



PARISH NEWSLETTER



The Parish Church of
St John the Evangelist
Palmers Green

February Edition

Vicar's Letter

Dear Friends,

This year, Spring Cleaning takes on a whole new meaning at the Vicarage! Not only do we have nearly three years' accumulated stuff from our time so far in the parish, there are all those boxes of unsorted papers and belongings that I simply left unpacked when moving on from my last post! Not to mention extra furniture that was given to us when we left, to help fill our new home. And when you have the privilege and joy of living here, there seems little urgency to de-clutter your life!? I was certain at the time that all these things I had carefully (or maybe sometimes lazily) transported from one vicarage to another, were items I surely would be needing at some future date..." It'll come in useful sometime!" was the unspoken justification!

Our spiritual lives often benefit from a bit of serious attention, looking into those dusty old boxes we've been carting around with us over many years, and discovering that they've become irrelevant or burdensome to our hoped-for way of living. What habit or "comfort blanket" is it that you have clung onto, that you realise you've now outgrown? What enduring hurts or regrets have you boxed away which, if you allowed the healing light of God's forgiveness to shine upon them, might actually be shown up as simply a waste of space in your life? What are those gifts and talents which you've stored away but never got round to using, waiting instead for a rainy day or the right person to come along who might appreciate them? What of all those good intentions you have, to change your attitudes, to open the windows of your heart and mind, which remain unfulfilled and just for show, like a library of worthy books unread? And ballet shoes unused.

Lent (which in Old English means "Spring") is the opportunity we are given by the Church, each year, to do a bit of serious Spring Cleaning. Don't wait until you physically need to move house! Now is the chance to look again into those hidden corners of our lives which we'd rather not acknowledge most of the time. We might well discover forgotten treasures and happy memories in amongst the accumulated debris, like my old discarded ballet shoes, reminding me of carefree childhood days, though in my case tinged with regret that I never kept up that level of fitness as I moved into my teenage years!

Whatever joys or sorrows we unearth from amongst all the baggage we carry with us, God will indeed honour our searching for the truth that will set us free and our striving for the coming of God's kingdom here and now. As we enter into the season of Lent once again, may we be shown the true path to life and ultimately to our longed-for home with God.

Please see our Lent course which begins on the 23rd February at 7.30pm and know all are welcome to join us via Zoom.

Every blessing,

Rev. Julie

The Meaning of Lent

Lent is the 40 day period in the Church calendar that begins on Ash Wednesday (17th February) and finishes on Maundy Thursday (1st April). Because Easter is a movable feast, the dates vary from year to year. Lent is really about denying yourself of something that you enjoy in order to be reminded that it's God that you depend on in life, that it's your heavenly Father that you most need in life - not Facebook or a favourite food, cup of coffee or a glass of wine. This is the real meaning of Lent. In this way Lent mirrors the 40 days Jesus spent fasting in the wilderness. He voluntarily removed himself from the pleasures of life and company of people so that he could draw close to God, hear from Him, and prepare Himself for what was to come - an intense period of public ministry culminating in a gruesome death and extraordinary resurrection. In this newsletter is a prayer to say before receiving the ashes on Ash Wednesday, an inspiring daily prayer for Lent during 2021.



Lent Packages

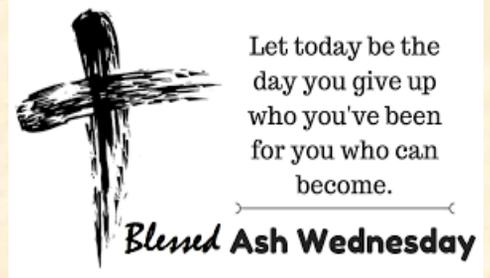
As Church is closed Lent Packages for all ages will be delivered to your homes this year to ensure we enter Lent together. With this in mind lets pray that we are able to celebrate Easter together in person.

Prayers

Ash Wednesday Prayer for 17th February

(A prayer suitable for saying before or shortly after receiving the ashes)

Lord Jesus,
Death your love embraced
to extinguish the flame of darkness.
Death in ashes,
yet love set alight now alive
and dancing as a beacon of hope in our hearts.
Dear Lord, with this mark of your cross upon me
I choose to walk its way.
To let go of self,
and entrust all things to you,
so that I may catch a glimpse
of your eternal love for me. Amen



Prayer for Lent

Lord, I will turn,
turn my face towards you.
I will lay before you the desert areas I hide,
and turn to soak in your refreshing words of life.

I will cast aside the barren, selfish pursuits,
and turn to rest in the tranquil warmth of your love.

I will draw back from the harsh pull of temptation,
and turn to bathe in the gentle power of your Spirit.

