

# CHURCH SERVICES IN THE BENEFICE OF LAUNDITCH AND UPPER NAR

## JANUARY 2023

### 1st Sunday 1st January (White)

The Naming and Circumcision of Jesus

Numbers: 6: 22-end | Psalm 8 | Galatians 4: 4-7 | Luke 2: 15-21

**Online Benefice Service at 10:00am with Miriam Fife**

Join Zoom Meeting: Meeting ID: 899 6397 2550 Passcode: 666366

6:30pm Evensong Mileham

### Friday 6th January The Epiphany

8:00pm Online Compline with Hilary De Lyon

### 2nd SUNDAY 8th January (White)

Celebration of The Epiphany

Isaiah 60:1-6 | Psalm 72 [1-9] 10-15 | Ephesians 3.1-12 | Matthew 2.1-12

Or The Baptism of Christ

Isaiah 42:1-9 | Psalm 29 | Acts 10:34-43 | Matthew 3:13-end

9:00am	Little Dunham	Holy Communion BCP	Miriam Fife
10:00am	Online Service	Morning Prayer	Jan Sexton
10:00am	Beeston	Holy Communion	Miriam Fife
10:15am	Litcham	Holy Communion BCP	John Blore
11:00am	Mileham	Holy Communion CW/BCP	Kevin Blogg
11:15am	Gressenhall	Morning Worship	Julia Houston

### Friday 13th January

8:00pm Online Compline with John Blore

### 3rd SUNDAY 15th January (White)

Second Sunday of Epiphany

Isaiah 49: 1-7 | Psalm 40:1-12 | 1 Corinthians 1:1-9 | John 1: 29-42

9:00am	East Lexham	Holy Communion BCP	Miriam Fife
9:00am	Stanfield	Holy Communion Iona	Hilary De Lyon
10:00am	Beeston	Morning Prayer	Sarah Carter
10:00am	Online Service	Morning Prayer	Hilary De Lyon
10:15am	Litcham	Matins	Church Wardens
10:00am	Great Dunham	Family Service	Miriam Fife
11:00am	Mileham	Morning prayer	Church Wardens

### Friday 20th January

8:00pm Online Compline with Miriam Fife

### 4th SUNDAY 22nd January (White)

Third Sunday of Epiphany

Isaiah 9:1-4, Psalm 27:1,4-12 [or 27:1-11] 1 Corinthians 1:10-18, Matthew 4:12-23

9:00am	Little Dunham	Morning Prayer	Church Wardens
10:00am	Great Dunham	Family Holy Communion	Miriam Fife

10:00am	Online Service	Morning Worship	John Blore
10:30am	Tittleshall	Holy Communion Iona	Kevin Blogg
11:00am	Mileham	Morning Prayer	Church Wardens
11:15am	Gressenhall	Holy Communion Iona	Julia Houston
4:00pm	Litcham	Evening Service	TBA

### **Friday 27th January**

8:00pm Online Compline with Hilary De Lyon

### **5th SUNDAY 29th January (Gold or White)**

Presentation of Christ in the Temple / Candlemas

Malachi 3:1-5 | Psalm 24 [1-6] 7-end | Hebrews 2:14-end | Luke 2:22-40

**10:00am Benefice service at West Lexham with Miriam Fife**

6.30pm Evensong at Mileham

### **1st SUNDAY 5th February (Green)**

Third Sunday before Lent

Isaiah 58:1-9a [9b-12] | Psalm 112:1-9 [or Psalm 112]

1 Corinthians 2: 1-12 [13-end] | Matthew 5:13-20

**10:00am Benefice Service at Beeston**

6.30pm Evensong at Mileham

\*Links for the Online Zoom services will be sent out in the weekly emails.

If you do not get these then please contact Miriam, (details below).

