

A warm welcome to

The Parish of Christ Church, Lancaster

Sunday 9th March - *First Sunday of Lent*



Vicar: Revd Carol Backhouse 01524 942105
1 East Road, Lancaster, LA1 3EE

a vibrant, inclusive
worshipping
community

www.christchurchlancaster.org.uk Facebook: @ChristChurchLancaster

**Everyone is welcome to join us in
worship this week:**

Today - Sunday 9th March

8.30am *Holy Communion*
10.30am *All Together Eucharist*
12noon *Lent Group*
6pm *Evening Prayer*

Tuesday

5pm *Evening Prayer (Zoom)*

Wednesday

5.30pm *Meditation*
6pm *Evening Prayer*

Friday

9.30am *Holy Communion*

Saturday

9.30am *Lent Quiet Morning*

Sunday 16th March

8.30am *Holy Communion*
10.30am *Parish Eucharist*
12noon *Lent Group*
4pm *Godly Play*
6pm *Evening Prayer*

Prayer for this week

Heavenly Father,
your Son battled with the
powers of darkness, and grew
closer to you in the desert:
help us to use these days to
grow in wisdom and prayer
that we may witness to your
saving love in Jesus Christ
our Lord. **Amen**

Children's Church

welcomes primary-aged children
during the 10.30am service during
term time. Parents/guardians are
welcome to join in.

Godly Play - 16th March

Every 3rd Sunday of the month at
4pm in Church for KS1/2 children.

Messy Church - 23rd March

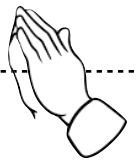
Every 4th Sunday of the month at
4pm in the Hall for KS1/2 children



Please ask the Stewards for directions and assistance.

Please send items for inclusion in this newsletter to Jacqueline Stamper by Thursday lunchtime. Many thanks.

Please remember in your prayers:



Those who are sick:

Youngblood McCray, Thomas Platt, Yan Connell, David Foster, Lucas Calvert, Ron Holmes, Ann Boss, Geoffrey Heywood, Christine McCrann, Richard Jones, Rev'd Kaarina, Liz Hilton, Marlene Phillips, Jamie Haxby

that God's healing, wholeness and peace are with them.

Those who have died recently:

Lindsay Benson, Anne Hull, Rev'd Ken Clapham.

may they rest in peace and rise in glory.

In our parish, we ask God to bless and provide:

For those who live and work in Mannin Way, Caton Road, Langdale Road.

For armed forces personnel and their families.

For Choir Church as it begins under Jayne Crow's leadership

that God's loving kindness is found and shared.

Tuesday Evening Prayer

At 5pm most Tuesdays, the clergy say Evening Prayer over Zoom. If you'd like to join to give thanks for the day past, readings from the Scriptures and prayer, the details are:

<https://us06web.zoom.us/j/81366929814?pwd=jTDuVW7HO8IR7I0nQ9Jrm2BrMxjJqVS.I>.

Meeting Up.

The clergy are available for pastoral support and spiritual direction, so please don't hesitate to be in contact. If you or someone you know is going through a difficult time or is seriously ill, please let us know as soon as possible, to arrange prayers, home communion, a hospital visit, or anointing of the sick. If you would like us to pray for you, or for someone you know, for any reason, please email your request to prayer@christchurchlancaster.org.uk or text the Prayer Chain on 07980 351855. Please ask the person's permission if you'd like them included in the weekly notices.

Rev'd Kaarina's News

Rev'd Kaarina has had surgery recently, and we keep her in our prayers as she recovers. Please direct any enquiries or pastoral conversations to Rev'd Carol in the first instance.

Lent Quiet Morning

Join us on Saturday 15th March 9.30-1pm for a Quiet morning of prayer and reflection, led by John Rodwell, a longstanding friend of Christ Church and diocesan environment officer. John will lead us in thinking about Bread from the Desert - the Christian hope in times of climate crisis. Suggested donation £10 to include lunch. Please speak to Rev'd Carol to book a place.

Thought for the Week

The biggest human temptation is to settle for too little.

Thomas Merton

In Other News...

Lent

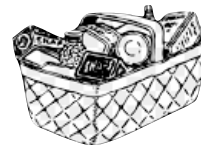
The season of Lent invites us to follow Christ's example of spending 40 days of prayer, study and fasting as we prepare for Holy Week and Easter. Please consider what habits you might take up (as well as give up!) to follow more closely in Christ's footsteps.

You may like to join the **Lent Course - The Sacraments** meeting in the hall on Sundays after the 10.30 Eucharist, for 5 weeks from the 9th March.

Please also pick up a **Living Hope** booklet, and you're welcome to borrow some of the other books as food for the soul this season!

The Olive Branch Foodbank

The Olive Branch badly needs all kinds of long-life food and drink (cans of vegetables, meat, fish, pulses; packets of rice, pasta, biscuits, crisps, bars, cereals; jars of pasta sauce, jam, peanut butter; coffee, tea, hot chocolate; cartons of juice milk) and various toiletries. You can also give money for them to buy what people need: <https://www.the-olivebranch.org.uk/donate/>



Gardening Group

Our friendly gardening group meets on the first Friday of each month (4th April) between 12noon at 2pm to keep our church garden looking lovely. New members welcome - whether for all or part of the time. If you can, please bring gloves & secateurs.

