

SUNDAY 14th & 21st February 2021

CHURCH NOTICES

Please note the changes to our services and be assured that, as soon as it looks sensible and safe to return to in-person service attendance at all services at St Mary-le-Tower, we will be more than ready to do so. Services for the next two Sundays are therefore as follows:

[8am Holy Communion \(BCP\)](#) live streamed with in-person attendance in church

[10.30am Choral Eucharist](#) live-streamed

[Ash Wednesday 17th February](#)

[6.30pm Choral Eucharist](#) live streamed

Canon Charles would like to call you to observe Ash Wednesday by making a point of joining the Choral Eucharist service at 6.30pm which will be live streamed at 6.30pm, or by watching the video later that evening. Do try and observe the day itself at some point.

PLEASE LET ONE OF THE MINISTRY TEAM KNOW (Vicar, Elders, Churchwarden) of any pastoral needs amongst the SMLT Community, so that we can respond, especially news of anyone suffering from the Coronavirus, but also other illness, or death, or just loneliness.

HOLDING PEOPLE IN PRAYER

Amongst those who are unwell or facing difficulties, we pray particularly for Sally Graham and family, Jan Tostevin, Liz Todd, Shirley Wheeler, Emma, Chris, Jillian and Penny Parke.

We continue to pray for Derek Le May, Sally Patient, Andy Courage, Peter Gotts, John Bradberry and Joyce Courage.

We pray rest in peace and rise in glory for those who have recently died including Mike Graham, John Wheeler and Rupert Bell.

We pray for all who mourn the passing of those they have loved but see no longer.

We give thanks for the lives of those whose remembrance falls at this time of year. Brian Goodson and Eunice Barnes.

May the love of God enfold and comfort all who are parted from those they have known and loved.

INTERCESSIONS

Bread of Heaven on Thee we feed, for thy body is meat indeed, ever may our souls be fed with this true and living bread. Lord, thy wounds our healing give, to thy cross we look and live. Jesus, may we ever be grafted, rooted, built in thee.

We pray for the mission and unity of the Anglican Church throughout the World: remembering today the Church in Canada and the Church of the Province of Central Africa. In our diocese we pray for Parishes in the Ipswich and Ixworth Deaneries. For those working in Libraries, Museums and those who maintain our Parks. And we remember the Clergy and people in our Link diocese of Kagera (Tanzania).

In our life at St. Mary-le-Tower we pray for one another. For those who are vulnerable and those who are shielding. For God's blessing on those who care for family members, friends and neighbours. For our preparations to observe Lent. For Sue Rudland and all who are working in Tower House. For those working on the building repairs in Church.

We pray for peace in our troubled world: for those living amidst conflict and an uncertain future. We pray for those in India where glacial collapse has caused so much destruction and loss of life.

We pray for those who are keeping our essential services going during the current severe weather conditions. For our Emergency Service workers as they support those in difficulty.

CURRENT PARISH CONTACTS

Please refer to the Parish Website for latest updates and downloads www.stmaryletower.org.uk

Revd Canon Charles Jenkin, Vicar, 07789 633315
charlesjenkin60@gmail.com

Jo Jones, Churchwarden 07813 543587
jonesgriz01@gmail.com

Christopher Borrett, Director of Music
music.stmaryletower@gmail.com

Sue Rudland, Business Manager for Tower House
towerhousedev@gmail.com

WAYS OF GIVING TO SMLT

Because of the Covid-19 restrictions, there will continue to be no plate collections in church. We are grateful for your continued financial support. Donations can be made in the following ways:

- Via the Donations Cabinet in church
- Via the Contactless Terminal in church
- Via the Donation Button on our website
- Via regular giving by Standing Order
- Via BACS to 30-94-55, 00059383
PCC St Mary le Tower Ipswich

[All donations go into a private PCC account seen only by the Churchwarden, Donations Officer & Bookkeeper.]

