

# *The Log*

*A Season of Reflection, Repentance & Renewal*



*“Return to the Lord your God,  
for He is gracious and merciful.”*

*— Joel 2:13*

St Lawrence with St Paul's Parish

March 2026

The Parish Magazine  
[www.stlawrencewithstpaul.org.uk](http://www.stlawrencewithstpaul.org.uk)

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## Vicar's Notes

There's something rather amazing about the Winter Olympics. If you enjoyed watching it in February as I did, then you might have witnessed the Men and Women's 'Big Air' ski competition. The camaraderie between the highly tuned – and slightly crazy – athletes from different countries is something to behold. Perhaps it's a combination of the tightknit community of which they're a part and the sheer danger of the stunts they seek to perform, that means at least outwardly they really do look like they're cheering each other on to succeed.

What's also incredible is when they do get things wrong and land awkwardly, they seem to have a wonderful capacity to brush themselves off and get back up. Maybe it's partly that younger people are better able to 'bounce' without feeling the pain, but I also suspect lots of experience of how to fall trains them to do so.

Which brings me to my very brief Lenten reflection because there seems to be such a wonderful buzz and camaraderie in our church community that it's inspiring to be part of. Yes, Lent is the time when we're reminded that we do fall short of the glory of God, but because of Jesus' resurrection which we're journeying towards at Easter, we too will rise up with him in victory; meanwhile a great crowd of witnesses, living and past, from all over the world, are cheering us on.

### Lent and Easter 2026

Following a lovely turn out at our Ash Wednesday Service, below you can see the remaining key services and events in our Lent and Easter programme. All the 10am services at St Paul's Church will be suitable for children

Date and Time	Service	Location
15 <sup>th</sup> March, 10am	Mothering Sunday Holy Communion Service	St Paul's Church
22 <sup>nd</sup> March, 10am	Holy Communion with Passion readings from Matthew's Gospel	St Paul's Church
29 <sup>th</sup> March, 10am	Palm Sunday Holy Communion Service – with many children and adults starting at Longridge CofE Primary School	St Paul's Church
29 <sup>th</sup> March, 4.30pm	Palm Sunday Messy Church Service	St Paul's Church
30 <sup>th</sup> March, 7.30pm	Monday Compline	St Paul's Church
31 <sup>st</sup> March, 7.30pm	Tuesday Compline	St Paul's Church
1 <sup>st</sup> April, 7.30pm	Tenebrae Service (Shadows)	St Paul's Church
2 <sup>nd</sup> April, 11am	Maundy Thursday Chrism Eucharist All welcome from across the Blackburn Diocese	Blackburn Cathedral
2 <sup>nd</sup> April, 7.30pm	Maundy Thursday Service followed by 'The Watch'. Compline then follows afterwards	St Paul's Church
3 <sup>rd</sup> April, 10am	All Together Good Friday Service	St Paul's Church
3 <sup>rd</sup> April, 1.45pm	Good Friday Family Friendly Walk followed by meal at St Paul's Church	Leaving from St Paul's Church
5 <sup>th</sup> April, 8am	Easter Morning Holy Communion	St Lawrence Church
5 <sup>th</sup> April, 10am	Easter Day Holy Communion Service with Baptisms	St Paul's Church
5 <sup>th</sup> April, 6.30pm	Easter Songs of Praise	St Lawrence Church

## Vicar's Notes continued .....

### Lent 2026 Resources from Blackburn Diocese

With most of the hard copies of the Diocesan Lent devotional booklet 'God's Story – Your Story' gone you can still join in with daily Lenten bible reflections using the fruitful 'App' by opening your mobile phone camera and hovering over the QR code (right) and clicking the link. Also, on the 'Fruitful' app is Bishop Philip's 5 session 'Knowing Jesus' Lent Course which can be done as individuals or in groups. I recommend it!



### Brew Time

On page 19 you can see a special note from Kath Cowell and Jacqui Laker who after many dedicated years of leading the Brewtime café with their warm welcome, cheerful smiles and wonderful service are taking a well-deserved rest. I wish to express my sincere thanks to them both, particularly for their quiet generosity in donating both their time and money to make sure the Brewtime cakes and drinks were always well supplied. While I can't put an exact figure on it, I suspect over the years their kind efforts have raised well over £14,000 in donations to the General Church Fund.

Thank you, Kath and Jacqui, for all your tremendous support.

### Church Maintenance Team

St Lawrence with St Paul is an unusual parish in the sense that we have two wonderful buildings to offer a variety of worship and activities in. This also means there is a good deal of maintenance and odd jobs that need doing at different times to keep our buildings looking well and fit for purpose. As a PCC we are therefore appealing for people who are good at practical tasks and would enjoy serving the church in this way to help. If this could be you, please do contact me or one of the Churchwardens, Dot or Dorothy – it would be much appreciated.

### Congratulations to Ali Ng

One of our congregation members and previous Churchwarden Ali Ng has had some great news in that she's been successfully appointed as the new Director of Operations and Executive Chaplain to the Bishop of Carlisle. Well done Ali! Her role will be to support both Bishops and the Bishop's Leadership Team in Carlisle Diocese to care for the clergy, ministers and churches. Please pray for Ali as she readies herself for the challenges and work ahead.

### All Together Service of Confirmation with Bishop Philip North

I'm delighted to announce that with our Year Six Confirmation Course starting in March, Bishop Philip will be joining us for our 10am All Together Service on Sunday 10<sup>th</sup> May. I'm hopeful there might be some young people to confirm but this is also a wonderful opportunity for any adults to be confirmed as well. Please do let me know if this might be of interest to you. It promises to be a very joyful occasion and even more so if we have some adults able to join the children in this important affirmation of personal faith and prayer for the Holy Spirit's empowerment and filling. Please do let me know if this is of interest to you or someone you know.

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## Blackburn Diocese Centenary Big Day Out

Blackpool is well known as a place to party and the Bishops of our Diocese are excited to welcome us there to celebrate the Diocese's 100<sup>th</sup> Year with lots of events for all ages planned on **Saturday 16<sup>th</sup> May**. For things like the Children and Youth Zones and the Hog Roast booking is essential. Please do scan the QR code on the right to see the full programme and how to book. I hope to see you there.



## Foodbank

The 'Community Foodbank @ Longridge' is now well underway and continuing to do a brilliant job of serving some beautiful people who find themselves in difficult circumstances. If you'd like to know more about how you can help them in their vital work, please do come and speak to me or pop in and see the Foodbank team when they're open on Fridays between 11:00am and 1:30pm.

No appointment is needed and you'll also be offered a cuppa and cheese toastie if you wish! If you know you'd like to financially support Community Foodbank @ Longridge immediately then they have their own Business Account – Account Number: 12833754, Sort Code: 01-00-53. For more information you can contact the Foodbank team on Tel. 07977 415030

## Church Library: A Call to Action.....Naomi Pinder

I love books and bookshops, I love reading for learning and for pleasure, and as many of you know I also love writing.

