



ST BARBARA'S PARISH CHURCH EARLSDON // ISSUE NO.472 // SPRING 2022

# ST BARBARA'S NEWSLETTER

stbarbaras.com



## *Living Lent 2022*

Welcome to a slightly different edition of St Barbara's Newsletter. Throughout this issue, we are exploring the theme of Lent. Lent, the forty days, excluding Sundays, leading up to Easter, has always been a very important period of reflection and preparation for Christians. It marked the period of learning and preparation for those who were going to be baptised on Easter Sunday. It also marked the time for the whole church to get their spiritual lives back in order. We reflect more on this on page 2. For us all, it provides an opportunity to give a bit more focus and attention to God than we would normally do. This issue contains lots of different ways in which you might like to participate in Lent this year. If you are reading the newsletter online, you will find lots of links that will take you to more information. If you are reading a paper version, and would like more information, then just call Tulo, the vicar, on 07869 603216.

### ***Reading through Luke's Gospel***

The Gospels form the very bedrock of our faith, giving us insight into the life of Christ. Luke's gospel provides a wonderful mixture of Jesus' teaching, parables, healings and miracles, finishing with the climax of Jesus' last week in Jerusalem, his death and resurrection. This Lent sign up to receive a daily email that will provide a short reading from Luke's Gospel that will take you through the whole gospel in forty days. The readings are accompanied by some questions to encourage reflection and some prayers. The daily reading can take as little as five minutes per day, or longer if you have more time to give. To receive the daily email, email [tulo@raistricks.com](mailto:tulo@raistricks.com) or to receive a paper copy phone 07869 603216.

### ***Renewing our care for creation***

Lent can be a good time to start a positive eco action to help the planet. One thing we can think about is the amount of waste we produce, and what we do with it. Where possible we can buy items with no or minimum packaging, such as loose fruit and vegetables, and use refillable products. For items that are hard to buy without packaging, we can seek to recycle the packaging wherever possible. St Barbara's church is trying to play our part in this and in our foyer we now have recycling receptacles for harder to recycle items where you can bring old toothbrushes, empty toothpaste tubes and crisp packets.

### ***Spring Walks***

A great way to connect to God is through nature. We are blessed to have many patches of park, woodland and green space nearby. If you can take a walk each week, observe how spring is unfolding, shoots pushing up through the ground and blooming into new life, blossom appearing on trees and bushes, birds and other creatures busying themselves with spring tasks. Use this as an opportunity to thank God for his creation, for new life and the seasons and pray to him. If you can't walk very far, look in your garden, or grow a plant on your windowsill and watch that develop and, hopefully, flourish, reflecting and growing closer to God in the process.

## *Thought for the Season: A Training Programme for Lent*

A few years ago I took up running. I've always been relatively fit - doing lots of cycling, enjoying walking holidays, and the like - but running was something that I was convinced my body was just not made for. I would run down the street if late for a meeting, and pull up short after just fifty yards. The thought of running half a mile would bring me out in a cold sweat. But nowadays, I enjoy a three-mile run twice a week. Compared to other, far more serious runners, this is nothing, but to me, it represents a huge change.

But that change did not happen overnight. It took time, it took commitment and it took a training programme that suited me and didn't assume I was already a professional marathon runner. The programme I used - Couch to 5K - took nine weeks of small incremental steps, but by the end of it, much to my amazement, I could run three miles without stopping.

Lent is a bit less than nine weeks - six and half weeks to be exact - but it is a long enough time to establish patterns and to get our lives spiritually into better shape. To grow in our love for God and for others. To grow in our appreciation of the beauty of the world and in our compassion for the needs of the world. As I found with learning how to run, for each of us, what that looks like, and what will help, will be different. There is not a one-size-fits-all approach to growing spiritually.

So that's why this Lent we are suggesting a whole range of ideas and opportunities that you may want to consider. It could be that one of these ideas is just right for you at this time. It could be as simple as committing to listening to a piece of inspirational music each week or to paying particular attention on a daily basis to the unfolding of Spring in your garden or in the park. It could be joining with us in reading the whole of Luke's gospel or in volunteering to visit a lonely, house-bound individual.

