



**Points of Prayer:** We pray for all places in the world where war and natural disasters have caused people to lose their lives, their homes and their livelihoods. We pray for those caught up in the war in Ukraine, the earthquake in Turkey and Syria and the cyclone and earthquake in New Zealand. We give thanks for the aid agencies and for those who are supporting them.

**We welcome Charlotte Payne** from St James' Church Exeter who will be our guest preacher at our Eucharists in Denbury and Broadhempston helping us reflect on this first Sunday of Lent.

**The First Lent Group based on 'The Book of Forgiving' by Desmond and Mpho Tutu is this Tuesday 28th February at 6.30pm at St Andrew's Church, Ipplepen.** We will be discussing the first three chapters. All are welcome. In Session 2 (March 7th) we will be discussing chapters 4 and 5. While reading these chapters think about a time when you were hurt. Recall the facts about what happened and how it made you feel.

**World Day of Prayer Service, Friday 3rd March, 6pm in the Ipplepen Methodist Church.** This year the Service comes from Taiwan.

**'Coffee Time!' At St Andrew's Church on Saturday 11th March from 10.30am to 12 noon (ish).** Everyone is welcome to the first 'Coffee Time!' on Saturday 11th March. There is no charge, donations only. We are hoping that you will come and enjoy a cup of delicious fresh coffee and tea and a piece of cake or biscuit. Bring friends and enjoy the space in our historic building. The coffee morning will be held on the 2nd Saturday of each month from March 2023.

**Saturday 18th March, 10am - 4pm Mission Community Retreat Day** (based on the book 'The boy, the mole, the fox and the horse') at The Parish Rooms and The Church of St John the Baptist, Woodland. Please sign up on the sheets at the back of our churches.

**Dr Paul Russell, Churchwarden from Broadhempston, is running the London Marathon for Compassion UK,** a Christian charity, supporting children in extreme poverty. Please read his article in The February and March 2023 edition of The Beacon Magazine.  
<https://challenges.compassionuk.org/profile/4850/paul-russell>

Readings	This week	Next week
<b>Readings for this Sunday:</b>		
1st Reading	Genesis 2:15-17, 3:1-7	Genesis 12:14-4a
Psalm	32	121
2nd Reading	Romans 5:12-19	Romans 4:1-5, 13-17
Gospel	Matthew 4:1-11	John 3:1-17
<b>Readings for the week ahead:</b>		
Mon 27 <sup>th</sup>	Matt 25:31-End	Thurs 2 <sup>nd</sup> Matt 7:7-12
Tue 28 <sup>th</sup>	Matt 6:7-15	Fri 3 <sup>rd</sup> Matt 5:20-26
Wed 1 <sup>st</sup>	Luke 11:29-32	Sat 4 <sup>th</sup> Matt 5:43-End
Readings can be viewed/downloaded from <a href="https://bible.oremus.org/">https://bible.oremus.org/</a>		

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## Sunday 26<sup>th</sup> February 2023

## First Sunday of Lent

### Today - Sunday 26<sup>th</sup> February

9.30 am	Sung Holy Communion	- St Mary the Virgin, Denbury
11.00 am	Holy Communion	- Ss Peter and Paul, Broadhempston
11.00 am	Churches Together – Family Service	- St Andrew's, Ipplepen

### Morning Prayer

This week morning prayer will be said at the following times:

Tuesday	9.15 am	- St Andrew's Ipplepen
Wednesday	9.15 am	- Online Via Zoom (for the zoom password email <a href="mailto:rev.andrewdown@gmail.com">rev.andrewdown@gmail.com</a> )
Thursday	9.15 am	- St Mary the Virgin, Denbury
Friday	9.15 am	- Ss Peter and Paul, Broadhempston (A time of silent prayer and meditation)

### Reflection

All our churches are open for private prayer and reflection throughout the week from approximately 9am to 5pm each day.

### Mid-Week

Rev Andrew Down - Day off on Mondays.

Monday	3pm-5pm	'T-Pot'	- Church Cottage, Denbury
	7.30 pm	Bellringing Practice	- Ss Peter and Paul, Broadhempston
Tuesday	10.15 am	Holy Communion	- St Andrew's, Ipplepen
	6.30 pm	Lent Group: "The Book of Forgiving"	- St Andrew's, Ipplepen
Wednesday	12 noon	Churches Together - Lunch Club	- St Andrew's Church Hall, Ipplepen
	7.00 pm	Bellringing Practice	- St Mary the Virgin, Denbury
	7.30 pm	Bellringing Practice	- St Andrew's, Ipplepen
Thursday	10.15 am	Holy Communion	- Church Cottage, Denbury
	12 noon	Funeral Service of Teresa Irish	- St John the Baptist, Woodland
	4.30-5.30pm	Sta*x Youth Choir Practice	- Ipplepen
Friday	6.00 pm	World Day of Prayer Service	- Ipplepen Methodist Church
Saturday	10.00 am	Coffee Morning	- The Parish Rooms, Woodland

