

NEWSWIRE: 13th February 2026



- Services on Sunday
 - Prayer Spaces at St Peter's
 - Lent Resources and Book Reviews
 - Shaped by the Word
 - Church Lunch - Sunday 21st February
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A message from Duncan

"But that on the good ground are they which in an honest and good heart, having heard the word, keep it, and bring forth fruit with patience." Luke 8.15

Are you abounding with patience? I mean proper patience?

I'm not sure many of us could say we are. Our culture feeds our impatience, it encourages it and nurtures it such that a poor internet interconnection has us tapping our fingers for want of a few seconds.

So I was particularly struck by the word 'patience' in the verse above, never noticing it before in the parable of the sower. I was reading from the Book of Common Prayer. As you can tell the language requires a little concentration to even speak out loud, let alone absorb, which is why I find it helpful from time to time - you have to think slowly about what is being said, which is generally a good thing.

It's the bit about the seed which is sown on the good soil. There seems to be three required responses from the soil for there to be bountiful growth: to hear the word, keep the word and then to 'bring forth' the fruit with patience.

As we head towards Lent when we focus on the cultivation of the soil of our lives it is worth noticing that we are not passive. We hear the word, and we are to keep the word (this is worth a whole lot of meditation: what does it mean to 'keep' the word) and we are to be patient. In fact, growth is not brought forth without patience. Just as when you water a planted seed when first planted. Nothing happens for ages! But the growth eventually, and gradually appears. And even

then it is quite some time before there is anything of note, anything that looks like it might eventually be capable of fruit bearing.

So I guess my encouragement is to move towards Lent with eyes wide open. The progress we make in spiritual growth will be humble, perhaps unnoticeable this year. But let's not give up. Add a little patience for a few decades, and we might just get to be a bit more like Jesus, we might just shine a little more brightly for him.

Grace and peace to you all,

Duncan

Collect for the Sunday next before Lent

Almighty Father,
whose Son was revealed in majesty
before he suffered death upon the cross:
give us grace to perceive his glory,
that we may be strengthened to suffer with him
and be changed into his likeness, from glory to glory;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

SERVICES ON SUNDAY

9.30am - Holy Communion at St Peter's

Reading: 2 Peter 1:16-end; Matthew 17:1-9

**10.30am - Holy Communion at St Leonard's and live
streamed on [this link](#)**

Readings: John 9:35 -10:18



If you have difficulties accessing the service on the livestream link above, please try accessing [our youtube channel](#) directly.

6.30pm - Shaped by the Word at St Leonard's (see below)

NEXT WEEK

Monday 16th February

Bump to One meet on Mondays from 10.30am to midday in St Leonard's.

No Walkie Talkies due to half term

Tuesday 17th February

No Tinies and Toddlers due to half term

Wednesday 18th February

Warm Welcome Wednesday from 10.30am to midday in **St Leonard's Church**

11am - Ash Wednesday Holy Communion at St Peter's

7pm - Ash Wednesday Holy Communion at St Leonard's

NEXT SUNDAY

9am - Holy Communion at St Leonard's

10.30am - All age service at St Leonard's

5pm - Evening Prayer at St Peter's

Looking further ahead

The wedding of Nicola Rainbow and Michael Goodman will be held at **St Leonard's** at 2pm on **Saturday 21st February**.

Men's Curry Night at 7.45pm on **4th March** (see below)

The funeral of the late Anthony Hollis will be held at **St Leonard's** at 2pm on **Thursday 26th March**.



Shared Church Lunch

There will be a shared church lunch in the church hall after the morning service at St Leonard's on Sunday 22 February. **Everyone is welcome.** If you are planning to come please sign up [here](#) to help with organising catering.

If you are able to bring soup, bread, fruit or cake, or if you are willing to either help set up or clear up, please either sign up on [this link](#) or contact Margaret Johnson (madevereux@hotmail.com) or Sally Owen (just4sally@gmail.com)



Prayer Spaces at St Peter's

BeSpace joined us at St Peter's on Monday and Tuesday this week. Children from all classes at St Peter's school visited the Prayer Spaces which were set up in the church. Many thanks to everyone who helped out.



SHAPED by the WORD: Sunday 15th February, 6.30pm.