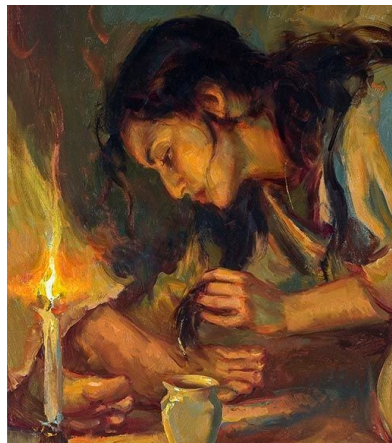
Lent throughout the centuries has been a time of spiritual preparation and growth. As with running, it does not happen instantaneously or without a degree of commitment and desire. As you read through the newsletter, may you be inspired this Lent to commit to something that will help you grow in faith.

Rev Tulo Raistrick

Why not visit [stbarbarasearlsdon/talks](https://stbarbarasearlsdon/talks) to read more reflections on faith and life?

### ***Our Church Lent Appeal***

Lent is a time when the church traditionally gives more focused attention to the needs of others. This year, St Barbara's is supporting the international aid agency Tearfund's Lent Appeal. Rwanda is one of the poorest countries in the world, but through the setting up of self-help groups and small saving schemes, the church is making a big difference in helping communities cope with the challenges of poor harvests, made worse by the impact of the pandemic. Each week, community members come together to work together on income generation projects, such as knitting and sewing. They put aside a small amount of money each week, and loan this out to those group members who are particularly struggling. Maybe this Lent, you want to join them in putting aside a small amount of money each week too, that more groups can be formed. To find out more, and to give, go to [tearfund.org/campaigns/lent-appeal](https://tearfund.org/campaigns/lent-appeal).



### ***Lent Discussion Group***

If you are someone who finds it helpful to hear different people's experiences and understandings of faith, then joining a Lent discussion group can be a very good way to grow in faith. This Lent, from Wednesday 9th March to

6th April, a Lent group will be running on Wednesday evenings, exploring the theme of "Living Generously". Through the story of Mary anointing Jesus' feet, we will be looking at what it means to be generous with our time, our attention, our wealth, and our talents. There will also be a time of quiet each evening for prayer and reflection. For more information, or to book a place, please email [tulo@raistricks.com](mailto:tulo@raistricks.com) or ring 07869 603216.



## Church Services

You can join all our 10am Sunday services in person, or online via our church website: [stbarbaras.com](http://stbarbaras.com)

### Every Sunday

#### 8.00am Holy Communion

This is a quiet, meditative service.

#### 10.00am Parish Communion

This is our main Sunday service, lasting just over an hour, attended by adults and children of all ages. We sing hymns and modern songs, led by an excellent choir, there is a thought-provoking talk, and time for prayer. There is a Sunday school group for primary and pre-school children during the service.

### Every Wednesday (in term time)

#### 9.30am Prayers and Bears

This is a short, fun and special service for the under-5s and their parents/carers, followed by snacks and crafts. It takes place at Earlsdon Methodist Church.

### Every Month on a Sunday Afternoon

#### 5.00pm Buzz at St B's

(on 20th March, 10th April, 15th May)

This is a fun, creative and interactive service for families involving lively songs, craft, drama and other activities. It lasts 40 minutes and is followed by sandwiches and cake.

