

KESTON PARISH CHURCH

MONTHLY PEW SHEET

February 2024



Sun	4th Feb	10 am	Family Non-Communion Service
		11 am	Messy Chat
Tue	6 th Feb	9.30 am	Prayer Walk
Fri	9 th Feb	2.30 pm	Choir Practice
Sat	10 th Feb	6.30 pm	Quiz night
Sun	11th Feb	10 am	Holy Communion Service
Fri	16 th Feb	2.30 pm	Choir Practice
Sun	18th Feb	10 am	Holy Communion Service With H&W
Wed	21 st Feb	9.30 am	Prayer Walk
		7 pm	Men's Group @ The Greyhound
Fri	23 rd Feb	2.30 pm	Choir Practice
Sun	25th Feb	10 am	Holy Communion Service
Tue	27 th Feb	7.30 pm	Church Social @ Greyhound
Fri	1 st Mar	2.30 pm	Choir Practice
Sun	3rd Mar	10 am	Family Non-Communion Service

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 new Safeguarding Officer is Steff Nash please speak to him or contact him on steff@swissmail.org if you have any questions or concerns.

WELCOME - We would like to welcome you to our service today, especially if you are a visitor. When we take Holy Communion everyone is invited to receive the bread and wine, symbols of God's love for us. You will be guided to the Altar rail at the appropriate time. **HOLY COMMUNION** - We are now offering Communion by Intinction, and we are also offering the Common Cup. We will begin with the Intinction, and at the end, if you would like to take from the Common Cup, please come up after the other Communicants. 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 Sunday service.

1ST SUNDAY OF THE MONTH SERVICE will now be a more informal service without Communion. Following some comments made by our Church Family members, we are re-introducing this less formal service, which will be shorter. We will of course be enjoying tea/coffee and biscuits after this service as usual.

MESSY CHAT AFTER OUR MORNING SERVICE ON SUNDAY 4TH FEBRUARY @ 11 AM– If you are hoping to help with the re-start of Messy Church, please take a coffee and speak with Steff Nash, and discuss how you can help.

PRAYER WALKS – Every 1st Tuesday & 3rd Wednesday of the month Tue 6th & Wed 21st Feb, then Tue 5th & Wed 20th March. Please come along with or without a dog, and we all have a good chatter, then stop, reflect and pray. We start at 9.30 am on Commonsides on the green opposite the Greyhound Pub. We then end up Heathfields at 11 ish where we have a 'cuppa'.

QUIZ NIGHT – SATURDAY 10TH FEBRUARY @ 6.30 FOR 7 PM START - £16 per person which includes fish & chip supper. Please add your name to the sheet, either in a group, or individuals to be put into a group. Tables of 8. (Remember to bring drinks and glasses).

HEALING & WHOLENESS ON 3RD SUNDAY MORNING SERVICE – On the third Sunday of each month, (18th Feb & 17th March) just after taking Communion we will have "prayers" in the foyer for anyone wanting someone to pray with them, for themselves or loved ones.

MEN'S PUB SOCIAL – Every 3rd Wednesday of the month @ 7 pm – Wed 21st Feb, then Wed 20th March at the Greyhound pub.

CHURCH PUB SOCIALS – Come and have a drink/meal and chat to your congregation friends! Now meeting at lunchtimes too! **(Please add your name to the list if you wish to come); Tuesday 27th February, at the Greyhound @ 7.30 pm; and Wednesday 3rd April at Daisy Grey @ 12.45 pm.**

CALLING ALL SCRABBLE PLAYERS – Pam Robertson and Rosemary are now hosting a scrabble afternoon, and if you are interested please have a word with Tricia, Pam or Rosemary.

OUR LENT BOOK – LOVING MY NEIGHBOUR: A LENTEN JOURNEY
These Lenten readings and reflections consider how to love in truth, love the vulnerable and the suffering, embrace difference, care for our world, love ourselves, and love to the very end. We have purchased copies for those on the list but if you would like one please see Sally or Tricia.

NOTES FROM A SMALL ISLAND by Bill Bryson – A Charity Preview in aid of Welcare in Bromley at Bromley Little Theatre on Thursday 7th March @ 7.45 pm. Tickets £12 from Gillian Scales on 0208 663 3173. G.scales566@btinternet.com

MENTAL WELLBEING COFFEE MORNING – Saturday 16th March from 10 am – 12 noon. Join us and chat over tea/coffee and cake with a mental health professional at hand. We will hear tips about how to keep ourselves well.

KESTON CHURCH YEARLY GIVING – There is a list of all the charities we supported over the past year, showing the donations, and Gift Aid, on the Notice Board in the Foyer. Do please have a look.

CAN YOU HELP? We could do with some volunteers to help get out the tables and chairs in the hall before the service, and then put them away again afterwards. Please see Tricia or Sally, thank you.

<p>WARNING – Please remember to be very careful crossing Church Road to and from the car park as cyclists speed along in both directions! Thank you and take care.</p>

4th February – 2nd Sunday before Lent

**Almighty God, give us reverence for all creation
And respect for every person, that we may mirror
your likeness in Jesus Christ our Lord. Amen**

Colossians 1: 15 – 20; John 1: 1 – 14

11th February – Sunday next before Lent

**Holy God, you know the disorder of our sinful lives:
Put right our crooked hearts, and bend our wills to love your
goodness and your glory in Jesus Christ our Lord. Amen**

2 Corinthians 4: 3 – 6; Mark 9: 2 – 9

14th February – Ash Wednesday

**Holy God, our lives are laid open before you:
Rescue us from the chaos of sin and through the death of
your Son bring us healing and make us whole
in Jesus Christ our Lord. Amen**

2 Corinthians 5: 20 – 6: 1 – 10; Matthew 6: 1 – 6, 16 – 21

18th February – 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**

1 Peter 3: 18 – end; Mark 1: 9 – 15

25th February – 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 the Way may we come to share in the glory;
through Jesus Christ our Lord. Amen**

Romans 4: 13 – end; Mark 8: 31 - end