Lord, today as I begin Lent,
I turn my face towards you.
I will turn to soak in your words of life,
to rest in the warmth of your love,
and to bathe in the power of your Spirit.



Lent

Life Attitude –

A six session Zoom course on the Beatitudes for Lent

Join us at 7.30pm to 8.10pm

on

23rd February

2nd March

9th March

16th March

23rd March

30th March

Zoom meeting details to follow via mailchimp.



40 Lent Activities for Family Bubbles

GIVING

1. Do someone else's chore
2. Give someone a hug
3. Help someone
4. Make a card for someone
5. Make a craft for someone
6. Do something nice for a family member
7. Do something kind for the earth
8. Read a book to a sibling
9. Say something kind to a family member
10. Say something kind to a friend
11. Make friends with someone new
12. Tell someone one thing you like about them
13. Smile at as many people as you can
14. Write a letter/draw a picture for a neighbour
15. Bring some baking to a neighbour
16. Give something of yours to a family member
17. Give something of yours to a friend
18. Wash someone's feet
19. Do someone else's laundry
20. Clean a bathroom
21. Make someone else's bed

22. Set aside some of your own money for giving to church

23. Use your own money to buy food for the food bank

FASTING

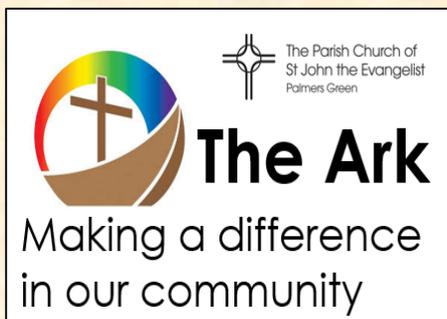
24. Fast from TV
25. Fast from dessert
26. Fast from sweets
27. Fast from a bad habit
28. Fast from sweet drinks
29. Fast from meat
30. Fast from reading anything but the Bible

PRAYING

31. Praise God for who He is
32. Confess something to God that you feel bad about
33. Thank God for your favourite people
34. Pray for someone who is sick
35. Sing a song of praise to God
36. Kneel before God and pray
37. Pray for a refugee
38. Pray for someone who needs to know Jesus
39. Pray for your priest
40. Read a Bible story together

The Ark

Thank you to everyone for their support, kindness and generosity over the past few months. We have become incredibly busier over recent weeks which means that The Ark's Pantry needs more supplies.



Below is a list of items that we are in regular need of:

Black sacks
4 packs of toilet roll
Washing powder
Washing up liquid
Cleaning materials for kitchen or bathroom



Packed lunch items e.g. crisps, penguin bars, cereal bars

Fruit juice (any)
Boil in the bag rice

Cereal/Porridge

Gravy

Jelly

Chunky soups

Jelly

Individual pots of rice pudding or custard

Apricot Jam

Strawberry Jam

Chocolate spread

Any flour

Raisins or sultanas

Nuts

Sugar

Sweetener for the diabetics

Cartons of long-life milk



Tomato ketchup

Salad cream

Mayonnaise

Pickle

Marmite

Meal in a tin e.g. curry

Instant mashed potatoes

Tinned veg

Tuna in brine

Tinned fruit (including prunes for the elderly)



Baby food

Size 4 & 5 nappies

Face wipes

New underwear for both male & female

New socks for both male & female

On a Thursday we would really value loaves of brown/white bread or homemade cakes.
THANK YOU/