What is your favourite book? My favourite book is The Bible, like many of us, I read daily but it isn't simply reading, the Bible is God's Word, it is a conversation and a prayer. It is a setting, I am in that place, I am in the crowd, I am the woman who touches Jesus's cloak and is healed, He speaks to me! I have read the same passages many times, yet God always sends me something new. He is so good to us, what a blessing it is to live in His Vine!



There are many different versions of The Bible and sometimes the equivalent passage is quite different. I start with the Good News illustrated Bible, and then I read the same passage in the Life Application Bible which has commentary, maps and profiles. Then I read the passage in the Message Bible which is written as a narrative in modern language. I love it.

There are many books written about The Bible and about Jesus and Christian faith and living. I daresay that many of us have collections on our bookshelves. The books have been read and it would be great if others could read them too, learn from them and deepen their love for Jesus.

Our idea is to restore the library of Christian books in church. The bookcase will be in the Tower Room as you enter the church from the front entrance on Church Street. We have the bookcase, but as yet we don't have any books! The plan is that we donate our good quality Christian books so others can be blessed by browsing, borrowing and reading them. This is for Christian books only, other books are readily available but with the sad demise of Christian bookshops, it isn't easy to find Christian books and the cost can be an issue too.

## Action

If you have any good quality Christian books that you believe would encourage others in their faith we would be grateful to receive them. Naomi Pinder will be co-ordinating things and Revd Mike will need to approve the books before placing them on the library shelf. Please kindly note at this time we don't have the storage space to keep any books that are not required so we would be most grateful if you could hand any books to Naomi in person so that she can return them to you if necessary.

## Pathways to Prayer, A Quiet Day at Whalley Abbey – Naomi Pinder

I enjoyed a day retreat at Whalley Abbey about different ways to pray and meet with Our Lord. It was a very rewarding day of fellowship, instruction and prayer.

The day provided an introduction to four pathways to contemplative prayer which means prayer between an individual person and God in a direct personal relationship, rather than the communal prayer we share together. Contemplative prayer is in tune with the rhythm of God, not our own rhythm; it is about being totally open to God's Will within us that we may walk this earth for Him and in Him. It is being open to Him, His love and His Word in His grace.

**Visio Divina, Divine Seeing:** This involves us meeting with Jesus through images, such as a photograph, sculpture, painting or other work of art; or an icon or gift of nature such as a tree silhouetted against the sky. We are invited to still ourselves in preparation, to breathe in and out slowly, and then to choose an image. Then looking at the image, allowing our gaze to remain on the first part to catch our eye. Then letting our gaze spread to the whole image and reflecting on it in a prayerful and unforced manner and to receive God's love and grace.

**Breath of Contemplation, the Prayer of Receiving and Giving:** This is based upon the indwelling of the Holy Trinity within our hearts. I cannot stop myself from smiling in joy as I think about the invitation Jesus makes to each and every one of us to dwell within His vine and remain in Him and that He will remain in us and in His love. This is what I mean by the term "indwelling". In this way of praying we still ourselves, we recall the blessing of Baptism giving us access in Christ to the Holy Trinity and we turn to Christ. We inhale to receive the love of the Father in Christ and exhale to return our love to the Father. In so-doing, the faithful and unfailing love God has for us and our deepest love for Him flows between us through the Holy Spirit.

**Imaginative Prayer:** Children often imagine things, but it is not generally encouraged and adults are expected to live strictly in this world according to man-made norms and structures.

In this way of prayer, we imagine ourselves in a scene of the Gospel. We are in that place, experiencing the smells and noise, the atmosphere, seeing and hearing Jesus, and being in His awesome presence. He is alive to us. I love this one!

In this, we read a passage from the Gospel, it's important to know it well enough to recall it in our mind's eye. We then step in and enter the scene allowing it to unfold around us and envelop us, to meet Jesus and to deepen our relationship with The Saviour.

**Centering Prayer:** This is to enable and promote a relationship with God where we are totally open to God's action within us, reaching down to our very innermost core. We began by sitting comfortably yet alert, breathing consciously, stilling our minds and centring our thoughts and desires upon God. Our hearts and minds are open to God's Word as we rest in His presence.

These are very brief descriptions and full days will take place at Whalley Abbey for each pathway. The next one is about Centering Prayer on Wednesday 18<sup>th</sup> March.

There is a full programme of quiet days and residential retreats which can be found in the booklets in church or on [www.whalleyabbey.org](http://www.whalleyabbey.org), telephone number 01254 828 400. Finally, the café has opened in the former refectory and I can highly recommend it.



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<b>Parish Administrator</b>	<b>Michael Dawson</b>	See hours below	01772 783281	secretarystandplongridge@gmail.com
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<b>Electoral Role Officer</b>	<b>Michael Dawson</b>			
<b>Ignite-Children &amp; Youth Leader—Becky Filder</b>				becky.ignitelongridge@gmail.com

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<b>Hon. Secretary</b>	<i>Barbara Burton</i>
<b>Hon. Treasurer &amp; Stewardship Recorder</b>	<i>Graham Kelsall</i>
<b>Members:</b>	Clergy and Churchwardens Amii Bateson, Karen Boardman, Helen Clements, Ellen Dawson, Andrew Filder, David Hartley, Mae Heys, Philip Jones, Vernon Kinrade, Terry Lewis, Rosemary Lyons, Barbara McCormick, Annamarie Rogers-Waterman, Val Wardley, Stephanie Willan.

## Organisations

<b>Parish Administrator</b>	<i>Michael Dawson</i>
	Parish Office Monday and Wednesday 9:30—12:30 Friday 9.30—15.30 01772 783281
<b>Altar Flowers</b>	
Hon. Sec. St. Lawrence	Dot Little 01772 783998 Judith Kaye 01772 785114
Hon. Sec. St. Paul	Ellen Dawson 07487 741745 <a href="mailto:elendawson7@gmail.com">elendawson7@gmail.com</a>
<b>Choir</b>	
Organist and Choir Director	Karen Au karen.au1990@gmail.com
<b>Church Lads &amp; Church Girls Brigade</b>	
	Wednesday Nights Berry Lane School Term Times Martins 6 pm, Young Members 6.30 pm JTC/Seniors 7.00 pm <a href="http://Oliviastewart@clcgb.org.uk">Oliviastewart@clcgb.org.uk</a>
<b>Crafty Café</b>	
	Last Monday each month, Centenary Room 1.30 - 3.30pm also: Contacts Helen Bailey 07891 075023 Bev Keating Jean Saunders 01772640146
<b>Handbell Ringers</b>	
Leader	Judith Kaye Park View, Fleet Street, PR3 3ED judithkaye@sky.com 01772 785114

<b>Children's Church</b>	<i>Carolyn Barton</i>	<i>carolynbarton@hotmail.co.uk</i>
<b>Mothers Union</b>	7.30pm on 1st Tuesday	
Enrolling Member	Judith Kaye Park View, Fleet Street, PR3 3ED judithkaye@sky.com 01772 785114	
<b>Prayerline</b>	If you would like our prayer team to pray for you e-mail	
Muriel Anderson	12 Plessington Court, Brewery Street, Longridge Murielanderson33@gmail.com 07823 762089	
<b>Tuesday Club</b>	7.30pm on 2nd Tuesday	
Chairman	Fred Little 26 Hoghton Road 01772 783998	
Hon. Sec.	vacant	
<b>Walkie Talks</b>	Hannah Green 20 Darwen Close 01772 783558	
<b>Bereavement Group</b>	meets on 1st Monday of the month including Bank Holidays	
	Karen Burdett 07712 440135 karenlburdett@hotmail.com	

