

## NEWSWIRE: 20th February 2026

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  - APCM at St Peter's
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### *A message from Ruth*

What are you giving up for Lent?

It's the question on everybody's lips this week! Top of the list surely has to be chocolate, but it is closely followed by biscuits/cake and alcohol. Some of my friends, less keen on physical deprivation, have opted to give up social media, or Netflix.

My experience of sharing Lent with those giving things up, is that it can be a season full of disappointment and martyrdom. Half-way through Lent it is easy to pick out the 'giving up' individuals – my experience is that they look pretty miserable and can swiftly subdue any kind of celebration!

Given that Lent is a time when we remember Jesus alone and hungry in the desert, it is not unreasonable for our Lenten experience to contain discomfort and self-denial. But if the 'giving up' leaves us (and often those around us) just feeling grumpy and miserable, we have surely rather missed the point.

I wonder therefore if this Lent you might consider joining me in 'taking up' rather than 'giving up'? We recently looked together at 2 Peter 1 verses 5 – 7, in which we are exhorted to add to faith; goodness, knowledge, self-control, perseverance, godliness, mutual affection and love.

For me, investing in/taking up those things this Lent, will I think be of more value to me and my spiritual walk and definitely make me nicer to live with, than six weeks spent gazing forlornly at the Dairy Milk!

## Collect for the first Sunday of Lent

Almighty God,  
whose Son Jesus Christ fasted forty days in the wilderness,  
and was tempted as we are, yet without sin:  
give us grace to discipline ourselves in obedience to your Spirit;  
and, as you know our weakness,  
so may we know your power to save;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

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### Saturday 21st February

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

### SERVICES ON SUNDAY

**9am - Holy Communion at St Leonard's**

*Readings: Genesis 3:1-7; Matthew 4:1-11*

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

*Reading: Mark 1:9-13*



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

**5pm - Evening Prayer at St Peter's**

*Readings: Genesis 2:15-17, 3:1-7; Matthew 4:1-11*

### NEXT WEEK

**Monday 23rd February**

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

**Walkie Talkies meet on Mondays (term time) from 10am to 11.30am in St Leonard's church hall.**

**Tuesday 24th February**

**Tinies and Toddlers meet on Tuesdays (term time) from 1.30pm - 3pm in Cassington Village Hall.**

**Wednesday 25th February**

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

## NEXT SUNDAY

9.30am - Holy Communion at St Peter's

10.30am - Morning Worship at St Leonard's

7pm - Revive at St Leonard's

## Looking further ahead

**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**.

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### 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](mailto:madevereux@hotmail.com)) or Sally Owen ([just4sally@gmail.com](mailto:just4sally@gmail.com))

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**St Peter's APCM (Annual Parochial Church Meeting) is being held on Sunday 26 April 2026.**

In order to vote on any issues at the APCM you need to be included on the Church Electoral Roll. If you are not already included on the Church Electoral Roll and would like to be, please collect an application form available in the church and return to Jan Macdonald (Church Warden and PCC secretary).

There will also be vacancies to serve as PCC members. If you are interested in this role, please contact Duncan Fraser or any current member of the PCC for more information.

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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](mailto:AMG1954church@gmail.com)

# LENT 2026

## DRAW NEAR 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:



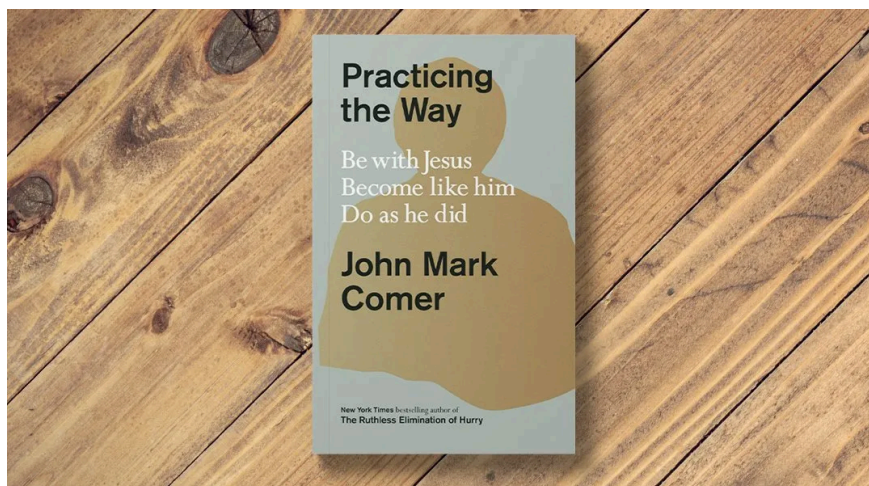
**Daily Reflections:** You will be able to sign up for daily emails or you can download the new Church of England devotional app [Everyday Faith](#). There is also a [printed booklet](#) and you will find copies in both churches.

**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.

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## 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.](#)

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### 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](mailto:stleonards_stpeters@btconnect.com)) Names will be added to the list by express permission, and only first names will be published.

[www.stleonardseysham.org.uk](http://www.stleonardseysham.org.uk) | [www.stpeterschurchcassington.org](http://www.stpeterschurchcassington.org) | [Youtube channel](#) | [facebook page](#)

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

*Tel: 01865 883325 E-mail: [stleonards\\_stpeters@btconnect.com](mailto:stleonards_stpeters@btconnect.com)*

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