A full list of all the services for the Upper Nar and Launditch group of parishes can be viewed or downloaded from the Litcham website, please visit [www.litcham.org](http://www.litcham.org) and click on 'Services' in the Worship dropdown menu. ([www.litcham.org/Litcham/Services.html](http://www.litcham.org/Litcham/Services.html))

All enquiries should be directed to the Benefice Administrator:

Alison: [lunbenefice@outlook.com](mailto:lunbenefice@outlook.com) or phone 07392 027 767 or

Revd Miriam Fife, Rector: [miriam.fife@btinternet.com](mailto:miriam.fife@btinternet.com)

## **HAPPY NEW YEAR FROM YOUR CHURCH**

I say from your church, because although many people consider the church building to be the church, it is in fact, just what it says it is... a building! Those of us in the know realise that 'the church' is in fact all the people who join together as Christians... we make up the 'body of Christ', otherwise known as The Church. You might live in one of our parishes where there are services every week in the church building, or only once a month, but the work of the church continues throughout the week. In fact, Vicars often say that Sunday is one of the easiest days, because they only have to lead church services. The work of visiting people, organising aid for those in need, offering ministry to children in schools and preparing people as they come to be married, or bury their loved ones, or come for baptism... all this and much more, all goes on every day of the week.

We would love to welcome you in to join us at our church services this year, and if it's your first time, or if you have not been for a long time and aren't sure if you will know anyone, or know what to do, rest assured that it won't matter at all. Many of our services are informal, some with a Celtic style of worship, some more modern, and many use the traditional prayer book service; whatever your preferred style, there is a place for you and you are assured of a very warm welcome. Please do get in touch with me or any of the ministers or church wardens in our large group if you are unsure where to go, or if you would like an introduction to one of our congregations.

If you are just thinking about faith, but not yet ready to join in with church services, then you are still welcome to join us at various groups and events throughout the year, for example, why not join our Lent course (during the six weeks before Easter) or a discussion or prayer group which we run from time to time. If you're interested, do give me a ring, or ask to receive the email which I send out every Thursday, containing news about what is happening in the next week, what's coming up, services information and more.

Do remember that the church buildings are yours too; most of them are open every day and provide a place of quiet to sit and think, or pray, or remember loved ones.

I look forward to meeting you, and until then, I wish you every blessing for 2023.

Reverend Miriam

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## FEBRUARY 2023

### 1st SUNDAY 5th February

#### Third Sunday before Lent (Green)

Isaiah 58:1-9a [9b-12] | Psalm 112:1-9 [or Psalm 112] |

1 Corinthians 2.1-12 [13-end] | Matthew 5:13-20

Benefice Service – 10:00 am – Beeston – John Blore / Miriam Fife

6:30pm Evensong Mileham with Church Wardens

### Friday 10th February

8:00pm Online Compline with John Blore

### 2nd SUNDAY - 12th February

#### Second Sunday before Lent (Green)

Genesis 1.1-2.3 | Psalm 136 [or Psalm 136.1-9, 23-end]

Romans 8:18-25 | Matthew 6.25-end

9:00am	Little Dunham	Holy Communion BCP	Hilary De Lyon
9:15am	Gt Fransham	Holy Communion Iona	Miriam Fife
10:00am	Online Service	Morning Prayer	John Blore
10:00am	Beeston	Holy Communion	Julia Houston
10:15am	Litcham	Holy Communion BCP	Hilary De Lyon
11:00am	Mileham	Holy Communion CW/BCP	Kevin Blogg
11:15am	Gressenhall	Morning Worship	Julia Houston

### Friday 17th February

8:00pm Online Compline with Miriam Fife

### 3rd SUNDAY - 19th February

#### Sunday next before Lent (Green)

Exodus 24.12-end | Psalm 2 [or Psalm 99] | 2 Peter 1.16-end | Matthew 17.1-9

9:00	Stanfield	Holy Communion Iona	Hilary De Lyon
9:00	West Lexham	Holy Communion Iona	Miriam Fife
10:00	Beeston	Celtic Morning Prayer	Sarah Carter
10:00	Online Service	Morning Prayer	Jan Sexton
10:15	Litcham	Matins	Church Wardens

10:00	Great Dunham	Family Service	Miriam Fife
11:00	Mileham	Morning prayer	Lay Led