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<b>Headteacher</b>	<i>Mrs Catherine Parkin</i> head@longridge-cofe.lancs.sch.uk
<b>Clerk to the Governors</b>	
	Val Morris 01524 581136 c/o the School Office School Office 01772 782378 bursar@longridge-cofe.lancs.sch.uk
<b>Pre-School</b>	01772-780078
<b>PTFA Hon. Sec.</b>	<i>Katie Keighley</i>

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## New Role for Ali Ng in the Diocese of Carlisle

**News Release – Director of Operations and Executive Chaplain to Bishop of Carlisle appointed**



A new Director of Operations and Executive Chaplain to the Bishop of Carlisle has been appointed.

Ali Ng will take up the high-level advisory role in May, having been Acting Bishop's Chaplain to Bishop Rob Saner-Haigh since December 2023, following the retirement of the Rev Canon Cameron Butland.

It means Ali will stand down entirely from her other current roles as the Diocese of Carlisle's Head of Human Resources and Governance and Deputy Diocesan Secretary.

She said: "On my part, there has been much prayer and discernment to get to this point, and I feel hugely blessed and thankful to be offered this position.

"It has been an honour to work alongside Bishop Rob, both when he was acting Bishop of Carlisle and following his appointment to the role. It was a joy to be so heavily involved with his enthronement service in November and to see the close ties he has with clergy and laity across Cumbria. I am committed to helping him grow those relationships further as together we all look towards a flourishing of mission and ministry in God's name throughout this wonderful county."

The new role will see Ali provide high-level support to both the Bishop of Carlisle and the Bishop of Penrith. She will manage pastoral matters and complaints and support communications as well as overseeing operations at the Bishop's House offices in Keswick. She will continue to be a member of the Bishop's Leadership Team and will hone research and briefings, agendas and correspondence for meetings and episcopal duties.

The Bishop of Carlisle, the Rt Rev Rob Saner-Haigh, said: "I am delighted that Ali has been appointed to this new role. She brings a great range of skills, but most of all a prayerful commitment to Jesus and to the life and flourishing of churches and people across the county.

"Although she has been acting chaplain for the past two years, this is a significant change of role for her as she leaves behind her governance and HR responsibilities for the Diocese and focuses on this new role supporting both Bishops and the Bishop's Leadership Team in our care for the clergy, ministers and churches of this diocese. Please pray for Ali as she readies herself for the challenges and work ahead."

In 2010, Ali was jointly appointed by the Diocese of Carlisle and Diocese of Blackburn (the Church of England in Lancashire) as HR Adviser. When Ali returned from maternity leave in 2016, she became HR Manager (part time), solely for Carlisle Diocese. In January 2021, Ali became Head of HR and Governance and her role as deputy diocesan secretary was added to this in January 2023.

Previously, she worked in HR for East Coast Main Line. She lives with her husband, Kai, and their son, Noah, and black labrador, Amy, in Longridge in north Lancashire. She is active in her parish church, St Lawrence with St Paul serving as children's church leader and duty warden. She has previously served as a Churchwarden and Parochial Church Council member.



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## My First Five Weeks as Ignite Children and Youth Leader – Becky Filder

It's hard to believe that I am already five weeks into my role as Ignite Children and Youth Leader! The time has flown by, and I wanted to share a little about what I've been up to and how exciting these first few weeks have been.

Much of my time so far has been spent listening, learning, and building relationships. I've been finding out what is already happening in the life of our church and community, and meeting with different groups to explore how I can best support and encourage the wonderful work that's already going on. It has been such a blessing to see the heart people have for our children and young people.

I've had the joy of going into Longridge C of E School to lead an assembly, which is a real privilege. I've also joined the Open the Book team, acting out Bible stories for the children. If you've never seen Open the Book in action, it's a fantastic way of bringing Scripture to life – and great fun too!

On Fridays, I've been spending time at Junior Choir after school, which has been a lovely way to connect with some of our younger members. I've also joined Rev Mike in chatting with the Year 6 pupils about our upcoming Confirmation Preparation course. It's been encouraging to see their interest and to begin those important conversations about faith and what it means to follow Jesus.

Another highlight has been being part of the Welcome Café team. It's been wonderful to see so many school families coming along after school – enjoying games, crafts, Lego, and good food together. It's such a welcoming and relaxed space, and a brilliant way of building connections with families in our community.

I've also been linking up with other youth leaders in the area, sharing ideas and learning from their wisdom and experience. It's so valuable to be part of a wider network and to know we're not doing this alone.

There are exciting things ahead too! I've set a date for our first Messy Church event, which I'm really looking forward to. I've also co-led my first All Age Service – which was lots of fun – and I've been busy planning future events and groups as we look to grow and develop our children and youth ministry.

As part of the Ignite training programme, I attend a monthly training event. These sessions have been incredibly helpful, equipping me for the role and giving me the chance to get to know the other Ignite workers. It's been encouraging to share ideas, pray together, and learn from one another.

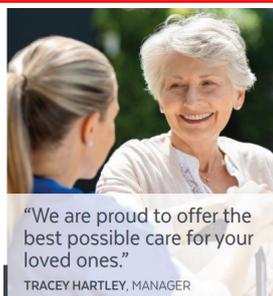
It's been such an exciting start, and I truly believe God is at work among our children, young people, and families. I have lots of ideas for the months ahead, but we can't do this alone. If you would like to be part of the Children and Youth Team as we take this exciting step forward, please do come and chat with me. We need a team of us to make this flourish!

Thank you for your prayers and support – I'm so looking forward to all that God has in store.



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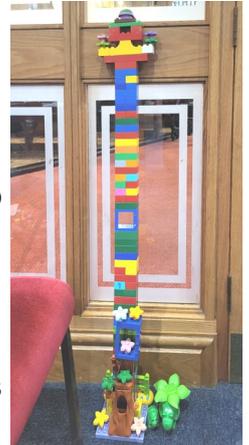
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## Children's Church Update – "All for Jesus" - Becky Filder



In Children's Church we have been continuing our series exploring the life of Jesus, linking with our diocesan theme for the year, "All for Jesus." It has been such a joy to journey through these stories together and to see the children engaging so thoughtfully and creatively.

We began by exploring the story of Jesus' temptation in the wilderness. The children really enjoyed using the sand tray to retell the story, helping them to picture the desert setting and think about how Jesus might have been feeling. We also got stuck into some crafts to help us understand the different temptations and how Jesus responded to each one. In the older group, Jesse led some brilliant discussions, giving the children space to explore the story more deeply and ask some fantastic, thoughtful questions.



