



Transfiguration

Sunday 27 February 2022

Murray Valley Lutheran Community

Christ Church Lutheran
31 Swanport Rd
Murray Bridge

Holy Cross Lutheran
31 Florence St
Murray Bridge

Zion Lutheran
427 Schenscher Rd
Monarto

We want everyone in the Murray Bridge regional communities to know the love of Jesus and be in a saving relationship with Him.

WELCOME... TO OUR BULLETIN. MAY GOD BLESS YOU AND LEAVE YOU STRENGTHENED FOR THE CHALLENGES AND JOYS OF THE COMING WEEK!

All Services and Events subject to COVID restrictions. *Due to the COVID 19 situation, the rules, restrictions and guidelines for our safety are changing. Sometimes this is very quick and late, there may not be enough notice to let everyone know, we thank you for your understanding.*

Please follow the directions of the people in charge at our services.

*****Masks are required until further notice*****

Currently with the COVID situation there are increasing numbers of infection in SA, the Government is advising anyone who may be vulnerable to stay home. We fully understand and respect anyone who wishes to worship at home. If you do decide to stay home and are rostered for any duties, please let us know. We pray everyone continues to keep safe and well, God's love and care is always with us no matter where we are.

Sunday: 27th February – 8th Transfiguration

9am Holy Cross – Lay Reading
9.30am Christ Church – JD Hall – Lay Reading
9am Monarto – Holy Communion – Harvest Thanksgiving – Pastor's David Kuss
AGM following service

Sunday: 6th March – 1st Sunday in Lent

9am Holy Cross – Pastor Paul Calnan
9.30am Christ Church – JD Hall – Pastor David Kuss
11am Monarto – Pastor Paul Calnan
11am Christ Church – Church – Pastor David Kuss

Visitors most welcome to join any of our services

Pastor David Kuss contact details: Mobile: 0474 229 959 or email david.kuss@lca.org.au

Pastor Paul Calnan is available by phone Mon to Thurs 9am to 6pm Mobile: 0417 466 611 or email: paul.calnan@lca.org.au

Christ Church Office hours: Mon, Tues, Thurs, Fri 9am-12noon – **Closed Wednesday.**
Ph 8532 6553 email: christchurch.murraybridge.sa@lca.org.au
Website: www.cclutheranmb.org.au Add: 5 Marchand St, Murray Bridge
After Hours please phone: Chairperson, Warren Doecke - 0417 804 663

Holy Cross office hours: Tues, Wed, 9.30am-1.30pm; Thurs, Fri 9am-2pm – **Closed Monday.** Ph 8532 4577 email: hcoffice@internode.on.net Add: 31 Florence St, Murray Bridge
After hours please contact Council Chairperson: Jeff Henschke 0428 519 252 or Ministry Team Chair: David Schirmer 0459 943 682

Shared Ministry Task Group Members:

Holy Cross: Greg Herrmann, Joanne Pfeiffer, Barry Stoddart; **Christ Church:** Warren Doecke, Yvonne Stiller, Trent Mueller; **Monarto:** Colin Wegener, Raelene Barolo.

NOTICE OF CALL MEETING TO COMBINED LUTHERAN CHURCHES MURRAY BRIDGE (MVLC): for Associate Pastor, March 13th 2022, 1.30pm at JDH. Quorum(s) Required. *The Shared Ministry Task Group has recommended to all 3 Congregation Leaderships that the previous Call Meeting be reconvened on Sunday 13th March at 1.30pm in JDH for the purpose of Calling Pastor Paul Calnan to the 0.6 (Associate) Position. This bulletin notice is providing the necessary 2 weeks' notice for such a meeting in line with all Congregation constitutions.*

GET TO KNOW YOU" SUNDAY 27th at 2.30pm @ JDHall. A get together with Pastor David & Pastor Paul for all current Leaders and would be leaders of any committees/groups of Christ Church, Holy Cross and Monarto. Please bring afternoon tea to share, tea/coffee provided.

*****SHARED MINISTRY NAME***** The Christ Church, Holy Cross and Monarto congregations have voted unanimously to endorse

Murray Valley Lutheran CommUnity

as the name for the Shared Ministry, this will be the name used for the new website.

27th FEBRUARY READINGS & HYMNS/SONGS:

- † **Holy Cross:** *Readings:* Exodus 34:29-35, 2 Corinthians 3:12-4:2, Luke 9:28-43; *Songs:* Jesus Christ to You may hymns be rising, Because we bear Your name, How good, Lord, to be here, Shine, Jesus Shine, Make me a channel of Your peace, We are heirs of the Father.
- † **Christ Church:** *Readings:* Exodus 34:29-35, 2 Corinthians 3:12-4:2, Luke 9:28-36. *Songs:* Here I am to worship; Power of the Cross; Open the eyes of my heart; Yet not I but through Christ in me; Remembrance; Cornerstone; Who am I.
- † **Monarto:** *Reading:* Luke 9:28-36; Psalm 100; Jeremiah 29:10-14; 1 Timothy 2:1-7; Matthew 6:25-33. *Songs:* We Plough the fields and scatter; Bread of Heaven; O bring to the Lord your tribute of praise; In Christ Alone.

