

# ***KESTON PARISH CHURCH***

## **MONTHLY PEW SHEET**

### **March 2025**



Sun	2 <sup>nd</sup> Mar	8 am 10 am	BCP HC (1662) Celebrational Worship (Non-Communion)
Mon	3 <sup>rd</sup> Mar	7.40 am 8 am	Morning Prayer Holy Communion (said)
Tue	4 <sup>th</sup> Mar	9.30 am	Prayer Walk
Wed	5 <sup>th</sup> Mar	3 pm	Ash Wednesday Holy Communion with Ashing
Fri	7 <sup>th</sup> Mar	2.30 pm	Choir Practice
Sun	9 <sup>th</sup> Mar	10am	Holy Communion Service
Mon	10 <sup>th</sup> Mar	7.40 am 8 am 2 pm 7.30 pm	Morning Prayer Holy Communion (said) Book Reading Fellowship Lent Group (session 1)
Tue	11 <sup>th</sup> Mar	3.30 pm	Lent Group (session 1)
Wed	12 <sup>th</sup> Mar	7 pm	Church Social – The Crown
Fri	14 <sup>th</sup> Mar	2.30 pm	Choir Practice
Sun	16 <sup>th</sup> Mar	10am	Holy Communion Service with Prayer for Healing & Wholeness
Mon	17 <sup>th</sup> Mar	7.40 am 8 am 7.30 pm	Morning Prayer Holy Communion (said) Lent Group (session 2)
Tue	18 <sup>th</sup> Mar	3.30 pm	Lent Group (session 2)
Wed	19 <sup>th</sup> Mar	9.30am 7 pm	Prayer Walk Men's Group @ Greyhound
Fri	21 <sup>st</sup> Mar	2.30 pm	Choir Practice
Sun	23 <sup>rd</sup> Feb	10am	Holy Communion Service
Mon	24 <sup>th</sup> Feb	7.40 am 8 am 7.30 pm	Morning Prayer Holy Communion (said) Lent Group (session 3)
Tue	25 <sup>th</sup> Mar	3 pm	Annunciation Service with Communion
Fri	28 <sup>th</sup> Mar	3.45 pm 2.30 pm	Lent Group at Church (session 3) Choir Practice
Sat	29 <sup>th</sup> Mar	10 am	Wellbeing Coffee Morning
Sun	30 <sup>th</sup> Mar	8 am 10 am	BCP HC (1662) Mothering Sunday Service (non communion with posies for mums)
Mon	31 <sup>st</sup> Mar	7.40 am 8 am 7.30 pm	Morning Prayer Holy Communion (said) Lent Group (session 4)
Tue	1 <sup>st</sup> Apr	9.30 am 3.30 pm	Prayer Walk Lent Group (session 4)

**WELCOME** to this service today, especially if you are a visitor. Hope you leave feeling blessed and minded to come again. If you use a hearing aid, please put it to the "T" setting. Large print copies of the service are available – please ask.

**HOLY COMMUNION** is offered every Sunday at 10am (except the first Sunday of the month when it is at 8am) & each Monday morning at 8am in this Parish Church. At Communion we come together as members of the one Body of Christ. ***Everyone is welcome at the Lord's Table, the table of Jesus Christ.*** If you require a gluten free wafer please inform one of the welcomers or the rector before the service. The wine is offered by the Common Cup, in line with the Canons of the Church of England, and as Jesus offered it to his disciples. Post-Covid, the practice of administering the wine by 'intinction' has persisted, with an assumption that it is more hygienic. Intinction is where, in our church, the rector will dip the wafer into the wine, before offering it with the exhortation 'the Body and Blood of Christ'. There is no proven research which says that intinction is more hygienic than the Common Cup. Scientific research has shown that the risk of infection from the Common Cup is minimal, not least by the priests who over many centuries have been consuming all the wine after many communicants had drunk from the same cup. Cathedrals with large congregations have largely returned to the Common Cup and do not permit intinction under any circumstances. Receiving in one kind is to receive the sacrament in its entirety. When invited to approach the table: please come up **first** if you wish to receive from the **Common Cup**. If you wish to receive **by intinction** please follow the guidance of the sidespeople. If you want a  **blessing**, come at either time and **bring your service booklet with you** and bow your head.

**BAPTISMS, WEDDINGS & FUNERALS** – These are important landmarks in the life of any family. Your Parish Church is here to mark these important times with you. Baptisms, also called christenings can be conducted at any age – please ask. Confirmation is the next step if you were baptised as a child or an infant, and is usually offered just after you start Secondary School and is when you make the promises for yourselves. Don't worry if you have passed that age, God always welcomes you. If you get baptised as an adult, you will usually be invited to be confirmed at the same time. **Preparation for our next Confirmation service will commence towards the end of April, after Easter. Please speak to Reverend Belinda to register your interest.** Reverend Belinda can be contacted on 01689 853186 or by email [rector@kestonparishchurch.org.uk](mailto:rector@kestonparishchurch.org.uk) regarding any of the above.

**1<sup>ST</sup> SUNDAY OF THE MONTH SERVICE** is Celebrational Worship and is a non- Communion service including contemporary hymns and songs. It is a service of the Word (built around the Word of God in scripture) and is intergenerational and suitable for all the family. Tea, coffee, squash and biscuits are offered after the service. All are very welcome. Bring a friend.

**MONDAY - MORNING PRAYER @ 7.40am followed by HOLY COMMUNION @ 8am (½ hour).** A good start to the week as we place our week in God's hands. We pray for the needs of our Parish, its Church and its Community. Please do pop by on your way to work. There is a free car park while you attend. All are very welcome.