More recently, we looked at Jesus' first miracle at the wedding at Cana. There was plenty of creativity as we painted and crafted scenes from the story. We even had a water relay race to help us think about the servants carrying the water jars – and I'm pleased to report that we didn't get too wet! Through the story, we were challenged to think about what we have and how we might share it to bless others. To help us think about this in a practical way, the children were each given two small bags of sweets – one to keep and one to give away. It was a lovely way to reflect on generosity and living "All for Jesus" in our everyday lives.



Later this month, we're looking forward to exploring what it means to be "fishers of people" and discovering some of the stories of how Jesus healed others. There is so much excitement as we continue learning together.



If you would like to be part of our Children's Church team and help us encourage our young people as they grow in faith, please do come and chat to me. We would love to welcome you!

## World Day of Prayer 2026 Friday 6th March, 11am in Christ Church and Organised by Churches Together in Longridge and District.

"I Will Give You Rest: Come"

Matthew 11:28-30  
March 6, 2026

This years' service has been written by Christian women from Nigeria. Children from Berry Lane school will lead us in two of the songs. The service is open to all. It will last for one hour and will be followed by refreshments.



Rest for the Weary by Gift Amarachi Ottah

**Inspirational Words brought to us this month  
by Revd. Adrian Mairs.**

**THE DIFFERENCE**

Over 60 years ago when I was a student in Church Army the alarm bell rang for morning chapel at 6.50am. All the students were expected to be there and if not the Principal would have a word with you later. That practice of Morning Worship followed by a time of quiet personal prayer before breakfast is a discipline I have tried to follow all my life in ministry and retirement.



As we all know once we get into the day the pressures mount, time flies and our good intentions get squeezed out. Recently I found that out - in the middle of the day I thought 'I have missed my time with God this morning' – Did it matter? Yes it did because I was aware that I had broken a discipline. Nothing had gone exceptionally wrong but I had not shared the days activities with God or remembered those I had committed to prayer, for prayer is an important part of our life. It may not be early morning as for me, but at whatever time is best for you the discipline is important for the routine of life. The late Revd. David Watson once said prayer at its simplest is **“Sharing your life with God that He might share His life with you”**. I share these thoughts and the following poem to encourage you to ke

**The Difference**

*I got up early one morning  
And rushed right into the day;  
I had so much to accomplish  
That I didn't have time to pray.  
Problems just tumbled around me,  
And heavier came each task;  
"Why doesn't God help me?" I wondered.  
He answered, "You didn't ask."  
I wanted to see joy and beauty,  
But the day toiled on grey and bleak;  
I wondered why God didn't show me.  
He said, "But you didn't seek."  
I tried to come into God's presence;  
I used all my keys at the lock.  
God gently and lovingly chided,  
"My child, you didn't knock."  
I woke up early this morning  
And paused before entering the day;  
I had so much to accomplish  
That I had to take time to pray.*

**(Author unknown)**

**LENT LUNCHES**

The first of this year's Lent Lunches took place in St. Paul's Centenary Room on the 25<sup>th</sup> February. These continue at the following venues:–

March 4 <sup>th</sup>	St. Wilfrid's Parish Room
11 <sup>th</sup>	Christ Church Hall run by Christ Church & Grimsargh
18 <sup>th</sup>	St. Wilfrid's Parish Room run by Alston Lane
25 <sup>th</sup>	St. Paul's Centenary Room



Please do join us between 12 Noon – 1pm for soup, sandwiches and good company.

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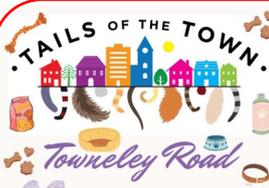
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## My Favourite Hymn – Ruth Hornsby

## Hallelujah to the Lamb

Lord I stand in the midst of a multitude  
 Of those from every tribe and tongue  
 We are Your people redeemed by Your blood  
 Rescued from death by Your Love.  
 There are no words  
 Good enough to thank You  
 There are no words to express my praise  
 But I will lift up my voice  
 And sing from my heart  
 With all of my strength

*(Chorus)*

Hallelujah hallelujah hallelujah  
 To the Lamb  
 Halleluah hallelujah  
 By the blood of Christ we stand  
 Every tongue every tribe  
 Every people every land  
 Giving glory giving honour  
 Giving praise unto the Lamb of God

Lord we stand by grace in Your presence  
 Cleansed by the blood of the Lamb  
 We are Your children called by your name  
 Humbly we bow and we pray.  
 Release Your power  
 To work in us and through us  
 Till we are changed  
 To be more like You  
 Then all the nations will see  
 Your glory revealed  
 And worship You

*(bridge)*

Every knee shall bow  
 Every tongue confess  
 That You are Lord of all

Giving Praise unto the Lamb of God  
 Giving Praise unto the Lamb of God  
 Jesus Christ Lamb of God.

I don't think I have one particular favourite worship song, it changes with the seasons in my life, as my numerous Spotify playlists show!

But "Hallelujah to The Lamb" spoke deeply at a significant point in my life.

It continues to help me readjust my focus, prompting me to look upwards and envisage the wonderful time when we, God's Church, His Bride, will all stand together with such songs of worship and perfect joy, to the One who has given us everything through His love, grace and mercy.

In a world full of challenges, hard hitting headlines and loved ones suffering, we can sing with confidence that, as those who have given our lives to Jesus, no matter which part of God's amazing creation we live in, we will one day all raise hands in worshipping the Lamb of God together.

I'm particularly touched by the words "... every tribe and tongue" ...wonderful unity ....and ... "all the nation's will see Your (Gods) glory revealed" ...how the world needs that!

Finally... "every knee will bow and tongue confess" .....I guess that's where our current mission lies in service to our Lord in the here and now.

Phew! What a journey this song takes us on. "Hallelujah to The Lamb! "



## Reflection - Canon Andrea Titterington. Our Cathedral

Just as our Diocese celebrates its centenary this year, Blackburn Cathedral is also remembering 100 years since the parish church of St. Mary the Virgin was designated the seat of the Bishop for the new Diocese created by Archbishop William Temple. As a Romano-British settlement, Blackburn has a continuity of Christian worship from 596 and it is the centre of the diocesan area which stretches from Standish to the Cumbrian Border, from the Irish Sea to the Pennines.



During the time of the battle of Preston, during the Civil War, the church was despoiled by Cromwell's soldiers. The most treasured relic the Cathedral owns is the 15th Century Pax, a small gilt tablet engraved with the Madonna standing on a crescent moon holding the baby Jesus, which was kissed by priest and congregation at the moment of the peace in the Mass. Most of these were destroyed at the Reformation, and as far as is known, only eight now exist in England. The Blackburn Pax had been hidden in a gravestone in the churchyard and came to light in 1820 when the stone was being moved to make way for the new church.