GENERAL NOTICES



ASH WEDNESDAY: Will be held at Christ Church 7pm, 2nd March, with pancakes beforehand (set up 5:30pm, 6pm start), the mid-week Lenten Services will alternate between Holy Cross and Christ Church and the Combined Maundy Thursday Service will be at Holy Cross. All Mid-Week services at 7pm.

COMBINED NEWSLETTER: We are looking at putting out a combined Newsletter in March. Please get any info/items/photos etc that you could be included to either office by Mon 28th Feb.

ROSTERS:

Holy Cross: Roster for March/April is ready to be picked up – Please let the office know of any dates you are unavailable for March, April and May ASAP.

Christ Church: Please advise of any dates you are unavailable up to May. Thank you!

REG – Regular Electronic Giving: Have you considered using REG for your weekly offerings? Forms are available from either church office to set up with your LLL account or use the following details:

Christ Church: BSB 704942 Acc # 100311504

Holy Cross: BSB 704942 Acc # 51176

HOLY CROSS OFFERING ENVELOPES: spare offering envelopes available from the office.

Diary Dates:

- 27th Feb: 9am **Monarto** Harvest Thanksgiving Service followed by **AGM**
2:30pm **Get to Know You** afternoon for leaders/leaders to be – see notice above.
- 1st Mar: 4:30pm **Holy Cross Ministry Team**
7:30pm **Holy Cross Church Council**
- 4th March 10am **World Day Of Prayer 2022:** to be held at Church of Christ, 32 Seventh St, Murray Bridge. 10am, Friday 4th March. Morning tea – All Welcome. Contact Aileen Harper 8531 0414 for more info.
- 8th Mar: 7pm Christ Church / Holy Cross / Monarto Worship Teams meet, Ed Cen
- 9th Mar: 1:15pm **Women's Guild:** 9th March, 1.15pm Concordia Hall. Topic – HOY / Devotion: R Packer / Musician: J Stiller / Hostesses: E Wegener, L Penhall / Gift Table: C Schache / Offering: ALC Pastoral Ministry Support Assistance Fund.
- 12th Mar: 6pm **Youth:** 6:00 to 8:30: at the Christ Church cave from 6:00 to 8:30. As usual, please bring a plate of food to share. Hope to see you there!
- 18th Mar: 6:30pm Men's Group at Miegel Engineering
- 20th Mar: 1:30pm **Christ Church AGM:** JDHall: Please start thinking on your reports, they will need to be in the office by the end of February.
- 22nd Mar: 7:30pm **MVLC Task Group**, Ed Cen

COMING UP:

- April: 24th Blessing of the Seed and Soil – Monarto Sporting Complex
- May: 12-13th Pastor's Conference / 14th May Synod

SAFE CHURCH TRAINING: If you need to complete Level 1 Refresher, Level 1 or Level 2 training please check the LCA website for dates online training is also available. Level I face to face training is available at St Pauls Lutheran Church Blair Athol 6th March and Victor Harbour Lutheran Church 20th March, Level 1 Refresher course at St Pauls Hahndorf 20th February, St Martins Mannum 6th March please contact either office for registration details.

Congregation Leaders are invited to join an Online Webinar 1.30pm AEDT 26th March 2022 that will concentrate on implementing the NEW Child Safety Standards for Congregations.

40 DAYS: A LENTEN DEVOTION & PRAYER GUIDE: LCA International Mission has compiled devotions for the Lenten season, through this Lenten season explore the psalms and share the comfort and hope they bring. An electronic copy of the booklet is available to download from the [LCA International Mission website](#). If you would like hard copies of the guide to share with others, please contact [Erin](#) at the LCA International Mission office or phone (08) 8267 7317.

SMG SCHOOL CHAPLIN – MENINGIE: Pastoral Care Worker less than an hour's drive from Murray Bridge. Meningie Area School. (10.7hrs/week) - Closing date Monday 28 February 2022 at 9am. To request more information or to apply, head to: <https://smgadelaide.squarespace.com/chaplaincy-vacancies>

MEN'S CAMPS: Victorian Lutheran Men's Camp on 18th-20th March 2022 at Tandara Camp at beautiful Hall's Gap. Come and join in a weekend of fellowship and study with a wonderful group of Christians. Wives and partners welcome. Camp registration forms are available from Church Offices or at Church.