### Events and Services in Lent

#### Tuesdays 12 noon—1.30pm Lent Lunches

Hosted by: Hearsall Baptist (8th March); St Mary Magdalen (15th March); St Barbara's (22nd March); Earlsdon Methodist (29th March) & All Souls (5th April)

#### Wednesdays 11.30am Midweek Holy Communion

13th March *Spring Walk and Light Lunch* (following 10am service)

27th March 10am *Mothering Sunday Service*

2nd April *Church Quiz Night*

### Holy Week & Easter Services

10th April 4.15pm *Buzz at St B's Easter Craft Workshop & Service*

11th-13th April 7.30pm *Holy Week Compline*

14th April 7:30pm *Maundy Thursday Service*

15th April 2.00pm *Good Friday Service of the Cross*

17th April 5.00am *Easter Sunrise Service*

17th April 10.00am *Easter Sunday Service*

### Events in May

2nd May *Church May Day Fete*

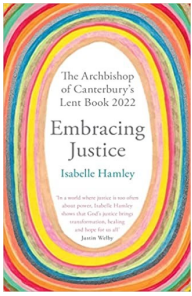
15th May *Annual Church Meeting*



## Midweek Communion

Lent is a period for reflection on the sacrifice of Christ, and his immense gift of love for us, that took him to the cross. One of the most profound ways of engaging with that is through the eucharist, the Lord's Supper, the meal that Christ gave to his disciples to remember him by. We will be holding a special mid-week communion service at 11.30am on Wednesdays throughout Lent in St Barbara's church, beginning on Ash Wednesday (2nd March). This simple, quiet service of prayer and readings lasts 30 minutes and provides an oasis of peace in the middle of the week. Please do join us if you are able to.

**Would you like prayer for someone or for yourself?** Feel free to email Christine on [prayerchstb@gmail.com](mailto:prayerchstb@gmail.com) or telephone the vicar on 07869 603216. Prayers can be said in church services or confidentially—just let us know.



### Books and Podcasts

Books and podcasts can be a great way to reflect more deeply and expand our conversations with God. Sarah Raistrick recommends [Think Christian](#) - 'a pop-culture-meets-faith podcast, Host Josh Larsen, editor

of Think Christian, talks with writers about the latest in TV, films, music, and more, exploring the ways popular culture and God's story intersect'.

If you want to try a book, you might be interested in the Archbishop of Canterbury's Lent book for 2022: *Embracing Justice* by Reverend Dr Isabelle Hamley. The book explores what a scriptural understanding of Justice looks like and how we can live this out in the world today. You can find the book by clicking [here](#).

### Opportunities to volunteer

Rather than giving up something for Lent, you may like to *take up* something new by volunteering. At St Barbara's, we support two brilliant initiatives—Good Neighbours and CAP (Christians Against Poverty). Good Neighbours offer friendship and support to over 50s who are feeling lonely or isolated, while CAP supports people across our city who are struggling to help themselves to become debt-free. You can find details on how to volunteer with either (or both!) by heading to <https://hopecoventry.org.uk> or contacting Tulo.

### Connecting through Music

Another way of connecting with God is through music. This can take many different forms and this Lent you might like to see if music is a helpful way to make space for God in your daily life. To get you started, here is a very wide variety of different suggestions from members of St Barbara's of music that has been meaningful to them (from classical to pop to choral to grime):

[Agnus Dei from the Mass in B Minor BWV 232](#), JS Bach

[Concertstück for four horns and orchestra](#), Robert Schumann

[Evensong](#), The Enid

[Blinded by your grace](#), Stormzy

[Proof of Heaven](#), Jim Peterick & World Stage feat. Dennis DeYoung,

[O Little Town of Bethlehem](#)

[Lead Me, Lord](#), Samuel Wesley

### Tearfund's Rubbish Campaign



As Christians, we are called to love our global neighbours and care for creation. Today, 2 billion people in the world's poorest countries live among piles of waste which create a breeding ground for disease-carrying creatures. Burning rubbish to get rid of it pollutes the air, causing respiratory problems. Up to a million people die each year due to pollution caused by waste. Waste also clogs waterways, causing floods when it rains. Big global companies are making things worse by selling billions of products in single-use plastic packaging. These companies know that communities will have no choice but to burn the packaging or live among it. Meanwhile, in the UK, it's estimated that we throw away two double-decker busloads of plastic every 30 seconds. We need to call on companies to take responsibility for the plastic waste mountains their products are creating. We can pledge to reduce our own plastic too. Sign the petition and find out more at: <https://www.tearfund.org/campaigns/rubbish-campaign>

### CONTACTS

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