### Next Sunday 5<sup>th</sup> March – Second Sunday of Lent

9.30 am	Holy Communion	- St John the Baptist, Woodland
9.30 am	Celtic Morning Prayer	- St Mary the Virgin, Denbury
11.00 am	Holy Communion with Children's Activities	- St Andrew's, Ipplepen

**In Memory:** Peter Byrom, Ann Hockin Higby, Mary Cleave, Derek Reed, John Harris, Ron Paston, Margaret Maddicott, Vernon Kerslake, Teresa Irish, Mabel Gallon and Fran Howells.



## Reflection by Rev'd Tony Meek

Lent 1  
Year A  
Matt 4.1-11  
26<sup>th</sup> February 2023

On Wednesday we began the season of Lent which is our preparation for the Easter celebration of Jesus' resurrection. It is a time in imitation of Jesus spending forty days in the desert. Jesus fasted in the desert, and overcame the devil's temptations. Jesus never sinned but in the desert he was tempted, and during these forty days of Lent we remember Jesus in the desert as we try to overcome temptation in our lives and to overcome sinfulness.

There is practically no hiding place or shelter in the desert and the difficulties of the desert make whatever is inside a person come to the surface. The desert tests and shows up a person as that person is. Lent is an invitation to us to take the courageous step of "going into the desert" and not hiding from what lies hidden deep within us. Lent is a time to put our souls before a mirror and see ourselves as we really are. Lent is an invitation to allow our sin and darkness and wounds to come to the surface so that we can deal with them and allow them to be healed by the grace of Jesus.

During these forty days of Lent, we do not hide from our sinfulness or prevent God speaking to us or healing us. It is only when we admit something that we can deal with it. The first stage in overcoming anything is to admit the problem. If we remain in denial we miss out on the grace of God to heal us and renew us and make us whole. During Lent we say no to the devil's temptations to continue committing sin and instead we trust in our heavenly Father like Jesus in the desert.

The words of Jesus can be our words this Lent, "Man does not live on bread alone but on every word that comes from the mouth of God." (Matt 4:4) Lent is not only about helping others, about doing something, it is also very much about the type of person we are.

Since the early centuries the Church has suggested three things that we undertake during Lent - **prayer, fasting and almsgiving**. It is for this reason that the Gospel text for Ash Wednesday every year is Jesus' advice on prayer, fasting and almsgiving (Matt 6:1-6, 16-18). **During Lent we want to pray more, fast and help the poor.**

Lent is a time for more **prayer**. We live busy lives and there is much emphasis on enjoying life but a life without prayer is a life without the joy of the presence of God. If we do not pray we are not Christians at full potential; we are only walking when we could be flying. Martha was busy serving when Jesus came but Mary spent time with him and Jesus said, "Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her." (Luke 10:41-42)

Lent is not only about helping others and doing something; it is also very much about the type of person that we are. We pray because all goodness comes from God and when we pray we touch God. There is a difference between a do-gooder and a Christian. A Christian is a do-gooder who also prays. God is our loving Father who greatly desires us to allow him close to us, so we pray more this Lent to experience more of the joy of know God our Father.

**Fasting** is a penance the Church encourages us to undertake during Lent. From the spiritual point of view, fasting symbolizes our dependence on God. It expresses the fact that we really are trying to put God first in our life. The Bible tells us that fasting from food must go together with fasting from violence and fasting from oppressing people (Isa 58:3-12). In other words, when we fast from food it is to be accompanied by a loving and forgiving attitude towards others. **We could say that fasting from food in itself is not what is important, it is what the fasting symbolizes that really matters.** So to fast in a way that is genuinely pleasing to God, can we make an effort to forgive those who have hurt us and not harbour resentment any longer? Why do we need to keep up grudges? Is it merely because we like to be in control?

Perhaps, to forgive, we also need to give up our need to dominate and control others. If we have a problem forgiving someone, we can share it with the Lord and ask his help and grace so that we may forgive. While we may not forget we certainly do not want to live being dominated by past wounds. We want to live in the present free of the past.

For **almsgiving** or helping the poor, we have the opportunity to contribute to Christian and other aid agencies. Helping the poor during Lent brings the words of Jesus to mind, "Whatever you did to one of the least of these you did to me." (Matt 25:45)

The word "Lent" is an old English word which means "springtime." May this Lent really be a new springtime in the lives of each of us. Through **prayer**, through **fasting** from food accompanied by forgiving others and not bearing grudges, and through **donating** from our surplus to help the poor, may we, like Jesus in the desert for forty days, overcome temptation and thus be well prepared to celebrate Easter.