Book Group



The church book group meets on the first Friday of each month (4th April) at 4 pm in the church hall. Anyone who enjoys reading and discussion is very welcome to join us. You can just turn up on the day, speak to Joyce, or send an email to joycelynch1946@gmail.com

Craft Group

.... meets in the Hall most Tuesdays at 11.30am. Everyone welcome - bring your own project, or share in one of the others on the go! No prior experience needed. Please talk to Julie Buckley if you'd like more info.

Sponsored Walk

On the 29th March, Bruce Carter will be walking through (and staying in) our parish as he walks from John O'Groats to his home church in Salisbury, to raise funds for ABCD Bethlehem, a charity helping injured children in Gaza. If you wish to sponsor him, details are here: <https://www.abcdbethlehem.org/donate>

Mothering Sunday 30th March - As part of our service, we will be collecting toiletries to share with our local refuge. If you can, please bring shampoo, shower gel, bubble bath, tampons and towels, nappies, moisturiser or skincare products to any of the services that day. Many in a refuge arrive with nothing, so these donations are really appreciated. Thank you.

Scripture Readings for our Worship today:



Deuteronomy 26.1-11

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.' When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me.' You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

This is the word of the Lord. Thanks be to God.

Psalm 91

Refrain: Keep me as the apple of your eye.

1 Whoever dwells in the shelter of the Most High and abides under the shadow of the Almighty,

2 Shall say to the Lord, 'My refuge and my stronghold, my God, in whom I put my trust.'

9 Because you have made the Lord your refuge and the Most High your stronghold

10 There shall no evil happen to you, neither shall any plague come near your tent.

11 For he shall give his angels charge over you, to keep you in all your ways.

12 They shall bear you in their hands,

lest you dash your foot against a stone.

13 You shall tread upon the lion and adder; the young lion and the serpent you shall trample underfoot.

Keep me as the apple of your eye.

14 Because they have set their love upon me, therefore will I deliver them; I will lift them up, because they know my name.

15 They will call upon me and I will answer them; I am with them in trouble, I will deliver them and bring them to honour.

16 With long life will I satisfy them and show them my salvation.

Keep me as the apple of your eye.

Romans 10.8b-13

But what does it say? 'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.'

*This is the word of the Lord. **Thanks be to God.***

*Hear the Gospel of our Lord Jesus Christ according to **Luke 4.1-13***

Praise to you, O Lord

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone." '

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him." '

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written,

"He will command his angels concerning you, to protect you",
and

"On their hands they will bear you up, so that you will not dash your foot against a stone." '

Jesus answered him, 'It is said, "Do not put the Lord your God to the test." ' When the devil had finished every test, he departed from him until an opportune time.

*This is the Gospel of the Lord. **Praise to you, O Christ.***

Prayer after Communion:

Lord God, you have renewed us with the living bread from heaven; by it you nourish our faith, increase our hope, and strengthen our love: teach us always to hunger for him who is the true and living bread, and enable us to live by every word that proceeds from out of your mouth; through Jesus Christ our Lord. **Amen**



Community at Christ Church:

Notice of the Revision of the Church Electoral Roll

This year a completely new Church Electoral Roll has to be compiled, requiring all members of Christ Church to sign a new form. The new Electoral Roll opens today **Sunday 9th March. For a period of 6 weeks**, new forms will be available at the back of church for each person to complete and sign. An electronic copy of the form will also be sent out with the newsletter on March 9th, with more details of how to complete and return electronically. Thank you. Jane Lippitt - Electoral Roll Officer

Eco-Group Thought/Action for the Week - PAY



Look up your retailers online or consult [Ethical Consumer](#) for easy advice and make sure you are paying for ethically produced goods.

Further changes to recycling at Christ Church - from the Eco-Group

On the first Sunday of the month, we collect medical blister packs and personal care items such as soft plastic tubes (e.g. for hand cream), wet wipe packaging and used make-up such as lipsticks, eyeshadow and mascara. Please look carefully at the information provided on and close to the collection boxes to ensure that you only bring in what can now be recycled. **No bottle tops or dental products, please.**

Monthly Lunch and Open Church - 9th March and 13th April

On the second Sunday of each month there will be a free soup, bread and cheese (or vegan alternative) lunch, and we shall be keeping the church open during the afternoon. Please sign up on the list at the back of church if you're able to help by making or serving soup, buying bread and cheese, etc. (*expenses will be reimbursed*), or welcoming visitors into church for a few hours in the afternoon - thank you!

Christ Church Choir

..... sings at the 10.30 service about once a month, plus other special occasions, and practises in church on Thursdays, 7-8:15 pm. New members always welcome; if you're not sure, come along and give it a try for a few weeks! Have a word with Clive or contact him via cliveshaw54@gmail.com



Choir Church

We're delighted that our Choir Church Project is now up and running. Mrs Jayne Crow, a local music teacher, is leading singing lessons and a Choir Club in Christ Church School. The children will then share a eucharist with their families in school each half term. If you're able to help with the 28th March's service at 3.15pm in school, please have a word with Innes or Rev'd Carol. Thank you.

