



7-13 February 2021 • Faith 24/7

## The first 100 days

### Mark 1.29-39

In which, in her own house, Jesus raises up Simon's mother-in-law, and she begins to serve. At sunset, everyone in Capernaum comes to be healed by Jesus. Very early in the morning, Jesus prays alone before moving with his disciples to neighbouring towns.

Now read **Mark 1.29-39** see p.2 for text.

### A note on the passage

Good news spreads fast. Many people crowded to Jesus to find hope and healing, and they experienced his light shining in their darkness. But Jesus revealed that there is a big difference between developing a fan base and pursuing a mission.



In what circumstances do you feel the need to press the snooze button?



- Identify one small, achievable yet significant action that you can repeat each day this week – e.g. to sit quietly (no phones, etc) for five minutes per day; do one chore that you often neglect; do something kind for another person.
- Note how you feel as you make this a priority this week. How did you stick to the action? Was it easy or hard? Did it have any unexpected outcomes?

## DISCOVER

- The Lindisfarne Gospels are so highly prized that they are still kept in the British Library over 1,300 years after they were created! They were a mission project combining the best of the culture of their time with the words of the four Gospels in Latin. Follow the links <https://artwritingandgeekingout.wordpress.com/tag/lindisfarne-gospels/> (see top of this page) to find out more.
- Eadfrith, the bishop who did most of the work, 'wrote this book for God', but other people made the book's covers and someone else added a translation in Old English for those who found Latin difficult.
- If you like meditative colouring, you could reflect on Eadfrith's skill and dedication while colouring in these designs.
- Could you help to do something eye-catching to share the Gospel in today's culture?

## PRAYER WALK

Set aside some time to go for a walk and experience prayer outside. If possible, go early in the morning. You could go into your garden if you have one, or to any natural spot near to your home.

- How does this compare to praying indoors? Think about why Jesus did this. Pray about your own priorities.

## IMAGINE

**You will need:** eight 1cm x 5cm strips of paper, and a small object to represent yourself (e.g. a pebble, a shell, a cup).

- Imagine that the strips are the total time and energy that you have available in any week of your life at the moment. Place the strips radiating out from your object, like sun rays. Each radiating line represents the time/energy you spend on different activities.
- So, what are you doing with your time/energy? Maybe you invest more heavily in a particular activity; if so, move some of the strips to make one line, representing that activity, proportionately longer (e.g. if it is half of you time, it will be four strips long). Notice that you now have fewer strips left for other activities, but a further 'reach' for that one pursuit. Write or draw on the strips to indicate what they represent. Continue to adjust the pattern until it reflects your life.

Is this how you would like it to be? Is your energy split between many activities or a few? Does this reflect your priorities? Do you feel any need to press the snooze button on any part of your life?



- Work at making different designs of paper kites or paper aeroplanes. Give them each a test flight (indoors or out, depending on the weather). Which design flew the greatest distance or stayed up for the longest? In a group, makes sure everyone starts with the same materials, compare and test together – and learn from each other.
- Which factors are crucial for a good flight? Which are less important? Think about how Jesus made choices in planning and shaping of his ministry.



# Lent in lockdown

Dear Friends,

It looks like we will be spending the majority of Lent still in lockdown. We are, however, planning to run a Lent course that will have to be run on Zoom for the most part, with apologies to those without internet access. We are looking at using a USPG course called "For such a time as this" which explores ecological justice. Each week different churches from around the world offer their own perspective on this subject. Copies of the course are free to download from the USPG website and I can obtain booklet copies for those without internet to read at home. Please let me know during this next week if you would like to take part. We hope to run the course on a Wednesday evening although this is to be confirmed. If you would like to see a copy, please follow this link:

<https://www.uspg.org.uk/engage/support5/forsuchatime/lent-course-2021/>



Ash Wednesday is on 17<sup>th</sup> February this year and marks the beginning of Lent. There will be a Zoom service at 7.30 p.m. for those who wish to join. It is customary for me to mark foreheads with ash, but obviously that cannot happen this year. The ash is made by burning Palm Crosses from the previous year. If you would like to take part in the service please do burn your own cross if you feel comfortable to do so and can do it safely, and use the ash in the service to mark your own forehead. Details of the service will be circulated nearer the time.



## My kind of music evening on Zoom.

**On Tuesday 9<sup>th</sup> February at 7.30 p.m. on Zoom we invite you to share with us one of your favourite pieces of music.**

Everyone is invited to submit one track to be played on the evening and we will all try and guess whose favourite music it is. Have some nibbles and a drink or two to hand.

Please submit a YouTube link of your choice or email a music file to Revd Rob by Saturday 6<sup>th</sup> February. You will then receive the zoom link.

### Daily Readings for week commencing 1<sup>st</sup> February 2021

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<b>Monday</b>	Hosea 9	1 Corinthians 12: 12-end
<b>Tuesday</b>	Hosea 10	1 Corinthians 13
<b>Wednesday</b>	Hosea 11: 1-11	1 Corinthians 14: 1-19
<b>Thursday</b>	Hosea 11: 12-end of 12	1 Corinthians 14: 20-end
<b>Friday</b>	Hosea 13: 1-14	1 Corinthians 16: 1-9
<b>Saturday</b>	Hosea 14	1 Corinthians 16: 10-end

**Pray for those in need...**Sally, Zena, Katie-Louise, Pam, Sue, Bryn, Evelyn, Shane, Pat, Heather, Dorothy, Mandy and Joyce. **Please remember those who mourn the loss of loved ones at this time...especially Frederick, John, Lily and Bettie.**