**Blackburn Cathedral**

The current church was built in 1826, gutted by fire in 1831, and restored in a Regency gothic style. There was a plan for another huge tower when it became a cathedral, but war and expense brought that to a halt. In 1962 a new design for a lantern rather than a tower was produced by Lawrence King and completed in 1967. Despite being consecrated the building was unfinished. It was surrounded by a dirt car park, the expanse of Blackburn's asphalt bus depot and an old school building. In 1999 the Cathedral Chapter resolved to redevelop the land for use as clergy and lay housing, a café, offices, a cloister garth and underground car park. English Heritage (now Historic England) insisted that the work be the catalyst for the regeneration of that central area of the town – a Cathedral Quarter. As a member of the Blackburn Cathedral Development Board I lived through the sometimes painful process of realizing that vision which took 19 years to complete. The square (which includes a hotel, office building and a restaurant as well as the café) now welcomes

people to the town from the Railway Station. A landscaped green space, it is a place to sit on a summer's day, an event space, and provides a short walk to a new bus station and into the shopping area.

Entering Blackburn Cathedral, the first sensation is light. Its large Nave windows are of clear glass and the roof vaulting is green, white and gold. The transept ceilings are red and gold. Original stained glass windows are in the transepts and East Wall, but the most thrilling use of glass is in the lantern tower. At various times of day, when the sun shines through, shades of red, yellow, green and blue reflect on walls and the altar. At night the light from the tower is a beacon of Christianity that can be seen from long distances.



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## Reflection by Canon Andrea Titterington continued .....

In the 1970s John Hayward, the artist-in-residence, designed the statuary, furniture and altar as well as the lantern glass. The corona over the altar and crossing depicts the crown of thorns with nails and spikes. Overlooking the altar are abstract bronze angels. On the West wall is a statue of Christ the Worker – on a crucifix formed of a loom, reminiscent of the importance of the textile trade in Lancashire. Other art works are of sculptures of an African Madonna, the Pax, Madonna and child. Oil paintings by Penny Warden, "The Journey," are Stations of the Cross. A 35ft sculpture, 'Healing of the Nation' on the exterior is often described as one of the most innovative pieces of modern sculpture at any English cathedral.

Our Cathedral is a place of worship, prayer, concerts, exhibitions, events –  
"This is also the House of God and the Gate of Heaven."

## Longridge's Favourites and Organ Exploration Days — Karen Au

Folk occasionally come up to me after a voluntary to say they really enjoyed it, so I thought it might be a good thing to do a recital of "Longridge's Favourites". This event will take place on the 19th April at 2.30pm with tea and scones afterwards.

So here is how its going to work:

I will leave a list of popular organ works/transcriptions at the back of church. To submit a request, you need to write down the piece you wish to be played and put it in the organ pipe at the back of church with a donation (Similar to how the hymnathon operated). You may also request pieces not on the list but it may or may not get included in the programme if I cannot source the sheet music or learn the dots on the page in time. Donations for this will be in aid of organ tuning and maintenance.

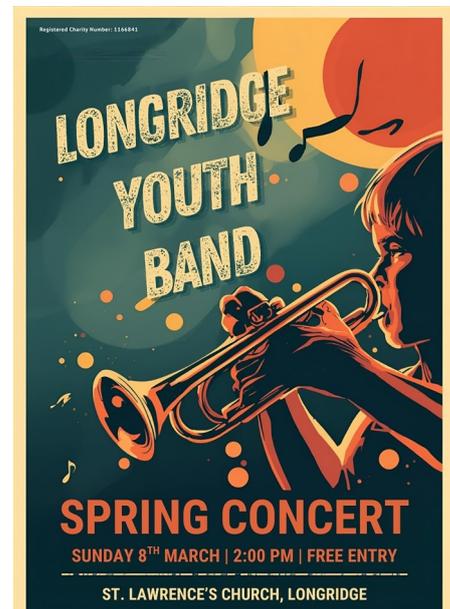


I will also be doing two Organ Exploration Days at 1pm on the 22nd March and 19th April. This will primarily be targeted at young people but all are welcome to attend. The idea is to give anyone who might be interested in learning the organ or just curious about how the organ works, a chance to explore the instrument. I will be demonstrating how it all works in front and behind the scenes. Everyone in attendance will have a chance to have a go themselves on the organ. If you know of any youngster who might be thinking of learning the organ, please do invite them to attend. This is a free event, but please register your interest by emailing [kauorganist@gmail.com](mailto:kauorganist@gmail.com), if you intend to "have a go" as I can only accommodate ten people to have a go at each session.

## Longridge Youth Band Concert – Sunday 8<sup>th</sup> March 2pm – 4pm.



The Youth Band will once again be holding their end of term concert in St. Lawrence's Church on Sunday afternoon 8<sup>th</sup> March. Admission is free but any donations will go directly to the Youth Band. Do come along and support our local young brass players.





The Church of England's Lent theme for 2026 is DRAW NEAR: LIFE-GIVING HABITS FOR LENT, encouraging us to explore a "rhythm of life", considering a different aspect of Christian discipleship each week. Below is a calendar of Lent Action from the Mothers' Union (to see this in its entirety just search for "mothers union lent calendar" and you should find a link).

March 1	Go for a prayer walk around your local roads or use a local map, praying for everyone living & working there
2	Read one short bible verse each morning and think about it through the day
3	Write out a favourite bible verse and place it somewhere visible
4	Read a bible passage out loud; notice the words that stand out to you and pray over them
5	Try some bible journalling by drawing or colouring in a special vers in your bible, the margins or a separate notebook
6	Share a bible verse with a friend or neighbour and try to memorise it
7	Choose a gospel story from Jesus' life and ask "What is God inviting me to do?"
8	Inside a bag, place objects linked to a bible story; take it to church or a toddler group and let the children guess and read the story
9	Pray for MU and church members locally and around the world
10	Share a meal with your family or housemates; if alone eat slowly and gratefully or invite someone to join you
11	Share information about MU Make a Mother's Day campaign with family and friends (mothersunion.orgmakeamothersday)
12	Ask God to help you forgive someone or let go of an irritation
13	Reflect on the day using two simple questions: Where did I feel close to God today? Where did I feel distant, and why?
14	Read about Mary Sumner (founder of MU) and her life and reflect on how you are part of her vision
15	Take an active role in your church serviced today, either in person or by sharing encouraging comments online
16	Invite someone to find out more ab out MU whether by attending a meeting or viewing the website
17	Spend 10 minutes decluttering a room, a cupboard or a drawer and donating the items to a local charity shop
18	Do something for your local community such as pick up litter or donate to the foodbank
19	Spend some time praying for the beneficiaries of one of our MU national social justice projects
20	Write a thank you note to someone who helped you last week
21	Help someone – this could be by lending a listening ear, offering a lift, making a meal for someone
22	Fill a small bag with essential items for someone escaping domestic abuse and donate to your local refuge (via Judith Kaye)
23	Make some simple cards with messages of encouragement
24	Find out about a MU event or project in another part of the country and tell family & friends
25	Reflect on God's love by reaching out to a neighbour, friends or family member
26	Carefully light a candle in your window and pray that those who see it me be blessed
27	Make a donation to Mothers' Union or church
28	Do something small and intentional as a random act of kindness
29	Make palm branches of paper to wave at church or home when singing a hymn or worship song
30	Read sections of the Holy Week story in different parts of your house or garden
31	Tell someone how you're getting on with this Lent Calendar, and why you decided to join in

## Mothers' Union continued .....

April 1	Listen to some sacred music suitable for Holy Week
2	Share a meal or a plate of food and reflect on how Jesus felt at the Last Supper
3	Eat hot cross buns or decorate cakes with a cross as a sign of how Jesus died for us all
4	Make an Easter garden to symbolise and celebrate Jesus' resurrection

### Dates

March 3<sup>rd</sup> Bee Lady – Sheila Birby

April 7<sup>th</sup> Speaker to be announced

## Changes to Brewtime — Kath and Jacqui

After 14 years for Kath and over 10 years for myself, we have decided it is time to hand over the baton to a new Brewtime team.