Made for More Men's Camp 19th-22nd May 2022 at Yankalilla. For more information go to: <https://www.thegoalislife.com/product/made-for-more/>

BLUEPRINT NOTICES:

Sat 5th March Amplify Conference (For Children / Youth Ministry workers – paid or voluntary).

To register to attend online go to: <https://amplifyconference.com.au/hubs/hubs-sa/>

Sat 5th March 6pm Young Adults Welcome Event. If you have any questions you are welcome to contact the Blueprint Ministries staff at admin@blueprintministries.org.au or on 8267 5211.

Mainly Music groups – Blueprint has set up a Facebook page for Mainly Music groups to share ideas/ ask questions and encourage each other (email jeanette.mann@lca.org.au)

NOVO CAMP: 20 - 23 April 2022, Cornerstone College, Mt Barker. A Christian camp for high school aged young people. Join us for a week of fun, fellowship and faith. People of all backgrounds are welcome. Members of all denominational backgrounds are very welcome and encouraged to attend and participate. Please contact Blueprint Ministries at admin@blueprintministries.org.au or on 8267 5211 for more information or visit <https://www.blueprintministries.org.au/camps/novo/>. Registrations close 3 April.

LMSE CLW '22 Camp Director Applications Open: Do you love serving God through camping ministry? Do you love working with young people? We'd love to hear from you! Blueprint Ministries is looking for passionate people interested in serving as a Camp Director for our 5 day long Lower Murray South East Christian Life Week camp for young people in year 7-12, held in July 2022. In this role you will be working closely with the Blueprint Ministries Team and other directors and coordinators to administer and oversee the planning and running of the camp program. Interested? Applications close 27 February 2022. Download the application form here: <https://lca.box.com/shared/static/ox0lpjikqpwtxfaluxmwtsv4lnojs7w.pdf>

PHOTO COMPETITION FOR 2023 LUTHERAN MEDIA CALENDAR: The popular Lutheran Media Calendar Photo Competition is happening again this year. There are 3 categories so you can enter up to 1 photo in each category. Enter your best original and inspiring nature, animal or landscape photo for the opportunity to share your photo to thousands of people – oh, and prize money. Go to www.lutheranmedia.org.au/image for more details. Entries close 29th May 2022.

MOVIE AFTERNOON -SUNDAY 27TH FEBRUARY 1 PM:

Cameo Theatre - Movie "Queen Bees". *A comedy about the young at heart. While her house undergoes repairs, fiercely independent senior Helen moves into a nearby retirement community – just temporarily. Once behind the doors of Pine Grove Senior Community, she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying “mean girls”, all of which leaves her yearning for the solitude of home. But Helen discovers that it’s never too late to make new friends and perhaps even find a new love.* Meet in foyer at 12.50pm. More details Ph: Yolette 0478 218 769 or see notice in JD Hall. All Welcome!

PRAYERS:

Prayer of the day Almighty and loving God, we thank you for revealing your Son Jesus in glory before he suffered and died. Give us faith to recognise him as your dear Son, and strengthen us to suffer with him, until we come to share his glory. For he lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

Also pray....

- ✠ Most High and Holy Lord, thank You for greeting me with love and faithfulness every morning and night. Help me to bend, not break, in the winds of all I've got happening with my life, heart and home right now. Please give me a fresh strength and vitality today to walk in Your ways and thrive in Your grace.
- ✠ Eternal God, Your Son was glorified on earth together with You, with the glory which He had with You before the world was. I thank You for sending Your only begotten Son so that we could all be saved and so that we could have an example on how to live on earth. so during this transfiguration Sunday, I thank You for the glorification of Your Son and the power that was made known in Him, because I believe that we too can experience Your power here on earth.

Please Pray for the following people and their carers: (Please note, before visiting check with family for any visitation allowances and/or restrictions)

Christ Church: Martha Aartsen, Lores Frahn, Audrey Jaensch, Flo Kerkham, Joan Kluge (CC), Irene Kuchel, Margaret Kuchel, Bryan Lees, Joy Lienert, Andy & Colleen Nicholls, Oscar, Amelia & Josh Noye, Joyce Pope, Leo Schulz, Vena Shinnick, Sandra Thiele, June Walker.

Holy Cross: Ian & Fay Baxter, Judy Brereton, Olga Burgemeister, Lila Grocke, Maxine Gogler (RAH) & daughters Marie Pica & Vicki Gollasch and their families, Trevor & Kyle Hage & families, Bert & Nita Hyam, Glen Koop, Joy Leighton, Erin, Travis, Cooper, Brady & Taylor Lienert, Brenda O'Reilly, Jim Poole & families, Erwin Rohrlach, Neil Schubert, Reg Schwartz, Barbara Taylor, Clarita Venn, Malcolm & Margaret Zwar.