A MESSAGE FROM THE CHURCHWARDENS

“Many thanks to all those who contributed towards Donna and Irina’s leaving gifts. Due to the current restrictions, we felt it best to simply send them cards with the money collected for each, for them to decide how to use it.” Jo & Sonia

SAFEGUARDING

I am Sarah Purbrook, St Mary le Tower Safeguarding Officer. The care and protection of children, young people and adults involved in Church activities is the responsibility of everyone who participates in the life of the Church.

We would like to offer the Basic Awareness and Foundation Safeguarding courses to any member of the congregation, to support awareness raising and to promote a culture of support and vigilance in the Church.

These can be undertaken online at <https://safeguardingtraining.cofeportal.org/login/index.php>

If you would like to complete one or both courses please do so, and let me know your name, the course/s and date you completed it/them to sarah@purbrook.org.uk

Thank you very much in advance. Please feel free to contact me for support and advice, or to ask any questions.

Home 01473 749070
Mobile 07906 210750

FROM THE VICAR - LENT 2021

Further details of the Lent Course are available on the SMLT website, which begins on Wednesday 24th February. Please will those who wish to join the course on Zoom, register by email with me as soon as you can, and I will send you details for logging on.

If you would prefer to use the course book, on your own, there is still time to order your own book. There are forty short reflections for the forty days of Lent.

Rooted in Love – Lent reflections on life in Christ

is a collection of 40 reflections written by the team of bishops in London, and edited by the Bishop of London, Sarah Mullally. There are six contributors in all, which gives a good variety of styles and outlooks.

The reflections are organised into five themed sections, so one way of using the book is to take a section for each of the main weeks of Lent. Alternatively you can follow the reflections through each of the 40 days of Lent, but alternatively you could select two or three per week and just think about those. This means that if there are contributors whom you find more helpful, you could stick to those each week.

“Rooted in Love” is therefore a flexible and interesting way in which we can keep Lent together this year, and I invite you to order this Lent book and start thinking about how you might like to use it. It is available from the publisher at a £2 discount and with a delivery charge of £1.95, for a total of £9.94.

Here is the link: <https://spckpublishing.co.uk/rooted-in-love>. All the usual outlets seem to be offering the same discount and you may be able to find one that is currently offering free postage. I am sorry we can’t offer to buy centrally as a church this year, as distribution would be difficult.

With my prayers and best wishes,

Charles

Bishops' Lent Appeal for Kagera 2021: Supporting key workers

The Bishop’s Lent Appeal for 2021 is aimed at supporting some of the most important key roles and responsibilities in Kagera, and will focus on extending the care and compassion which has been shown to communities here in Suffolk during the pandemic by supporting Kagera farmers, doctors, and priests, so that they can continue to help their local communities and encourage self-sufficiency. Every year the Bishops encourage reflection and giving through their Lent

Appeal. It is important to help fund these essential roles where possible.

Commencing with a prayer on Ash Wednesday in the Kagera Lent challenge booklet you are invited to take on different daily challenges if you wish. This is a good way to accumulate your donation whilst reflecting on the lives of the people in Kagera as you save your challenge donation.

A message from Bishop Mike.

“We are learning so much from our partner diocese of Kagera about mission and Christian life, about passion for the gospel, generosity of spirit and intense prayerfulness. How can we support Kagera? We know well how important key workers are from our own experience in 2020 with Covid-19 - here's a great opportunity to support some key workers in our partner diocese.”

For more information about Kagera and the Lent appeal and to download the lent challenge booklet visit cofesuffolk.org/bishops-lent-appeal. Alternatively, you could email kagera@cofesuffolk.org or ring Chris and Anji Dawkins on 01473 831423