### Wednesday 22nd February

A Service for Ash Wednesday

Isaiah 58:1-12 | Psalm 51:1-18 | John 8:1-11

7:00 pm Weasenham St Peter with Miriam and Hilary

### Friday 24th February

8:00pm Online Compline with Hilary De Lyon

### 4th SUNDAY 26th February

**First Sunday of Lent** (Purple or Lent array)

Genesis 2:15-17, 3.1-7 | Psalm 32 | Romans 5.12-19 | Matthew 4.1-11

9:00am	Little Dunham	Morning Prayer	Church Wardens
10:00am	Great Dunham	Family Holy Communion	Miriam Fife
10:00am	Online Service	Morning Worship	Hilary De Lyon
10:30am	Tittleshall	Holy Communion Iona	Kevin Blogg
11:00am	Mileham	Morning Prayer	Church Wardens
11:15am	Gressenhall	Holy Communion Iona	Julia Houston
4:00pm	Litcham	Evening Prayer	Church Wardens

### 1st Sunday 5th March (Purple)

**Licensing and Induction of Reverend Andrea Woods**

**by Bishop Jane of Lynn**

3:00 pm Gressenhall

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### REVEREND MIRIAM Writes...

Before I knew better, I used to look forward to February with a sense of slight foreboding; it can be the coldest month of the year and feels like the darkest because of it. By the time you are reading this, the ground may well be covered in snow and ice again, and I'm sure heating bills won't have come down. However, these days I prefer to look at February through different eyes, remembering how faith in the Light of the World helps to shine a light into the darkest corners. In our Christian calendar, Advent and Lent are times for us to slow down, to contemplate and prepare for the greatest events known to humankind; the birth and death of Jesus Christ. February feels to me like a time to slow down and contemplate and prepare for the year ahead. All the new growth of

Spring is right there, just below the surface, waiting for the moment to burst into colour and new life. Our daughter, our first child, was born in February. The sun rises and sets at times of the day when it is most convenient to be outside and witness the glorious changing colours of the sky. February isn't so dark after all! And then, Shrove Tuesday marks the end of the period before Lent, and our attention turns again toward preparing ourselves for Easter. Our special service to mark the beginning of Lent is on Ash Wednesday... we will meet in Weasenham, St Peter's church, to reflect on the past year, ask for forgiveness, receive the sign of the cross in ash and contemplate our journey towards Easter. All are welcome at this beautiful and moving service; do join us if you can. Then we have a time to get together on Saturday 25th for a Quiet Afternoon. Led by Reverend Hilary in Tittleshall, this is an opportunity to take some 'time out'... to pray, walk, read or simply sit in the peace and quiet. (The tea and cake afterwards are very attractive too!). See below for details. There will also be a Lent course for all to join in: see my weekly email or your church wardens for details. So there is much to look forward to in February after all... if you are one of those who view it as a 'dark' month, perhaps because you are on your own or are worried about things, then please know that you are not alone; in the church we also organise coffee mornings and gatherings open to people of all faiths and none and we would love to welcome you to join us. Please contact our benefice administrator if you would like to receive weekly updates on our activities. Until then, do enjoy the glorious sunsets, and look forward to the Spring; it is on its way! With every blessing  
Miriam

### **QUIET AFTERNOON**

**Saturday 25th February 2:00 -5:00 pm**

**Woodford Lodge, Tittleshall, PE32 2PF**

**Led by Revd Hilary De Lyon**

The Quiet Afternoon retreat will begin with a brief introduction, and there will be short reflections during the afternoon. There is a prayer labyrinth in the garden, and there will be time to walk it during the retreat, or to sit quietly in the house or the garden, weather permitting and will end with the celebration of the eucharist, followed by tea and cake.

Please reserve your place in advance: please contact Revd Hilary De Lyon

Assistant Priest, Launditch and the Upper Nar

Emails: [delyonhilary@gmail.com](mailto:delyonhilary@gmail.com) or call 01328 700066