

1st March – 1st Sunday of Lent

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

[Romans 5: 12 - 19 (860)]; Matthew 4: 1-11 (735)

8th March – 2nd Sunday of Lent

Almighty God, by the prayer and discipline of Lent
May we enter into the mystery of Christ's sufferings,
And by following in his Way come to share in his glory;
Through Jesus Christ our Lord. Amen.

Genesis 12: 1 – 4 (10); Romans 4: 1 – 5, 13 – 17 (859); John 3: 1 – 17 (811)

15th March – 3rd Sunday of Lent

Eternal God, give us insight to discern your will for us,
to give up what harms us, and to seek the perfection
we are promised in Jesus Christ our Lord. Amen

Romans 5: 1 – 11 (860); John 4: 5–26 (811)

22nd March – Mothering Sunday

God of love, passionate and strong, tender and careful:
watch over us and hold us all the days of our life;
Through Jesus Christ our Lord. Amen

2 Corinthians 1: 3 – 7 (882); Luke 2: 33 – 35 (781)

29th March – 5th Sunday of Lent

Holy God, in the Saviour's cross your boundless love meets
human sin: strengthen and deliver us that we may know
the victory is ours through Jesus Christ our Lord. Amen

Romans 8: 6 – 11 (862); John 1: 1 – 18 (820)

At the end of the Bible reading, the reader will say: This is the word of the Lord. We will all respond: **Thanks be to God.** At the start of the Gospel Reading, the reader will say: Hear the Gospel of our Lord Jesus Christ according to (Matthew/Mark/Luke or John). We will all respond: **Glory to you, O Lord.** And at the end of the passage the reader will say: This is the Gospel of the Lord. We will all respond: **Praise to you, O Christ.**

KESTON PARISH CHURCH

MONTHLY PEW SHEET

MARCH 2020



Sun	1 st March	10 am	Family Holy Communion
Tue	3 rd Mar	9.30 am	Prayer Walk
Thu	5 th Mar	7.30 pm	St. Mark's Lent Group + Bishop
Fri	6 th Mar	2.30 pm	Choir Practice
Sun	8 th Mar	10am	Holy Communion
Mon	9 th Mar	2 pm	Book Club
Wed	11 th Mar	10.30 am	Holy Communion
Thu	12 th Mar	7.30 pm	St. Mark's Lent Group
Fri	13 th Mar	2.30 pm	Choir Practice
Sat	14 th Mar	9.30 am	Slavery Walk to Downe
Sun	15 th Mar	10 am	Holy Communion With H&W
Mon	16 th Mar	7.30 pm	Meditation @ Rectory
Tue	17 th Mar	7.30 pm	PCC
Wed	18 th Mar	7.30 pm	Men's Social @ Greyhound
Thu	19 th Mar	7.30 pm	St. Mark's Lent Group
Fri	20 th Mar	2.30 pm	Choir Practice
Sun	22 nd Mar	10 am	Mothering Sunday Holy Communion
Tue	24 th Mar	7.30 pm	Home Group @ Rectory
Thu	26 th Mar	7.30 pm	St. Mark's Lent Group
Fri	27 th Mar	2.30 pm	1 st Sunday Singers & Choir Practice
Sun	29 th Mar	10 am	Holy Communion
Tue	31 st Mar	7.30 pm	Church Social @ King's Head
Fri	3 rd Apr	2.30 pm	Choir Practice

OUR SAFEGUARDING STATEMENT - We want our church to be a safe place for everyone – a place where the love of God shines through all we do. Therefore, in accordance with the Government, the Church of England, the Charity Commission and our insurance company, our workers/volunteers are safely recruited (including DBS check if legally eligible), regularly trained and we adhere to Diocesan Safeguarding Policies. Our Parish Safeguarding Officer (PSO) is Mrs Heather Molnar who can be contacted on 07816 464 880 if you have any concerns. Please also see our Safeguarding board in the church lobby for further information and a photo of our PSO, and other members of our Church team.

WELCOME - We would like to welcome you to our service today, especially if you are a visitor. We invite you to join us at Holy Communion to receive the bread and wine, symbols of God's love for us. If you do not wish to receive Holy Communion, **please come up for a blessing**, just keep your hands by your side as you come to the rail. **If you use a hearing aid, please put it to the "T" setting. Please do join us for a cup of tea/coffee and biscuits in the Hall after the 10 am Sunday service.**

LENT IS HERE!! St. Mark's Church, Biggin Hill are running a Lent Course every Thursday evening @ 7.30 pm, and we are invited to join them, they are following the books 'Care for God's Creation' and 'Say Yes to Life'. Bishop James will be attending the session on Thursday 5th March at St. Mark's. Our next reading group is on Monday 9th March when we will also be reflecting on the books connected to the course.

