



### Dear Friends

Shrove Tuesday seems to be a popular day in our calendar in communities and in family homes. If it is remembered in churches or religious schools little explanation is usually added to it. Shrove Tuesday is the day of preparation for Lent, that is, the day before Ash Wednesday. The name shrove is derived from the word "shrive", meaning to hear someone's acknowledgement of their sins, to assure him or her of God's forgiveness, and to give appropriate spiritual advice. The term survives today in ordinary usage in the expression "short shrift". To give someone short shrift is to pay very little attention to his excuses or problems. The longer expression is, "to give him short shrift and a long rope," which formerly meant to hang a criminal with a minimum of delay.

Shrovetide is primarily religious and aligns with Fastnacht (the eve of the fast) although in contemporary society may be more associated with Pancake Day, Carnival (meaning without meat) or Fasching in German (as in Germany and Austria it is celebrated in a big way). Shrove Tuesday is also called Fat Tuesday: Mardi Gras (in French *Mardi* means Tuesday; *gras* means fat, as we know the phrase if we like "foie gras"), because on that day a thrifty housewife uses up the fats that she has kept around for cooking, but that she will not be using during Lent. Since pancakes are a standard way of using up fat.

In Christian communities all over the world, Lent is known as a penitential period, or at least giving up on some of our indulgences (like chocolate) in order to feel "uncomfortable" with our sins and change for the better spiritually. But the days leading up to Lent and even the 40-day Lenten period itself are also noted for special foods whose origins reflect the spirituality of the season.

Sugared, fatty food are meant to be consumed in copious quantities, the fried ribbons of dough typically eaten to celebrate the pre-Lenten carnival season include the Italian galani, cenci, bugie, and chiacchiere, and the Hungarian csöröge (which is a fantastically simple and delicious food usually served with home made apricot jam.). All descend from frictilia, sweets fried in lard used to celebrate festivals in ancient Roman times.

As we turn to the meditative, for many: the penitential, the season of Lent, we enjoy one last day of feasting and say to ourselves: from tomorrow (Ash Wednesday) we'll give up something that God sees wrong in our lives and exercise spiritual self-discipline until the next big celebration, Easter comes. It is the time when our focus shifts from self-denial and repentance to embracing the abundance and joy of a new life given by the Resurrected.

*Yours in Christ,* Revd John Gray

### Prayer for Shrove Tuesday

God of feasting,  
we give you thanks  
for the richness of life.  
As Jesus turned water  
into wine at Cana,  
we think of your desire for  
all your people to  
celebrate life.  
Bless us as we celebrate  
the joy of being your  
people.  
Send your Spirit to dance  
and sing with us.  
As we enter the Season of  
Lent, may it, too, be a  
celebration of life: of an  
inward journey of  
contemplation and  
wondering, of learning and  
exploring.  
And in all of this, may we  
grow closer to Jesus,  
to one another, and to you.  
We pray in Jesus' name.  
Amen.

### March Communion Offering Lin's Boxes

Christmas already!!!  
It's only March and I am  
already thinking about  
Christmas, Christmas gifts  
in particular.  
As usual I will be extremely  
grateful for your  
help. Knitted hats, scarves,  
stationery items, small  
cuddly toys and of course  
the money from the  
Communion offertories will  
all be most thankfully  
received.  
Read more below



## DIARYS AND ROTAS

<b>SUNDAY</b>	<b>3<sup>RD</sup></b>	<b>SUNDAY WORSHIP with Mr Brian Jones</b>	<b>11.00AM</b>
<b>SUNDAY</b>	<b>10<sup>TH</sup></b>	<b>COMMUNION WORSHIP with Rev.d John Gray</b>	<b>11.00AM</b>
<b>TUESDAY</b>	<b>12<sup>TH</sup></b>	<b>FAITH EXPLORERS</b>	<b>10.30AM</b>
<b>TUESDAY</b>	<b>12<sup>TH</sup></b>	<b>BRIGHT HOUR – your first career post school</b>	<b>2.30PM</b>
<b>SUNDAY</b>	<b>17<sup>TH</sup></b>	<b>SUNDAY WORSHIP with Mrs Stella Paterson</b>	<b>11.00AM</b>
<b>TUESDAY</b>	<b>19<sup>TH</sup></b>	<b>STITCHERS</b>	<b>2.00PM</b>
<b>SUNDAY</b>	<b>24<sup>TH</sup></b>	<b>SUNDAY WORSHIP with our Rev.d John Grey</b>	<b>11.00AM</b>
<b>SUNDAY</b>	<b>24<sup>TH</sup></b>	<b>CHURCH LUNCH</b>	
<b>SUNDAY</b>	<b>24<sup>TH</sup></b>	<b>ANNUAL CHURCH MEETING</b>	
<b>SUNDAY</b>	<b>31<sup>ST</sup></b>	<b>MOTHERING SUNDAY</b>	<b>11.00AM</b>
<b>SUNDAY</b>	<b>7<sup>TH</sup></b>	<b>SUNDAY WORSHIP with Mr Brian Jones</b>	<b>11.00AM</b>