Working Party - Saturday 29th March

Help is needed with some cleaning, maintenance and DIY tasks, as well as to prepare the Mothering Sunday posies, between 9.30-11.30am on 29th March. Please drop in even if you can't spare the whole morning. Brunch will be provided. Children (accompanied by and adult) are welcome to help too.

Supporting Christ Church

Hall for Hire

Don't forget that the Hall is available for hire, especially during the day and at weekends. £24/first hour and £12 for each subsequent hour/part-hour. Please contact Pat on hall@christchurchlancaster.org.uk 07980 351855 for more information.

Supporting Christ Church - One-Off Gifts

If you would like to make a one-off donation to the church as an offering, to pay a fee, or as a gift to regular funds, you can give through our 'Give a little' page: <https://givealittle.co/campaigns/f63a0655-b270-4d05-bf35-3994747785d0> This will also give you the option to Gift Aid your donation (if you pay tax in the UK), enabling the church to get an extra 25p back from the taxman for every £1 you give.



Supporting Christ Church - Regularly

If you're able to support Christ Church via a direct debit donation, you can do this via the Parish Giving Scheme. Every penny goes to our church, and it's easy to review how much you give depending on circumstances. Online at www.parishgiving.org.uk Or by telephone 0333 002 1271 Monday to Friday between 9am and 5pm. For any of these methods our PGS code 030603240 ensures that your gift goes to our church.

EasyFundraising

Did you know you can support Christ Church when you shop online? Register using <https://www.easyfundraising.org.uk/> and the brand's commission will go to church.

PCC

... meets on the 10th March. If there are aspects of life and worship at Christ Church which you'd like discussing, please speak to Rev'd Carol, Julie Buckley, or one of the PCC members. We ask you to pray this prayer 'this time tomorrow' after a Sunday service - wherever you are. (Why not put a reminder in your phone?)

Lord God, Together with you by our side, we can bring growth to our Church. Send your Holy Spirit to give us good planning, wise actions, joy in worship and our welcome, the right words when we speak to others. Help our Church grow in numbers, in spiritual commitment to you, and in service to our local community, through Christ our Lord. Amen.

Sponsor a Hymn



If you'd like to suggest and sponsor a hymn to be sung within the 10.30am Eucharist, please fill in one of the blue forms from the noticeboard.

Giggle (or Groan) of the week - suggestions welcome!

The Churchwarden was so pleased to let the congregation know their priest had recovered from their serious illness, that he sent out the following notice: "God is good. The Vicar is better."

Key contacts:

Vicar:	Rev'd Carol Backhouse 01524 942105 revcarolbackhouse@gmail.com
Curate:	Rev'd Kaarina Leong (On Leave)
Children's Ministry Leader:	Innes Heron-Stamp 07853791776 children@christchurchlancaster.org.uk
Priest with PTO and Choir Contact:	Rev'd Clive Shaw cliveshaw54@gmail.com
Lay Reader:	Dr Pat Allen 01524 39552 reader@christchurchlancaster.org.uk
Notices:	Ms Jacqueline Stamper 01524 64083 churchwarden@christchurchlancaster.org.uk
Parish Safeguarding Officer:	Mrs Emma Muckalt & Ms Debbie Steele safeguarding@christchurchlancaster.org 07547 717060
Parish Secretary:	Mrs Julie Buckley buckleys@live.co.uk 07717824574
Hall Bookings:	hall@christchurchlancaster.org.uk 07980 351855
Christ Church School	Miss Emma Simpson 01524 60955

If you'd like to keep in touch with Christ Church news, events, prayer and worship, please complete a contact card from the pew-end and return to Rev'd Carol

Promoting a Safer Church

If you believe that someone is at risk of immediate harm please call emergency services on 999. Any safeguarding concerns in a parish should be brought to the attention of your Parish Safeguarding Officers, Debbie Steele and Emma Muckalt, who can be contacted as above. Concerns can also be raised directly with our Diocesan Team, Tel: 01254 503088 or email safeguarding@blackburn.anglican.org

Children's Church

... is an important part of our church life, and one of the ways children learn more about Christian faith. If you can offer one Sunday morning each a month (or more if possible) please have a word with Innes. An Enhanced DBS check will be arranged. *All children need to be accompanied to church by a parent/guardian, please.*

A Pint of Theology - 11th March

On the second Tuesday of the month, at 7:30pm, everyone is welcome in the Olive Bar at the Gregson for an hour's discussion (with or without a pint) on aspects of Christian theology and its place in our contemporary world. Please share with others who might be interested, and contact Innes if you'd like to know more.

New Lighting

New LED lighting is being installed in the Hall, Baptistry and Sanctuary to replace broken fittings and improve our energy efficiency. Because Christ Church has a large carbon footprint, we've been eligible for grants from the Net Zero Quick Wins scheme.