PRAYER WALKS – Every 1st Tuesday of the month, Tuesday 3rd Mar & 7th Apr
Please come along with or without a dog, and we all have a good chatter, and then stop, reflect and pray at several intervals along the way, we start at 9.30 am on Commonsides near the old Rectory. We then end up at Greyhound at 11 ish where we have a 'cuppa', and/or one of the lovely breakfast options. Please join us for this lovely social time – you don't have to walk first – just let Carol or Tricia know if you would like to be there for food, so we have an idea of numbers. Thank you!

BOOK READING FELLOWSHIP – Our next Book Reading Fellowship Group is on **Monday 9th March @ 2 pm** at Sally Churchus home @ 103 Gravel Road, Bromley Common. We will be discussing the LENT book some have been reading, together with other books, have a good chat, then have tea and cake. Don't worry if you have not read any books, you may be inspired to after hearing others' experiences! All are welcome!

BEAUTIFUL BUTTERFLIES PROJECT – Tuesday 10th March @ 10.30 am – visit to Keston Church by the London Wildlife Trust on how to encourage butterflies in our graveyards, all very welcome!

HEALING & WHOLENESS (H&W) - Every 3rd Sunday on 15th Mar & 19th April, we offer healing and wholeness prayers, [and a blessing with oil], for all who may like the benefit of a special prayer, just after Communion.

MODERN DAY SLAVERY WALK – Saturday 14th March @ 9.30 am with short service with Bishop Simon Burton Jones, and then a walk to the Wilberforce Oak, and then on to Downe Village Hall. Please bring a packed lunch or enjoy soup and rolls provided by Downe WI. You can return to Keston Church by bus.

MEDITATION GROUP – Every 3rd Monday - (16th Mar & 20th April). We begin at 7.30 pm at the Rectory (during Winter months Nov – April). All are very welcome, to take time out from our busy lives.

MEN'S PUB SOCIAL – These happen **every 3rd Wednesday** of the month – and the next one is **on 18th Mar & 15th April at the Greyhound Pub @ 7.30 pm.**

CHURCH SOCIAL – AT THE CROWN, LEAVES GREEN, PUB on Tuesday 31st March @ 7.30 pm. All are very welcome, come for your supper, or just a drink! Then Wednesday 13th May @ King's Head, Leaves Green.

MESSY CHURCH – Our next get together is on Tuesday 7th April. Come along for lots of fun and crafts, followed by a short act of worship in church, then finishing with a High Tea. Free admission, but donations towards costs much appreciated. Following dates are Tuesday 11th August, and Tuesday 6th October.

LENT LUNCH AT ST. GEORGE'S, BECKENHAM CHURCH HALL, Albemarle Road, BR3 5HZ on Tuesday 7th April at 12.30 pm. All welcome, bring and share, savoury or sweet. Cheese, French bread, tea and coffee provided. Public Car park opposite. Donations in aid of Welcare in Bromley. Please let Gillian Scales know if you hope to be there Tel: 020 8663 3173 or email: g.scales566@btinternet.com

MAUNDY SUPPER AND SERVICE – THURSDAY 9TH APRIL – We will be having our usual bring and share Mediterranean meal starting at 6.45 pm, followed by our Holy Communion Service at 8 pm.

CAN YOU HELP? Within a year John & Heather Molnar are anticipating moving to the coast to retire! We will therefore be looking for a Churchwarden, a Parish Safeguarding Officer and a PCC Secretary. It would be ideal if someone could shadow them in their roles before they leave so as to get a feel for the role and learn the ropes. If you can help with any of these positions please talk to Rev. Carol for more information.

THE FUTURE BISHOP OF ROCHESTER NEEDS YOU! Bishop James is not going anywhere quite yet, but every diocese is required to have a ready-to-go committee of people to help, when needed, with the process of finding the next diocesan bishop. They are looking for one lay person to join the Committee from the Archdeaconry of Bromley & Bexley. Please contact Suzanne Rogers for more details and a nomination form on 01634 560000 or Suzanne.rogers@rochester.anglican.org. Nominations need to be in by 12 noon on Monday 24th Feb 2020.

KESTON CHURCH OF ENGLAND PRIMARY SCHOOL currently has spaces available in some of the year groups. Please call the school for more information - 01689 858399.

DO YOU ENJOY THE KESTON MAGAZINE? I am in constant need of ideas, if you have any ideas for (copyright free) articles or know of anyone who has an interesting hobby or done something or achieved something special or you yourself would be willing to share a bit about your faith in the 'My Faith Journey' article, please see Sally. Thank you.

*"In a world where you can be anything,
be kind."*