CHURCH COMMUNITY

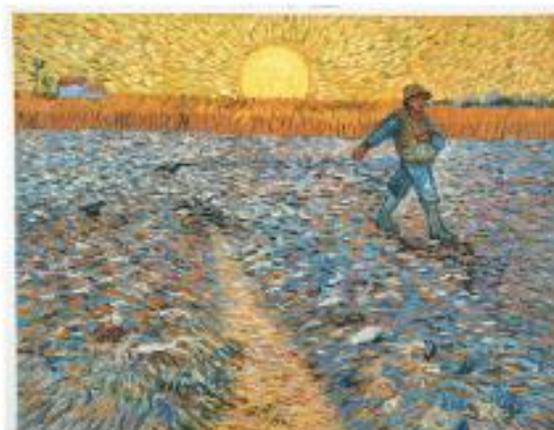
Shrovetide - Transfiguration and Transformation

"Shrovetide, also known as the Pre-Lenten Season, is the Christian period of preparation before the beginning of the liturgical season of Lent. Shrovetide starts on Septuagesima Sunday, includes Sexagesima Sunday, Quinquagesima Sunday (commonly called Shrove Sunday) and culminates on Shrove Tuesday, also known as Mardi Gras."

This Sunday is **Quinquagesima or Shrove Sunday**, which falls roughly fifty days before Easter. In the Western Christian Churches, it is the last Sunday of Shrovetide, the Sunday before Ash Wednesday. It is also called Quinquagesima Sunday, Quinquagesimae, Estomihi, Shrove Sunday, Pork Sunday, or the Sunday next before Lent. (*Estomihi is derived from the beginning of the Introit for the Sunday, Esto mihi in Deum protectorem, et in locum refugii, ut salvum me facias, Psalms 31:3.*). The name originates from the Latin *quinquagesimus*, referring to the fifty days before Easter Day using inclusive counting which counts both Sundays. (Although even with the most inclusive counting the ten day weeks are only roughly applicable!) Traditionally, it was the third of the three Sundays (following Septuagesima and Sexagesima) of preparation for Lent.

Similarly, last Sunday (7th Feb 2021) was the Second Sunday before Lent, also known as **Sexagesima & Creation Sunday**. Sexagesima means "sixtieth", the date falling approximately 60 days before Easter.

The liturgical theme for Sexagesima is the Word of God, sent to renew the face of the earth. Since God continually creates and recreates, our relationship with God will determine whether or not the seed of His Word bears fruit in our lives.



Vincent Van Gogh – The Sower

Quinquagesima precedes Easter by the same number of days as Pentecost follows Easter. It is a watershed in the Christian year and it is no coincidence that we encounter the Transfiguration Gospel at this time as we prepare to revisit Jesus' mission through Lent, Passiontide and Easter. In the Transfiguration Gospel, **Mark 9.2-9** we are reminded that God accepts us as we are, thus Quinquagesima is a good day to rejoice at this acceptance and focus on the coming seasons of Lent, Passiontide and Easter.

The acceptance theme of the Transfiguration is absolutely perfect for our current reality. As society becomes progressively more divided over controversies surrounding lockdown decisions, vaccination and how best to remain an inclusive society by protecting the weakest and most vulnerable we must remain united at least over the premise on which decisions are made. I personally struggle with lockdown, the impact it has on so many which to me appears to exceed the protection it allegedly gives. What I do **not** dispute is that we should always strive towards inclusion. If God accepts **us** as we are, then we must aim to offer that same acceptance to others. Shrovetide is the perfect time to be thankful for God's acceptance of us - and to examine ourselves and our care for others.

Dr. Ian Paul writes eloquently on his blog [Psephizo](#) about possible interpretations of the term

"transfiguration". The Gospel of Luke suggests a more profound meaning, that it is not Jesus - or Moses or Elijah who change, but the disciples' understanding which is transformed. I highly recommend reading it, I really enjoy Dr. Paul's insightful articles. (He also tweets under the account @psephizo.)

Meanwhile as we start the Lenten journey once more, we should remember that the symbolism of the ash cross on our foreheads is threefold. It symbolises God's acceptance of us, indeed to be "Shriven", means to receive forgiveness, to be absolved of our sins. It is our cue to examine ourselves and our faith as we approach Easter, and a timely reminder about our place in society and how we view and care for others.



Kate Thompson