Kid's Page

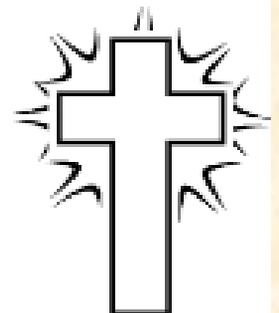
ASH WEDNESDAY WORD SEARCH



ABSTAIN
ASHES
BLESS
CROSS

EASTER
FAST
FOREHEAD
LENT

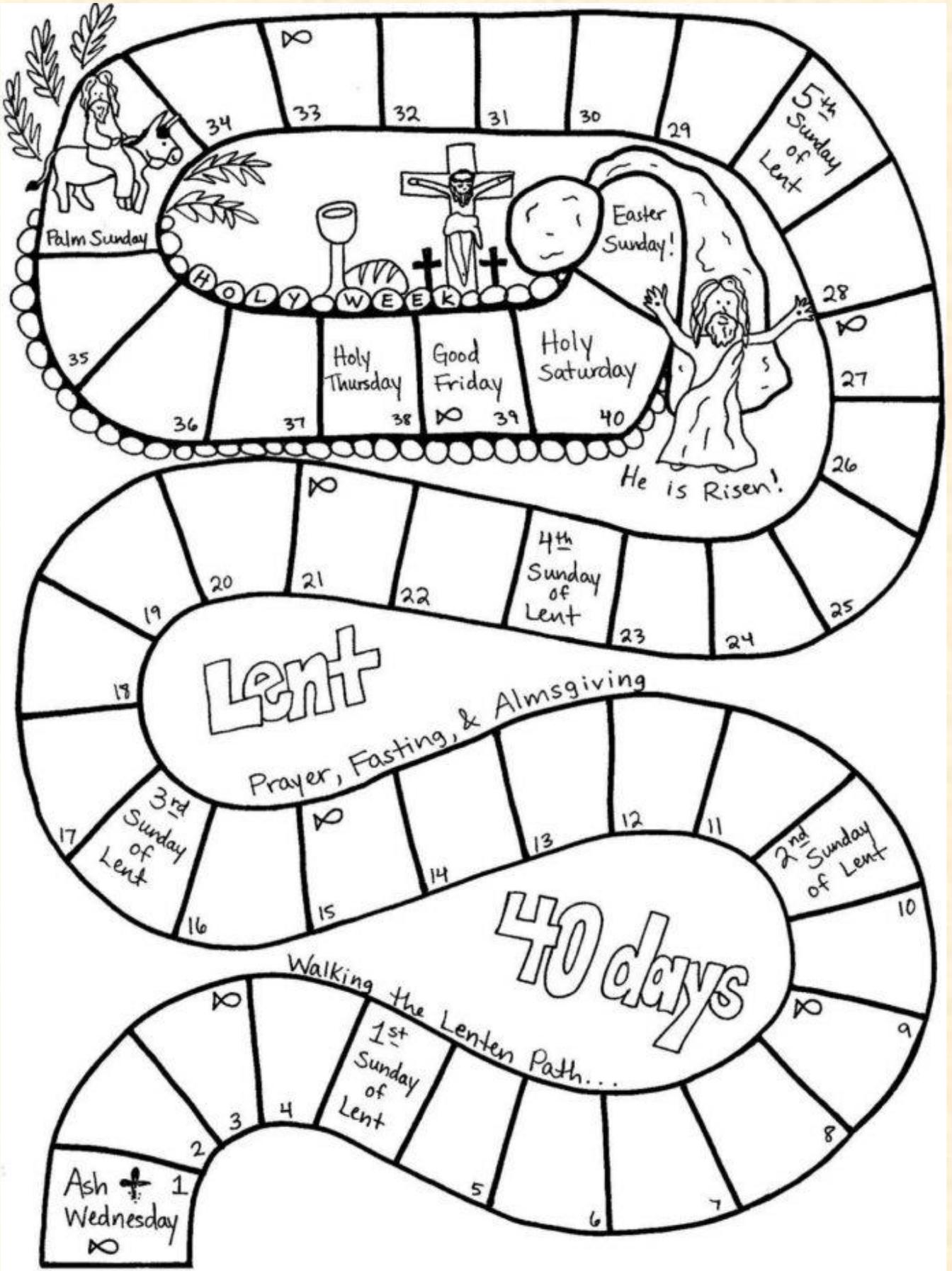
REPENT
WEDNESDAY



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Kid's Page



Help Needed Please!

Calling All Decorators!



Can you spare some time during Half Term?

We are looking for volunteers to help decorate the back hall at Church during the week commencing 15th February.

Please contact the Parish Office if you can help.

SJPGoffice@gmail.com

0208 886 0847THANK YOU.

Jars & Tea lights Needed!

In preparation of the first anniversary of the National Lockdown on 23rd March 2020 we plan on honouring all those who have died, served others and learnt to survive the restrictions that COVID-19 has put on so many. If you have any spare jars or tea light candles and drop them into the Parish Centre on Monday, Tuesday, Friday mornings.



Information and Directory



Regular Services

Sunday

10.00am Service with Communion

Weekly

Tuesdays 9.30am
Wednesdays 10.30am
Fridays 9.30am

SUSPENDED

Morning and Evening Prayer will take place at 9.30am and 5.30pm but will be clergy only due to Covid-19 restrictions.

Directory and Contacts

The Vicar

Rev Julie Coleman

020 8886 9557

07702 749987 (emergencies only)

Rev.jcoleman@Hotmail.com

Parish Administrator

Rebecca Hawkes

020 8886 0847

SJPGoffice@gmail.com

Licensed Lay Minister

Julia Holder

Lay Chaplains

Celia Brown

Shan Clark

Find and follow us on Social Media:



Facebook:

St-John-the-Evangelist-Palmers-Green



Twitter: @stjohnspalmersg

For information regarding weddings, baptisms and funerals, please get in touch with Rev Julie Coleman. Thank you.

Please check our website for full details

www.stjohnspg.org