Last month we went back to the beginning to explore the creation of all things in Genesis chapter one. For those who want a reminder of what we covered or if you weren't around and would like to catch up [the notes are here](#).

We particularly looked at what we can learn from the literary structure which is a key part of understanding how the authors of the bible communicate.

This month we are going to move into chapter two as we examine 'The Geography of Eden'... and we will get to draw pictures! Hope to see you there.

Duncan

The next **Men's Curry night** will be at Ready Steady Spice on Wednesday 4 March at 7.45pm. There's no hidden agendas, just come along, enjoy a curry, a beer and a chat and hopefully have an enjoyable evening. If you'd like to join us please let Andy Greenwood know, by emailing Andy at AMG1954church@gmail.com

LENT 2026

DR/W NE/R LIFE-GIVING HABITS FOR LENT

This year's Lent resources from the Church of England have at their heart the theme of a 'rhythm of life' – habits and patterns which help us grow as disciples of Christ day by day, especially as we prepare to celebrate the great mystery of God's saving love at Easter.

Each week a different contributor

explores a different aspect of Christian discipleship – **worshipping** together, **praying, exploring the Bible**, sharing **communion**, offering **service** and **sharing the good news** with others.

There are various resources to help explore these themes as part of your own Lent journey, with those you live with, or with a friend or an informal group:

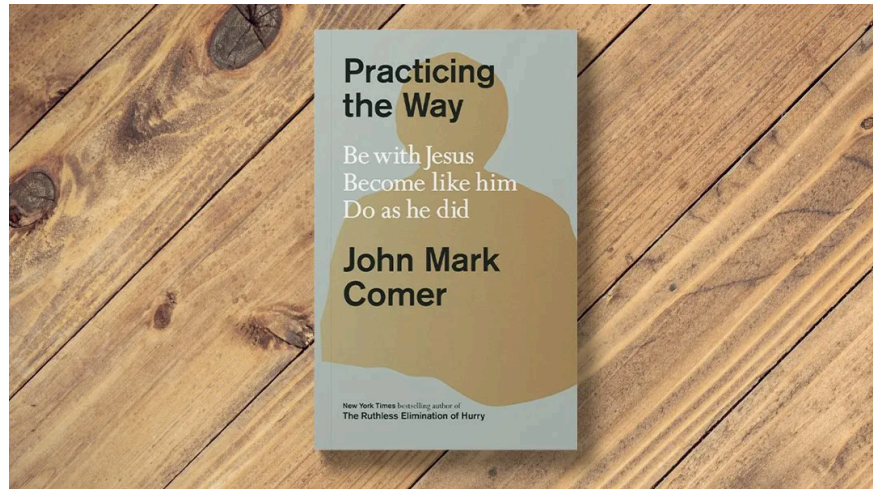


Daily Reflections: You will be able to sign up for daily emails or you can download the new Church of England devotional app [Everyday Faith](#). There is also a [printed booklet](#) and you will find copies in both churches.

Resources for a group [can be found here](#). A very simple resource, with an accompanying video, to allow you to chat about the theme of the week with a friend or a small group. It is great to use alongside the daily devotions

[Daily Reflections for family](#) encourage a family to reflect on a bible verse along with something to put into practice each day. Speak to Rabea if you would like to see a copy.

Book Reviews for Lent



This year we will be recommending three books to help those who would like to read a book during Lent. You can see Margaret's review of "Practicing the Way" by John Mark Comer [here](#).



Duncan introduces 'The Liturgy of the Ordinary: sacred practices in everyday life'. [Click here to see the video.](#)

Please pray for:

- Dave following his move to a care home.
- Ben and healing for his mental health.
- Scarlett's recovery from long Covid.
- Katie suffering with epilepsy. Please pray that the right medication be found to control her seizures.

To add names to the prayer list, please contact the Church Office (stleonards_stpeters@btconnect.com) Names will be added to the list by express permission, and only first names will be published.

www.stleonardseynsham.org.uk | www.stpeterschurchcassington.org | [Youtube channel](#) | [facebook page](#)

Church Office - Monday, Tuesday, Thursday, Friday 9am – 2pm

Tel: 01865 883325 E-mail: stleonards_stpeters@btconnect.com

Revd Duncan Fraser: 07810 324088 (Day off – Friday)