

## WHAT'S ON THIS WEEK

<b>Sun</b>	8.00am	Holy Communion
	10.00am	Family Service
	Reading:	Colossians 4: 2-end
	3.30pm	Friends & Heroes
	6.30pm	No service
<b>Mon</b>	8.00pm	<b>No Prayer Meeting at 11 Sylvan Way - now on Wednesday 10<sup>th</sup> instead</b>
<b>Tue</b>	6.15pm	Cru 2 (Urban Saints) (7-11s) at the Assembly Rooms
	7.30pm	Club 2000 (11– 13s) meet at Coney Hill Baptist Church
<b>Wed</b>	9.30am	Open Door for mothers & children at SJ's
	<b>8.00pm</b>	<b>Prayer Meeting at 11 Sylvan Way</b>
<b>Thur</b>	2.00pm	Over 60s Club at SJ's
	7.30pm	14 Plus – Venue as advised
<b>Fri</b>	10am – 12noon	Craft Club at SJ's

### NEXT SUNDAY – 14<sup>th</sup> FEBRUARY

	8.00am	Holy Communion
	10.00am	Morning Worship
<b>NB No service of Holy Communion at 11.30am</b>		
	6.30pm	No service

### THIS WEEK'S QUESTION

Moses led the Israelites from the Red Sea to the desert of Slur and for 3 days travelled without finding any water. When they came to Marah, there was water but it was bitter and the people complained to Moses who appealed to God for help. What did he tell Moses to do?

Read Exodus 15:25

### MONDAY EVENING PRAYER MEETINGS

Next meetings in February on 10<sup>th</sup> & 29<sup>th</sup> at 11 Sylvan Way.  
All welcome.



## ASH WEDNESDAY

This Wednesday marks the beginning of Lent – the season of waiting, reflecting and fasting – with a call to repentance.

It's not a word that is going to win any awards for popularity these days. The church, not always famous for its unity and grace, can throw the word around too easily, using it as a weapon by which to beat others. But the invitation to 'change our thinking' (the literal meaning of repentance) runs much deeper than confession of wrongdoing. It cuts all the way to how we see the world, and significantly, how we recognize God's presence in and amongst us.

It's no bad question to ask ourselves how open are we to seeing things differently?

If you want to mark Ash Wednesday there is a Churches Together joint service at Emmanuel URC at 8.00pm. There will be an opportunity to be marked with the cross in ashes and receive communion, as well as experience a little how different traditions see the season of Lent.

## WELCOME

If you're new to St John's and wish to find out more about what goes on beyond Sunday, then do introduce yourself to one of our leadership team. They can connect you with people and groups in our church family. You can also find out more from our website, and the parish office can arrange for you to receive information electronically, if that's easier.



### 'LETTING GO' FOR LENT

Lent is a great time to clear out some clutter – let go some of the things that might hamper our walk with Christ. That's usually stuff that runs a little deeper than the amount of Cadburys we munch in a week. As a church we're going to be looking at some 'beneath the surface' things that with Christ's help we can surrender. In our new teaching series, 'Letting Go', we will consider the themes of 'Hurry, Complaining, Comparison, Fear, and Hiding'. We'll also be running a retreat-style morning and a prayer day during lent, so there will be plenty of opportunity for us to draw closer to our Saviour.



**TODAY  
CAKE SALE**  
Sunday 7th Feb.  
After the 10am service

there will be a selection of homemade cakes and biscuits available for donations to Link to Hope, which will be used for building materials for the working party in Moldova this year. Tickets will also be available for the Silent Disco.



**TODAY  
FRIENDS & HEROES**  
3.30 – 5pm in church



### THE WOMEN'S WORLD DAY OF PRAYER

is on Friday 4th March  
at St. Francis Church at 10.30 a.m.



### CHRISTIAN AID

Count Your Blessings with Christian Aid this Lent (starting on Ash Wednesday February 10th). Why not follow the Christian Aid leaflet of Lenten daily reflections, prayers and actions to be informed and help transform the lives of the most marginalised and poor of this world?

The giving amounts are suggestions only – please give what you can. Adult and children's versions are available from the back of the church.



## ALL THINGS SJ'S

If you have any queries, suggestions or wish to use SJ's, then Heather Showell (for bookings) and Anna Seabrook are your first port of call. Thanks.

Anna - [anna\\_seabrook9@yahoo.co.uk](mailto:anna_seabrook9@yahoo.co.uk)  
Heather – 077993 028878  
[paulandheathershowell@gmail.com](mailto:paulandheathershowell@gmail.com)



### UNWANTED GOODS?

If anyone has any unwanted toiletries, tinned and packet food, and clothes that they do not want, please give them to Ann Gardner for the local refugee centre. **They especially need lots of tinned fruit.**  
THANK YOU.



### HALF TERM SPECIAL

**Tuesday, 16 February  
noon to 2:30pm**

In the church - Lunch and activities for children under 8 and their carers. Donations towards the cost would be appreciated. If you can help please contact Julie Lancaster on 0208 777 2373 or [julielancaster08@gmail.com](mailto:julielancaster08@gmail.com)



### CONTACT BOOKS

If you didn't receive a copy of the new book before Christmas and

would like one, please let the Parish Administrator know and we will print some more copies.



## PRAYERS

Please pray for:

- Pastor Krupa in India our mission focus this month;
- All the young people attending the Youth Alpha Course and those leading it;
- Those we know who are fighting long-term illness, or who are recently bereaved;
- The people who are missing following the recent earthquake in Taiwan;
- The growing numbers of Syrian refugees attempting to cross into Turkey, and all the issues related to displaced people;
- The various missions taking place at University Campuses around the country;
- Beryl Holloway's speedy recovery and give thanks for progress made so far;
- Liz and Wayne and the on-going care for the girls. Pray they will be supernaturally strengthened as a couple.