**10<sup>TH</sup> COMMUNION SERVICE - P. & E. TAYLOR**

**MARCH COMMUNION OFFERING – Lin’s Boxes**

If any changes to flowers are necessary and Sally is away contact Eileen

<b>DATE</b>	<b>FLOWERS</b>	<b>COFFEE</b>	<b>READERS</b>	<b>PORCH</b>	<b>DUTY ELDER</b>
<b>3<sup>RD</sup> MAR</b>		<b>B.FROST</b>	<b>P.CAST</b>	<b>D.COOK</b>	<b>S.PATERSON</b>
<b>10<sup>TH</sup> MAR</b>	<b>FLOWER FUND</b>	<b>L.WRIGHT</b>	<b>P.MARSHFIELD</b>	<b>M.LEMON</b>	<b>T.PATERSON</b>
<b>17<sup>TH</sup> MAR</b>	<b>K.JONES</b>	<b>J.JONES</b>	<b>P.SHERWOOD</b>	<b>K.JONES</b>	<b>S.EDMONDSON</b>
<b>24<sup>TH</sup> MAR</b>	<b>S.EDMONDSON</b>	<b>R.PEPLER</b>	<b>R.REPLER</b>	<b>B.FROST</b>	<b>P.TAYLOR</b>
<b>31<sup>ST</sup> MAR</b>		<b>B.FROST</b>	<b>I.WALTERS</b>	<b>J.FIFE</b>	<b>I.WALTERS</b>
<b>7<sup>TH</sup> APR</b>	<b>J.FIFE</b>	<b>L.WRIGHT</b>	<b>M.McILVEEN</b>		

**Rotas** If you belong to either the Coffee Rota or the Porch Rota and you find you are unable to fulfil your date please contact another member of your rota and arrange a swap with them giving them as much notice as possible.



## NEWS AND EVENTS

### **Women's World Day of Prayer** (a Global, Ecumenical Movement)

This is being held on Friday 1st March at Wraxall Church 10.30 am and our own Church in the evening 7.30 pm. Since we are hosting in the evening it would be good to see as many of you as possible joining us.

### **Invitations from Argyle Morley**

Monday 4<sup>TH</sup> March Communion with Tea at 4pm;  
Wednesday 6<sup>TH</sup> March at 7pm Film Club

### **MARCH COMMUNION OFFERING – Lin's Boxes**

Christmas already!!!

It's only March and I am already thinking about Christmas, Christmas gifts in particular.

This year I will be doing something similar to last:

- 1) Some family boxes
- 2) Some older people's boxes
- 3) Some children's boxes, especially for older boys
- 4) Extra things to go in Caring At Christmas
- 5) Things for the women's refuge - gifts and necessities

As usual I will be extremely grateful for your help. Knitted hats, scarves, stationery items, small cuddly toys and of course the money from the Communion offertories will all be most thankfully received.

Love Lin

### **Allergies**

It has become apparent that one of our congregation has a food allergy. If there are any others in the same situation please make elders aware of this (especially Isabel who does most of the catering). If you have been prescribed medication to combat an allergy, such as an EpiPen, then please make sure you carry it with you at all times.

## Faith Explorers

26 February (Acts 25-26 Ch 23 in our book); 12, 19, 26 March, 2, 9 April, Lent Ecumenical Bible Studies at Horfield URC, Bristol at 10.30. All welcome. 23 April we return to the Book of Acts (and our venue, Nailsea URC), 14 May finishing our book. 28 May starting a new series on environmental issues, a kind of "Eco Faith Explorers" with environmental films on every second sessions.

## Annual Church Meeting

This will take place on **Sunday 24th March. The Meal will Cost £5** per person with proceeds going to Commitment for Life. Names, please, to Isabel on **17th March**.

## March Commitment for Life Prayer

We pray for:

..The government of Zimbabwe as they start to strengthen the economy and reduce poverty.

..Christian Aid, Zimbabwe staff and those partners they support with knowledge and grants, especially the institute for Rural technologies.

