

BERRINGTON, CROSS HOUSES & BETTON STRANGE

February/March 2010

7th February 2nd Sunday before Lent

9.30am Betton Strange Eucharist

14th February Sunday next before Lent

11am All Saints Eucharist

28th February Lent 2

10am Cross Houses Family Service

6:00pm Harley Taizé

7th March Lent 3

9.30am Betton Strange Eucharist

14th March Mothering Sunday

11am All Saints Mothering

Sunday Eucharist

28th March Palm Sunday

10am Cross Houses Family Service

Everyone is very welcome to all or any of these services.

GROUP DWELLINGS SERVICE

Holy Communion will be given at The Community Hall, Noel Hill Road,
Cross Houses on the FOURTH Wednesday of the month at 11:00am.

ALTAR FLOWERS

February Mary Forrester
March LENT NO FLOWERS

CHURCH CLEANING

February Barbara Thompson, Jane Leonard
March Anne Fryer, Pat King

CHURCH LOTTERY WINNERS

December 2009

1st M. Merville 2nd R. Maund 3rd A. Fryer

January 2010

1st B.Davies 2nd V. Ward 3rd H. Coggins

Monthly prizes are: £20 , £10 , £5

There are still some vacant numbers available and if you wish to participate, please contact Heather Ward:

Tel: 01743 761044 Mob: 07971848778 Email: hj@hjcomm.co.uk



The Parish of All Saints Berrington

Newsletter for

February / March 2010



Rev. Judy writes...

Good relationships are based on good communications if we fail to email or write, or facebook our friends, or phone or text them, the friendship comes to grief. Lack of communication is often cited as a reason for the breakdown of a relationship, especially with your husband, wife or partner. The more we talk or keep in touch, the better we get to know them. It leads to greater trust and confidence in that person.

Our relationship with God works in the same way. Its' depth depends on how much we talk to him, and really listen to what he says to us. He understands how we feel and never turns us away, even if we don't much feel like coming to him. Talking to God and listening to him, we call prayer, and we can all do it!

Prayer helps us to be renewed each day. As we turn to God, even for a few minutes each day, we open ourselves to his love and power and to the Holy Spirit, giving us new guidance and vitality. It is often when we turn to God in a crisis or great need that we discover his power to take hold of us, protect us and transform our despair into hope.

As we enter the season of Lent, we prepare for the death and resurrection of Jesus. Jesus, God's Son, given to us to show us the love of God and his power of healing and reconciliation.

We need to find time in our busy lives to stop and reflect on his love for us; to reflect on our own lives and think about life itself; above all we need to reflect on Jesus' saving grace given to us, that through his death and resurrection, we have the freedom of a life with forgiveness and without sin, and the promise of everlasting life

To pray be yourself. God accepts us with all our faults and failings, and understands our feelings and pressures. Be quiet really listen in total silence. Be open let go of prejudice and wrong attitudes, anger. Let the Holy Spirit change you and be guided by God. Be simple there are no special words that are needed, but you could use the Lord's Prayer if you know it. And it's OK to be angry with God. Above all, be thankful. Even in our darkest times, there are glimmers of light for which we can be grateful.

There will be "Time out Times" in your parish look for details below to come and take time to reflect on the love that God has for each of us.

Judy

SPIRITUAL VITAMINS A~Z

Remember to take your vitamins every day!

Anxious? Take Vitamin A. "All things work together for good for those who love God, who are called according to his purpose." (Romans 8:28)

Blue? Take Vitamin B. "Bless the Lord, O my soul, and all that is within me, bless his holy name." (Psalm 103:1)

Crushed? Take Vitamin C. "Cast all your anxiety on him, because he cares for you." (1 Peter 5:7)

Depressed? Take Vitamin D. "Draw near to God, and he will draw near to you." (James 4:8)

Empty? Take Vitamin E. "Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name." (Psalm 100:4)

Fearful? Take Vitamin F. "Fear not, for I am with you, do not be afraid, for I am your God." (Isaiah 41:10)

Greedy? Take Vitamin G. "Give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put unto your lap; for the measure you give will be the measure you get back." (Luke 6:38)

Hesitant? Take Vitamin H. "How beautiful upon the mountains are the feet of the messenger who announces peace, who brings good news, who announces salvation, who says to Zion, 'Your God reigns.'" (Isaiah 52:7)

Insecure? Take Vitamin I. "I can do all things through Christ who strengthens me." (Philippians 4:13)

Jittery? Take Vitamin J. "Jesus Christ is the same yesterday and today and forever." (Hebrews 13:8)

Know nothing? Take Vitamin K. "Know this that the Lord is God, it is He that made us and not we ourselves." (Psalm 100:3)

Lonely? Take Vitamin L. "Lo, I am with you always, even to the end of the age." (Matthew 28:20)

Mortgaged? Take Vitamin M. "My grace is sufficient for you, for power is made perfect in weakness." (2 Corinthians 12:9)

Nervous? Take Vitamin N. "Never, no never will I leave you nor forsake you." (Hebrews 13:5)

Overwhelmed? Take Vitamin O. "Overcome evil with good." (Romans 12:21)

Perplexed or puzzled? Take Vitamin P. "Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid." (John 14:27)

Quitting? Take Vitamin Q. "Quit you like men and women, be strong." (1 Corinthians 16:13)

Restless? Take Vitamin R. "Rest in the Lord, and wait patiently for him." (Psalm 37:7)

Scared? Take Vitamin S. "Stay with me, and do not be afraid; for the one who seeks my life seeks your life; you will be safe with me." (1 Samuel 22:23)

Tired? Take Vitamin T. "Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." (Isaiah 40:31)

Uncertain? Take Vitamin U. "Understand that I am (the Lord). Before me no god was formed, nor shall there be any after me." (Isaiah 43:10)

Vain? Take Vitamin V. "Vexed with unclean spirits: and they were healed every one." (Acts 5:16)


Wondering what to do? Take Vitamin W. "What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?" (Micah 6:8)

eXhausted? Take Vitamin X. "Exercise thyself rather unto godliness." (1 Timothy 4:7)

Yearning for hope? Take Vitamin Y. "Yea, though I walk through the valley of the shadow of death, I will fear no evil; for you art with me; your rod and your staff, they comfort me." (Psalm 23:4)

Zapped? Take Vitamin Z. "Zealous for good deeds." (Titus 2:14)

The Bible is the best source of vitamins known to man



PRAYER CLOSET
The prayers of a righteous man availeth much..
James 5:16

Some ideas for things to pray for

Ask God to open our eyes and ears so that we can clearly see him at work in the lives of others... The best vitamin for a friend is B1.

Thank God for the many ways that we can communicate; TV, radio, newspapers, books, music, etc. And for the senses to hear them and decipher them. Thank him too for the quickest and surest way to communicate with him - through prayer.

Ask God how you can encourage those who are in need of food, shelter, healing, and pray for those who have recently been bereaved or who find this time particularly difficult.