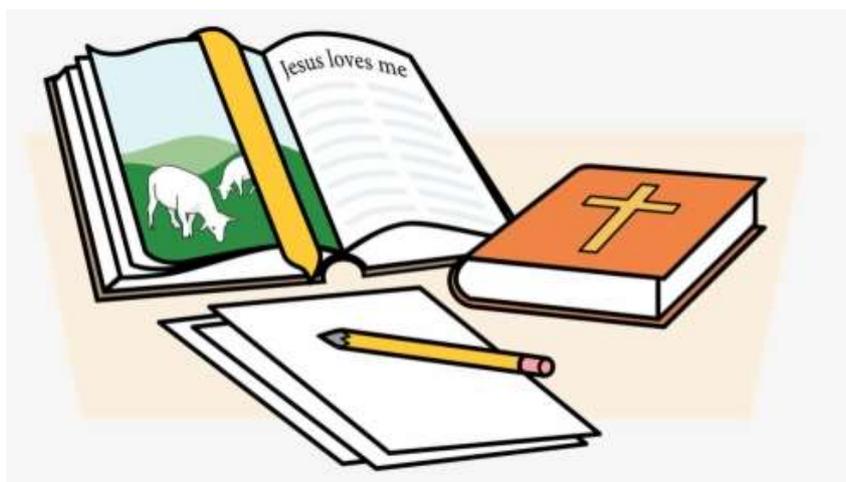
For services the access is the same as the previous months and is on the NEWSLETTERS and the links are on the website



Thursday Evening Lent course has different Zoom details you will be sent when you join up.

This leaflet is on the website where all the links are live, and you can click them to lead you through to the resources listed.

With this Leaflet you will receive a **Lenten Bookmark** with an ash cross made from the burned palm crosses from around our church buildings. Feel free to use it in any bibles or books you read this lent, and pray for the people of St Johns & St Margarets as we face another isolated Lent in lockdown – here's to 2022!



With prayers and good wishes for a Holy Lent 2021

Rector: The Very Rev'd Reuben Preston 07971 895897

Rector@SECStJohnStMargaret.org.uk

www.SECStJohnStMargaret.org.uk