

What's on in Lent at St Paul's

Communion Service on Ash Wednesday - 14th February, 8pm

Ash Wednesday marks the beginning of Lent, the season of preparation which leads up to Easter. The service is traditionally a space for reflection and confession as we embark on the liturgical journey which takes us to the Cross and empty tomb of Jesus.

Lent Prayer Space

The church will be open for an hour of prayer at these times during Lent:

- Tuesdays at 8pm
- Wednesdays and Thursdays at 12 noon

Do feel free to come and go as you please in that time, to join in with prayer, to receive prayer, or simply to enjoy the silence. This pattern of prayer will begin on Thursday 15th Feb and run through to Palm Sunday. If you are unable to come along but would like to be prayed for, please do get in touch with your prayer requests using the contact details below.

Palm Sunday – 25th March

10.30am – Morning Worship, with procession of palm crosses

Evening Prayer during Holy Week

Monday 26th, Tuesday 27th, Wednesday 28th March, at 9pm

Compline services - short, reflective services of night-time prayer

Further details of Easter services will be in the next edition of Forward

Suggested books for Lent (available at St Paul's bookstall and reputable booksellers):

- 'The Glory of the Cross', Tim Chester – Reflective readings from John's Gospel
- 'Say it to God – In search of Prayer', Luigi Gioia – The Archbishop of Canterbury's Lent book for 2018
- 'Jesus Storybook Bible', Sally Lloyd-Jones – a beautiful children's book

Get in touch...

Office Address - St Paul's Church Office, Lawn Road, Beckenham, BR3 1TP

Vicar - Rev. Simon Couper: 020 8650 3400, vicar@stpaulbeckenham.org.uk

Administrator - Stephanie Fox: 020 8650 0501, administrator@stpaulbeckenham.org.uk

Office Hours - 9.30am–1.00pm Mon-Thurs. **Hall bookings:** Juliet – 020 8658 6710

Wedding and Baptism enquiries: Please contact the Church Office

St Paul's Church, Beckenham, BR3 1RB

FORWARD – Parish Newsletter

Sharing God's love, revealed in Jesus Christ



Lent - Preparing for Easter 2018

Some Lenten quotes...

Lent – a time
to simplify
& slow down



A time to...
listen, share,
forgive,
help others

"Tears are prayers
too. They travel to
God when we can't
speak." *Psalm 56: 8*

Fasting doesn't
mean eating
fast food!

Fast from complaining,
and feast on appreciation

Dear Friends

At this point in the year my New Year's resolutions have often fallen by the wayside. The demands of everyday life have kicked in, and the usual routine takes over. It can be hard to sustain new habits or hobbies, no matter how well intentioned we are. In a sense, however, Lent gives us another opportunity to get back on the horse, and commit to a new discipline. It's another chance to challenge oneself. Typically, we might consider giving up chocolate or coffee, we may even reignite hopes of getting back to the gym. The health benefits of these things are obvious, but the challenge of Lent goes deeper.

Lent is a special season in the Christian calendar which prepares us for Easter. It's a time for reflection and reconciliation. It leads our thoughts to the cross, where the mercy and forgiveness of God are offered to us as a precious gift. So if you are thinking about giving something up, or taking something on for Lent – ask yourself, "how will this help me focus on the cross and resurrection of Jesus?" I find this question a helpful way of separating Lent from a New Year's resolution. New Year is a welcome opportunity for self-improvement; Lent is about focussing on God's mercy and love.

As I approach the season of Lent, still undecided on whether I have the will-power to give up coffee, I'm reminded of these words:

"So whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father." Colossians 3:17.

Yours, in Christ
Rev. Simon

Weekly Services - Details of weekly services and what's on at St Paul's can be found on our website (www.stpaulbeckenham.org.uk) and on the three noticeboards outside the church.

Children are very welcome at St Paul's. During our 10.30am Sunday services, there is a crèche for pre-schoolers and Sunday Squad groups for children aged 4-11. St Paul's Youth Group meets at 7pm on Sunday evenings in the Church Hall.

Defibrillator – A reminder that this potentially life-saving device is available for all, located on the side wall of the Church Hall, accessed from Lawn Road.

St Paul's Community Choir presents an early Spring Concert on Saturday 24th February at 7.30pm in the church on Brackley Road. We will perform 'Captain Noah and His Floating Zoo' and 'Joseph and his Amazing Technicolour Dreamcoat'. This short, free concert will end about 9pm and refreshments will be available at the end. These two works are light-hearted and can be enjoyed by all ages. There will be a retiring collection for Church Funds. Further details from David Storey (020 8663 9441).

St Paul's Babies and Toddlers Group – meets on Thursday mornings, 10am – 11.30am, in the Church Hall (during term-time). All welcome.

Families Together

Our monthly after-school fun event for children with their parents/carers – with crafts, activities, games and singing, themed around a story about Jesus. 3.45pm – 6pm. Cost £2.50 per child (meal included).

8th February – Theme: Who said thank you?
22nd March – Theme: Countdown to Easter



St Paul's Book Club meets on the first Tuesday morning of each month, 10.30am to 12 noon. Details of the next book to be discussed can be found on our website under "Forthcoming Events", or please contact the Church Office. All welcome.

St Paul's Garden - The garden is here for everyone, and help with gardening on the first Saturday of the month is always welcome! 10am – 12 noon; refreshments provided!

The 4 O'Clock - Find out more about God at our informal service with modern-style worship - for people of all ages and from all walks of life. The 4 O'Clock happens on the 3rd Sunday of the month at 4pm.