We have thoroughly enjoyed our time and have made many new friends along the way. Sadly we have had to say goodbye to some of our regular supporters too.

**Brewtime** was never set up as a fund-raising activity but over the years, the generous donations have been paid over to General Church Funds. We have also managed to buy and provide training for a defibrillator for use in St Paul's and replace broken glazing within the Tower Room to name a few things.

Our greatest challenge over the years has been COVID, when we closed our doors for a significant period of time and our more vulnerable friends lacked the confidence to return. However four years on from that one thing that does remain certain is the warm welcome you will receive from the Brewtime Team and its supporters. So if you do have some time to spare on a Wednesday morning between 9-11, please call in. You will be guaranteed the offer of a cup of tea or coffee, toast or crumpets but more importantly friendship from a truly lovely group of people.

Finally, we would like to say a massive thank you to everyone who has supported us over the years and thank you for being such good friends to us both.

**Editors Note:** On behalf of everyone who has valued Brewtime over the years and those of us who continue to look forward to our Wednesday mornings together, we extend our sincere thanks to Kath & Jacqui. We will very much miss their welcoming smiles. Kath & Jacqui's last day pouring the coffee will be on Wednesday morning 11<sup>th</sup> March – do call into Brewtime if you can.

**Brewtime will be closed on two Wednesdays for Holy Week and Easter Week but will be open as normal every other Wednesday**

– our thanks to Bev & John Keating, Judith Kaye, Ruth Buckley and Ann Golding who will be ensuring the coffee is ready to greet you. If you would like to help at Brewtime on a rota basis, say once a month do have a word with any of the helpers



## BREWTIME

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*Kath, Jacqui, Bev and John. and Judith*

**SCHOOL NEWS – from Headteacher Catherine Parkin****Year 5 Visit to Ecotown, Lancashire Renewables**

After their fundraising to lower transport costs, Year 5 finally got to visit Ecotown, Leyland. There are times when learning is much more effective out of the classroom and this was definitely one of those days. The children got to



see how the recycling process continues after waste has been sorted at home. Here you can see magnetic materials being separated from others. There was time for some fun too with the children having a go at some of the jobs in the recycling process including operating a virtual industrial litter picker. Every child came home with a book they had chosen from the library of reclaimed items.

**Year 6 Lead Online Safety Day**

It is a long-standing tradition in our school that Year 6 use their knowledge of online safety to educate the younger children. This year's cohort certainly didn't let us down. Annie and Emily presented a very professional assembly to the school, outlining the importance of staying safe online. During the day, the whole class took part in leading age-appropriate teaching sessions with activities for the children to complete. Here you can see some very proud members of Class 1 being presented with their certificates at the end of the session.

**Science in Year 1 (Opposite Page)**

Miss Gornall's class have been doing some practical Science to identify different things using their senses. They really enjoyed doing this although some of their faces gave away which smells and tastes they weren't so keen on!



What can I feel in the bag?



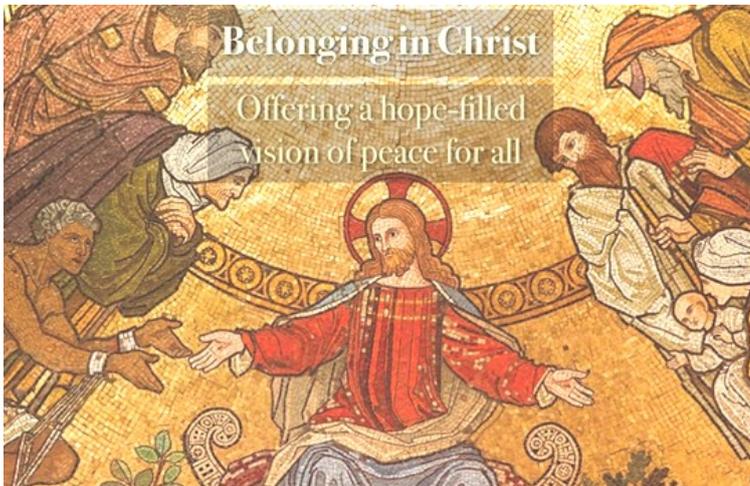
We didn't like all of the smells



We recognised the taste of some foods



Tiny objects can be hard to see



bridge between these two groups of people. Andrew can also be credited with building another very important relationship in the Bible, as it was he who introduced his brother, Simon Peter, to Jesus.

### School Worship: Peace

Peace is one of school's seven Christian values. This half term our worship is guided by the Lenten theme of Churches Together in England: 'Belonging in Christ. Offering a hope-filled vision of peace for all.' Our worship starts with 'Building Bridges' and a look at St Andrew who famously introduced the little boy with a basket of bread and fish to Jesus so that a crowd of people could be fed. He also helped Philip who was very concerned about introducing a group of Greeks to Jesus as they would not usually mix with Jewish people. Andrew built the

### GOOD FRIDAY WALK

Sheila Roberts and friends have kindly agreed to lead our Good Friday Walk on the 3<sup>rd</sup> April, starting from St. Paul's Church at 1.45pm. On our return there will be the usual jacket potatoes and various fillings, plus a dessert and tea and coffee for everyone to enjoy. If you would like to do the walk but not stay for tea that's fine or if you prefer not to walk but would like to join us for tea around 3.45pm again that's fine, but if you are having refreshments do sign the list at the back of the churches so that we know the number to cater for. Cost of refreshments – Adults £6, Children £3 payable on the day.

*(A report on the Saturday morning Breakfast held on the 28<sup>th</sup> February will be in the April Log)*

**FLOWER GROUP — Donna Rowe-Green**

As you read this there are probably no flowers in church. Lent is a time of reflection, preparation and sacrifice, and in line with this, traditionally there are no flowers in church. This is also a representation of the barren wilderness that Jesus spent 40 days in before his crucifixion and ultimate rising.

Here in Longridge, we are also reflecting the future of flowers in our churches. We read with interest the recent recommendations from the General Synod, backing moves for a more sustainable way of florally decorating our churches. Both St Paul's and St Lawrence's teams have reduced their use of oasis significantly already and rarely use it now. We do our best to use locally sourced greenery whenever possible and are now aiming towards increasing the proportion of our flowers that are locally grown. We are also looking at creating a silk arrangement in St Paul's to be used when needed. Protecting this fragile planet that we are custodians of is important if we are to leave it in a fit state for future generations.