..Programmes that increase rural development and economic opportunities.

..Their work to empower and increase the confidence of women.

..The training of communities to start village banks.

..For Sikhanyiswe, for her resourcefulness, dignity and hopes for her daughters' futures

## Awakening

Awakening with Cath Woolridge and Sound of Wales at Nailsea Methodist Church on Friday 29th March at 7.30pm (free entry, but donations are welcome)

## Easter Tea

This will be held on **Saturday 6th April from 2-4 pm**, with everyone sitting down to tea at **3 pm. Cost £4.00** payable on the door. Please bring your friends along with you and enjoy the afternoon.

## **Dedication of the Banner**

In memory of our Church Family, who are no longer with us, we dedicate this banner to the glory of God in the name of the Father and of the Son and of the Holy Spirit.

Prayer. May it be a sign visible to all who come to this church of our commitment to live by the wisdom from above which is pure, peaceful, gentle, friendly, compassionate, good, free from prejudice and hypocrisy, and produces a harvest of good deeds. May we always appreciate the contribution of our Friends from the Church Family, who have gone before us, and whose spiritual legacy means a lot to us. So, we also dedicate ourselves, as individuals and as a church, to follow in the footsteps of Jesus by becoming peacemakers, who are reminded by the dove on this banner, the symbol of peace and the Spirit, to work for peace in the world by the power of the Spirit. We ask this in the name of the same Jesus Christ, our Lord and Saviour. Amen.

## **Happiness Manifesto A to M**

Accept yourself –Accept others-Appreciate each other-and have adventures!  
Breathe deeply-believe in love-Be still, now and again...again! Choose Calm and  
Compassion-Count your blessings-Cuddle-care for all Creatures-Celebrate life.  
Dance Wildly-Dream passionately-Dare to be different-Delight in little things  
Eat with awareness-Encourage a child-Enjoy being in your body.  
Forgive yourself-Forgive others-have Faith-Flow with change-Follow your bliss  
Greet a stranger-Grow plants-Go within-Giggle  
Hug an old person-Hold hands-Help where you can--Let love heal-honour all people  
Invite folks to your home-and into your heart-Imagine peace-Know that we are  
independent  
Think Juicy-live- Juicy-Judge no-one  
Kiss a friend-practise Kindness-  
Laugh like a child-listen with your heart-let go of old stuff-Love who you are with-Let  
your light shine  
Make soup-Make friends –Make a difference- expect miracles!

Susanna Michaelis (N – Z next month)

## **Smokey MacGregor**

There was a Scottish painter named Smokey MacGregor who was very interested in making a penny where he could, so he often thinned down his paint to make it go a wee bit further.

As it happened, he got away with this for some time, but eventually the local church decided to do a big restoration job on the outside of one of their biggest buildings.

Smokey put in a bid, and, because his price was so low, he got the job.

So he set about erecting the scaffolding and setting up the planks, and buying the paint and, yes, I am sorry to say, thinning it down with turpentine.....

Well, Smokey was up on the scaffolding, painting away, the job nearly completed, when suddenly there was a horrendous clap of thunder, the sky opened, and the rain poured down washing the thinned paint from all over the church and knocking Smokey clear off the scaffold to land on the lawn among the gravestones, surrounded by tell-tale puddles of the thinned and useless paint.

Smokey was no fool. He knew this was a judgement from the Almighty, so he got down on his knees and cried:

"Oh, God, Oh God, forgive me; what should I do?"

And from the thunder, a mighty voice spoke.:

“Repaint! Repaint! And thin no more!”

## **Communion Offerings for 2019**

January/July:	National Disability Initiative
February/August:	Commitment for Life
March/September:	Lin's Boxes
April/October:	Free Wheelers
May/November:	Crisis at Christmas
June/December:	Nailsea Leg Club

Please note that if you have suggested one of the above charities then I would ask you to write an article on the charity for the corresponding Connect at least two weeks in advance.

Thank you all for your financial support throughout the year.

Isabel

## **URC Daily Devotions**

To get further information about the Daily Devotions click the link or enter the listing below in your web browser

<http://www.urch.org.uk/latest-news/2491-inspiration-in-your-inbox.html>

## **PRAYER**

In the church vestibule there is a prayer board below the Praying Hands?

Should anyone wish to have the minister on duty mention an item in prayer please write on the post it note which is on the bench below and hand to the duty elder.

Names need not be mentioned if you feel you wish the name or your name to be confidential.

Please don't hesitate to speak to any of to the person leading the service or the elder on duty if you would like someone to pray with you or for you after the service.