**PRAYER WALKS – Every 1<sup>st</sup> Tuesday & 3<sup>rd</sup> Wednesday of the month, Tue 4<sup>th</sup> & Wed 19<sup>th</sup> Mar then Tue 1<sup>st</sup> & Wed 16<sup>th</sup> April** Please come along with or without a dog, and enjoy a good chatter, then stop, reflect and pray. We assemble at 9.30 am on Commonsides on the green near the Greyhound Pub, and usually end up at/in Heathfields at 11ish to have a 'cuppa'.

**ASH WEDNESDAY COMMUNION SERVICE – 5<sup>TH</sup> MARCH @ 3 PM** – Following Shrove Tuesday, we mark the beginning of Lent with Holy Communion and ashing. We are trialling a 3pm service so that many more of the congregation and new members of the community can attend – please pass the message on and let us know what you think of the timing.

**BOOK READING FELLOWSHIP - Monday 10<sup>th</sup> March at 2 pm.** Come and discuss books with some Christian content that you have read over tea/coffee and cake. Please let Sally Churchus know if you would like to come along.

**CHURCH SOCIALS** – the next Church get together is on **Wednesday 12<sup>th</sup> March at the Crown, Leaves Green at 7 pm.** Please put your name on the list if you would like to come along. Then there will be a lunch on **Tuesday 29<sup>th</sup> April** at the Triple Two Coffee shop on Commonside at 12.30 pm.

**HEALING & WHOLENESS ON 3<sup>RD</sup> SUNDAY MORNING SERVICE** – On the third Sunday of each month, (**16<sup>th</sup> Mar & 20<sup>th</sup> Apr**) just after taking Communion there is the opportunity to go through to the foyer where church members will be happy to pray with and for you.

**MEN'S PUB SOCIAL** – **Every 3<sup>rd</sup> Wednesday** of the month **19<sup>th</sup> Mar and 16<sup>th</sup> April** at the Greyhound pub at 7 pm.

**MENTAL WELLBEING COFFEE MORNING** – **Saturday 29<sup>th</sup> March 10am – 12 noon in Keston Church Hall.** Come for a chat over tea/coffee and cake with a mental health professional at hand. We will hear tips about how we can keep ourselves well.

**LENT GROUPS** – There will be two Lent Groups running based on the CofE Lent Reflections 'Living Hope' on Monday evenings 7.30-9pm and Tuesday afternoons 3.30-5pm at the Rectory for 6 weeks starting in week beginning 10<sup>th</sup> March. The Tuesday 25<sup>th</sup> March session will follow the Service of the Annunciation at Church at 3pm. We will meet in the Church hall for this session. If you are unable to attend the Lent Groups – do please take a booklet and make time to study the reflections in the comfort of your own home.

**FRIENDS OF WELCARE** have a fundraising event with the play 'Labour of Love' by James Graham, at Bromley Little Theatre, on Thursday 10<sup>th</sup> April at 7.45 pm. Tickets £12 each from Alison Dockray on 0208 776 5584 or [aliray1@hotmail.com](mailto:aliray1@hotmail.com)

**MINI EASTER EGGS WANTED FOR EASTER EGG HUNT ON EASTER SUNDAY 20<sup>TH</sup> APRIL.** Thanks for your generosity

**WINTERSHALL PLAYERS, Bramley, Guildford** – **Thursday 19<sup>th</sup>, Friday 20<sup>th</sup> & Saturday 21<sup>st</sup> June.** The Life of Christ is performed every June at Wintershall with a cast of over 100, attracting thousands of people in the beautiful grounds with wonderful views, lakes, plantations and ancient woodland. The productions are a perfect opportunity to encounter the drama of biblical events of the life of Christ. Tickets are £35. If you are interested in going with a group from Church, there is a sign up sheet, As you do have to walk around a little, most people take fold up chairs to sit and watch each performance, and take your own refreshments.

**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 Safeguarding Officer is Steff Nash please speak to him if you have any questions or concerns or contact him on [safeguarding@kestonparishchurch.org.uk](mailto:safeguarding@kestonparishchurch.org.uk)

## **2<sup>nd</sup> March – The Sunday next before Lent**

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

*Exodus 34: 29 – end; Luke 9: 28 – 36 (NLT Bible)*

## **Wednesday 5<sup>th</sup> March – Ash Wednesday @ 3 pm**

**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.**

*Isaiah 58: 1 – 12; John 8: 1 – 11 (NRSV Bible)*

## **9<sup>th</sup> March – The First 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**

*Deuteronomy 26: 1 – 11; Luke 4: 1 - 13 (NRSV Bible)*

## **16<sup>th</sup> March – The Second 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 15: 1 – 12, 17 – 18; Luke 13: 31 – end (NRSV Bible)*

## **23<sup>rd</sup> March – The Third 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**

*Isaiah 55: 1 – 9; Luke 13: 1 – 9 (NRSV Bible)*

## **Tuesday 25<sup>th</sup> March – The Annunciation of our Lord to the Blessed Virgin Mary @ 3 pm**

**We beseech thee, O Lord, pour thy grace into our hearts;  
that, as we have known the incarnation of thy Son Jesus Christ by  
the message of an angel, so by his cross and passion we may be  
brought unto the glory of his resurrection; through the same  
Jesus Christ our Lord. Amen.**

*Isaiah 7: 10 - 14; Luke 1: 26 – 38 (NRSV Bible)*

## **30<sup>th</sup> 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**

*Exodus 2: 1 – 10; John 19.25b-27 (NLT Bible)*