We cannot do this on our own. This is a 'whole church family' endeavour. So how might you be able to help us be more sustainable?

- If you have shrubs in your garden that you are happy for us to forage greenery from, please do let me know.
- Do you grow flowers in your garden that we may be able to pick just a few of now and then? We know of one community project locally that grows flowers for cutting, do you know of any local flower growers where we could buy our blooms from? Again, please let me know.
- Do you have any large vases that you no longer use? May we please have them?
- Do you have some silk flowers that you could spare? It really doesn't matter if it is only a few, every one will be valuable to us.

In a recent service, the message was all about giving, highlighting the current deficit in the church budget. One area that is very much underfunded is flowers for St Paul's. If you have a particular date that is important to you, maybe an anniversary celebration or in remembrance of a loved one, would you maybe consider funding the flowers for that week? Thank you.

Finally, if you would like to join our small team and help share the load, we would welcome you. You do not have to have any experience at all, we are all helping each other to learn. We are a very small team and would love to add to our numbers.



Flowers have a wonderful ability to raise our spirit, give us a focal point when we are trying to steady our mind and are the most beautiful way to celebrate God's gift of the natural world, here in the very place where we gather to worship Him. It is vital that our use of His gifts do not ravage the planet He gave us to call home. The flower teams are doing their best, your support could make a significant difference, thank you in advance for that help. We truly are one church family.

I feel I have asked a lot from you in this article, so may I please offer my hope that you have a lovely Easter, full of love and celebration of our Lord, our friends and our family.

Donna

[donnarowegreen@gmail.com](mailto:donnarowegreen@gmail.com) 07880 348597

**CHURCH FLOWER ROTA.**

No fresh flowers are put in Church during Lent

April 5<sup>th</sup> Easter flowers.

There will be baskets in both churches nearer Easter for donations towards Easter flower displays.

## Brilliantly Brutal, a new look at Preston Bus Station

*Tuesday Club*

This month, on 10<sup>th</sup> February, Michael Akers gave us a really interesting history of Preston Bus Station from its concept until the present day.

Planning started in 1959 and it was built to be the largest in Europe when it was completed in 1969. It was developed to provide the added services needed to serve the building of Central Lancashire New Town in the late 1960s of which Preston would form the core, but this was never to be. Built in the Brutalist architectural style between 1968 and 1969 by Building Design Partnership (BDP) it had the capacity of 80 double-decker buses, 40 along each side. It was also to serve the long-distance service that would be made possible by the opening of the M6, the first motorway in Britain, which gave Preston a unique place in coach travel. The design offered clean modern facilities, with refreshments and heated waiting rooms separated by sliding doors from the busses outside. It was to be inspired by the glamour of air travel.

Pedestrian access to the bus station was originally through three subways, one of which linked directly through to the Guild Hall, while also incorporating a multi-storey car park of 5 floors with space for 1,100 cars.

Constructed in concrete, the building was at the forefront of the use of GRP plastic moulds giving a smooth finish and the compound curved surface which have become the predominant sculptural feature of the building. Each section was cast on site and cost an estimated £11 million. The glass and tiles were all bespoke especially the iconic clock. Built by John Lang, it was opened on 22 October 1969.

By the 1990s it had started to decay and was threatened with demolition as part of the City Council's Tithebarn redevelopment project of a city centre regeneration, including major department stores. The redevelopment project was abandoned but there were still proposals to demolish the bus station and replace it with a small interchange near the railway station. By 2011 it was all abandoned, after a public campaign to save it.

There were three failed attempts to get it listed but in 2013 it became a Grade II listed building, mainly because nothing had changed since its original build. Also, the GRP plastic moulds and the inventive unique methods used.

In 2014, it was sold to Lancashire County Council (LCC) for £1 and they had plans for renovation including 'Youth Zone' facilities along with a new public square on the Western side to improve access to and from Fishergate, St John's Shopping Centre and the Guild Hall. The subways were filled in as they became ominous places that weren't the quickest way into the station.

Today it is starting to show signs of much needed updating and repair but will probably be with us for good as architects use it as a great example of ingenuity.

The bus station is one of Preston's major features but you either love it or hate it.

Next month on the 10<sup>th</sup> March we will welcome Jose Gouldson to give an interesting talk '30 years on the beat' on her career in the police force. We can expect some unusual and telling information.

A reminder that tickets are now available for our 'Party Night' on the 14<sup>th</sup> April when we will start with a buffet meal at 6.30pm followed by entertainment from 'Trouble at Mill' – its an evening when we invite members and friends – everyone is welcome but you do need a ticket - £12 available from Dot Little.

## BRIGADE NEWS



Our Martins and Y-Teams evenings have been following different bible stories. We've been learning all about Noah's Ark and the rainbow that came when God promised he wouldn't flood the world again. We've brought that story to life by playing ship based games called captains coming and making our own arks in craft and rainbow biscuits. We've also explored the story of David and Goliath. We played a game where we used our David strength with the power of God behind us to defeat Goliath using bean bags against the other team. For craft we created our own Goliath which we then had to battle to defeat.

We've also celebrated pancake day early before closing for half term.

Our JTC and Seniors have enjoyed a board games night where members could bring games and swap with members to try new games or compete against each other in their favourites. We also made Valentines cards to give to our loved ones and friends and we've enjoyed some fun team games and hockey nights.

Dates for your Diary:

25th April Afternoon Tea Fundraiser

3rd May National Band Concert at Longridge Civic Hall

**Please speak to Brigade Leaders for ticket information.**



## Travels with Dorothy Laver - The Passion Play of Oberammergau

Oberammergau is a picturesque mountain village in Bavaria in Southern Germany. It is linked the world over with its Passion Play depicting the sufferings and death of Jesus Christ which is performed every ten years. Thousands now come from the world over each time it is performed.

At one time the Passion was represented in more than two hundred places in Europe but the old tradition has now died out almost everywhere. But not in Oberammergau despite official bans, economic failure and pandemics.. I went to see it with my parents in the summer of 1980 on an organised coach trip to Germany and Austria. The play will next be performed in 2030.

In the 1630s Europe was ravaged by war which came to be known as The Thirty Years War (1618-1648). The army of King Gustavus Adolphus of Sweden had reached Munich in the Spring of 1632 laying waste to fields and burning villages and unfortunately carrying the plague to the area. A native of Oberammergau who had been working as a harvester in another part of Bavaria returned to his home village but was already infected with the plague and died in October 1632. In the next year 82 deaths from the deadly sickness were recorded in the parish register. (As only the names of fathers of families are recorded in the register the number of those who died of the plague may have been much higher).

The parish council of Oberammergau met in October 1633 and made a vow to perform a Passion Play every ten years if the village was freed from the plague. From the time of the vow it is recorded that no-one else died of the plague. In 1634 the first Passion Play was performed by the villagers to fulfil the vow despite the continuing war.

At first the play was enacted before the high altar of the church but soon the people wanting to see it outgrew the church and it was moved into the churchyard. The text of the play was a composite of a number of manuscripts from the 15<sup>th</sup> and 16<sup>th</sup> Centuries. As the play became more complex with more scenes it moved to a meadow on the edge of the village and eventually a dedicated open-air theatre was constructed. The production now involves over 2,000 residents of the village. The play comprises words and music with tableaux from the Old Testament and lasts about 5 hours with a meal break. I seem to remember that the seats weren't very comfortable!

When we went to the play we were fortunate to actually stay in a family home in the village centre and not a hotel. There were old photographs on display of family members who had performed in the play. It was good to be able to explore the village after the crowds had left the theatre. The village was on a mediaeval trading route from Northern Italy which influenced its customs and folk art. The people decorated their houses with woodcarvings and colourful frescoes.

The Passion Play was from the beginning a devout act by the village community to honour God and the residents still bind themselves to the vow made in 1633. They feel a great sense of responsibility to hand on the tradition and to continue to perform the play.



## OUR WORSHIP AND READINGS

*Following Jesus on Mission*

**Our regular Sunday 'in church' services are as below.**

St Paul's Holy Communion Service with Children's Church at 10:00am (arrival from 9:30am)

St. Paul's 'All together' Service 10:00am on 2nd Sunday of the Month

St Lawrence's at 6:30pm (arrival from 6:00pm)

**The readings that will feature in these services are listed below.**

**Our regular mid-week Holy Communion Service takes place on Thursday at St Paul's at 10am**

### 1st March—Lent 2

**10am St Paul's Holy communion with Children's Church**

Genesis 12 : 1-4a

John 3 : 1-17

**6.30pm St Lawrence's Evensong**

Psalms 135 v1-14

Genesis 12 : 1-4a

John 3 : 1-17

### 8th March — Lent 3

**10:00 am St. Paul's-All Age Worship**

Exodus 17 :1-7

John 4 : 1-13

**6.30pm St Lawrence's Holy Communion**

Exodus 17 :1-7

John 4 : 1-13

### 15th March — Mothering Sunday — Lent 4

**10am St Paul's Holy communion with Children's Church**

Exodus 2 : 1-10

John 19 : 25-27



**6.30pm St Lawrence's Evensong**

Psalms 31 v 1-8

1 Samuel 16: 1-13

John 9 : 1-41

### 22nd March - Passion Sunday- Lent 5

**10am St Paul's Holy communion with Children's Church**

Ezekiel 37 : 1-14

Passion readings from Matthew's Gospel

**6:30pm St Lawrence's Evensong**

Psalms 30

Ezekiel 37 : 1-14

John 11 : 17-27

### 29th March — Palm Sunday

**10am St Paul's Holy Communion with Children's Church**

Matthew 21 :1-11

Psalms 118 : 1-2, 19-29

**4.30 pm St Paul's  
Messy Church.**

**6.30pm St Lawrence's Evensong**

Psalms 80

Psalms 118 : 1-2, 19-29

Matthew 21 :1-11

## Blackburn Diocese Centenary Prayer

Heavenly Father,  
 in the Centenary year of Blackburn Diocese  
 we rededicate ourselves and our church to you.  
 Send the Holy Spirit to give us  
 confidence in our witness,  
 generosity in our service,  
 and love for our neighbours,  
 that your Church may be renewed  
 and many come home to you,  
 through your Son our Saviour Jesus Christ.  
 Amen.

## OUR WORSHIP AND READINGS.....continued

*Following Jesus on Mission*

**30th March — Monday Evening Compline**

7.30pm St Paul's Church

**31st March —Tuesday Evening Compline**

7.30pm St Paul's Church

**1st April —Wednesday Evening Tenebrae Service**  
(Shadows)



7.30pm St Paul's Church  
— Various Readings

**2nd April — Maundy Thursday Evening Service**  
followed by 'The Watch'.  
Compline then follows.



7.30pm St Paul's Church  
1 Corinthians 11 :23-26  
John 13 :1-17, 31b-35

**3rd April —Good Friday All Together Service**  
10:00am St Paul's and Live Stream



Hebrews 10 :16-25  
Part of John 18-19

**5th April - Easter Day—Sunday**

**8:00am BCP—St. Lawrence**

Colossians 3 : 1-4  
Matthew 28 : 1– 10

10:00am St Paul's Church  
**All Together Service**  
With Holy Communion,  
Baptisms.

**6:30pm St Lawrence's Church**

**Easter Songs of Praise**

Matthew 28 : 1– 10  
Revelation 1 : 12– 18

**HE IS RISEN !**

**HE IS RISEN INDEED !**

## DONATIONS

Bill and Eileen Fordham for St. Lawrence's Church £200

## FUNERALS

**We commend to God those who have died recently and pray  
for those who mourn their loss**

Deborah Anne Johnson

Carole Houghton

Edith Maughan

Margaret Diana Hall



## Thanksgiving for the Birth of a Child, Baptisms, Marriages

Arrangements for these should be made with Rev. Mike or via the Church website

Do you know anybody who is in hospital or ill at home?

If so, please let Rev. Mike or Rev. Jesse know so that they may be visited.

# The Last Word

From the Curate Rev. Jesse Adesina

## The Great Exchange



I once watched a film about 2 brothers who were identical twins. One brother lived recklessly and faced a final, certain sentence of execution. The other, a believer, had spent years urging him toward the love of Jesus, only to be ignored. After the verdict, the innocent brother visited the cell. There were no legal miracles or dramatic speeches—just a quiet exchange of clothes. The guilty brother walked free, while the innocent one stayed to face a death meant for another.

This story isn't about the twins; it's about the cross. Lent invites us to sit with the reality that while we may not literally stand in a cell, humanity carries a verdict of separation from God that no goodness of our own could appeal.

Christ stepped into our place. The innocent Son of God bore what was ours, accepting the sentence we could not escape. The guilty walk free because the Righteous remained. This is the "Great Exchange" this is the Gospel.

Lent is the season where the Church slows down to remember that we are not simply tired people needing motivation, but fallen people needing salvation.

In this season:- **Fasting** reminds us of our total dependence on God.

**Confession** allows us to step out of shame and into grace.

**Sacrifice** is our small participation in Christ's self-giving love.

Jesus did not go to the cross as a helpless victim, but as a willing substitute. He stayed because of love, so that the prison door would stand open for us.

Because the exchange has been made, we are invited to live differently. Jesus took your place so you no longer have to carry what was never meant to define you.

In Him, you have gained;

**Freedom** from fear and shame.

**Freedom** to draw near to the Father and begin again.

**Freedom** to forgive and be forgiven.

Do not live as though the prison door is still closed. Do not rehearse guilt that Christ has already removed or wear chains that have already fallen. Walk in the freedom He secured. Worship with gratitude, and live as someone truly redeemed.

He took your place. And because He did, you are free indeed.

**To walk through those prison doors into freedom, you will have to accept his offer to take your place. Have you accepted his offer of exchange? If not, the offer is still open. Come to freedom.**

Say this prayer with me:

***Lord Jesus, I thank you for your sacrifice and for the great exchange. I accept your offer of salvation. Save me and lead me into freedom from henceforth. Amen!***

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