Resthaven: Joyce Ahrns (CC), Norm Bensch (HC), Lorna Burrett (HC), Leila Koehler(HC), Dot Noller (CC), Murray Piltz (CC)

Lerwin: Glad Hausler (CC), Stewart Jaensch (CC), Eric Kuss (CC), Alice Kowald (HC), Betty Paech (HC).

Craigmore Resthaven: Ivy Roennfeldt (CC)

Golden Grove Helping Hand: Joyleen Rosenzweig (CC)

Meningie Hospital Aged Care: Kurt Unger (HC), Felicity Woods (HC)

St Paul's Aged Care, Hahndorf: Margaret Pfeiffer (HC)

Warner Close, M/Bridge: Colleen Fawcett (CC)

Tailem Bend Hospital: Pat Gogel, Bevan Schulz (both HC)

If you would like to be included in our Prayers or have your Birthday, Anniversary or any other special occasion announced, please email or call your church office.

Condolences:



Our deepest condolences to Glen Koop, family and friends, on the passing of Phyllis Koop on 24th February. Funeral Details to be advised.

Jesus says: Don't be afraid! I am the first, the last, and the living one. I died, but now I am alive forevermore, and I have the keys to death and the world of the dead.
(Revelation 1:17,18 CEV)

Baptismal Birthday Celebrations This Week

| | | |
|--------------------------------------|--------------------------------------|-------------------------------------|
| 28 th Martha Aartsen (CC) | March | 4 th Jonathon Paech (HC) |
| Todd Frahn (Mon) | 1 st Brenda O'Reilly (HC) | 5 th Matt Schiller (CC) |
| Ashley Konitzka (CC) | Alexandra Westlake (HC) | 6 th Tristan Ahrns (CC) |
| | 2 nd Nikita Hein (CC) | Joyce Paech (Mon) |
| | Roz Mc Gowan (HC) | |
| | Colin Wegener (Mon) | |

OTHER WAYS TO WORSHIP:

FACEBOOK: Holy Cross Lutheran Church Murray Bridge / Christ Church Lutheran Murray Bridge / Music Ministry Online

YOUTUBE:

Holy Cross Lutheran Church Murray Bridge <https://www.youtube.com/channel/UC1o3Cy-fGMCsEoTtn9kwkqQ>

Christ Church Lutheran Murray Bridge <https://www.youtube.com/channel/UCGGccwtvzlvNOA302m1TjGw>

Music Ministry Online <https://www.youtube.com/channel/UCDoA2JRIV7vHNT0oceDkibg>

Christ Church Web Page: <http://www.cclutheranmb.org.au/>

Music Ministry email: musicministrymb@gmail.com

Christian radio now live! – Murray Bridge 87.6 FM SA

Other Livestreamed Services etc – Go to LCA Church@Home:

<https://www.lca.org.au/worship/wpp/churchhome/>

click on View@Home to see services online, Pray@Home for prayer resources and Faith@Home for other options.

Sermons4Kids- Stories of the Bible: <https://sermons4kids.com/>

ROSTERS

Monarto Rosters 27th Feb: **Wardens:** Gordon & Raelene W. **Reader:** Rollo H.
6th Mar: **Wardens:** Haydn & Penne. **Reader:** Trevor H.

Holy Cross

| | 27 FEB 9AM | 6 MARCH 9AM | 9 MARCH 7pm LENT 1 |
|------------------------------|---|--------------------------------|-----------------------|
| Sign In/ Greeters | V Zerk E Waldhuter | T Gogel K Pfeiffer | T Gogel A Pearce |
| LS Server | N/A | R Paech | N/A |
| Lector | J Kuchel | A Pearce | A Pearce |
| PA/MM | P Welke | A Gates | T Hanckel |
| Video | N/A | A Wegener | N/A |
| Marshal | S Gates | T Budarick | G Herrmann |
| Ushers | M Woitdt J Sacco | R & D Paech B Gerlach | B & M Gerlach |
| Bell Ringer | E Waldhuter | B Gerlach | B Gerlach |
| Altar Guild | N/A | D Pfeiffer | N/A |
| Flowers | J Kuchel | R Packer | |
| Musicians | R Packer | E Paech H Carroll | E Paech |
| Morning Tea | C Schache L Rosenzweig D Pfeiffer | V Zerk R Packer A Pearce | N/A |
| Ministry Team | M Woitdt | M Woitdt | M Woitdt |

Christ Church

| | 9:30am JDH 27-Feb | Ash Wed 2-Mar | 9:30am JDH 6-Mar | 11AM Church 6-Mar |
|---------------------------|---------------------------|----------------------|--------------------------|-------------------------|
| COVID Marshal | D Hampel | Carl B'hall | A Hampel | G Pohl |
| Elder Assist | W Doecke | I Kluge ♥ | G Schubert G Korzeba | J Traeger ♥ I Kluge |
| Wardens | A&D Hampel | D Lienert | Y Stiller | G Pohl I Kluge |
| Greeters | J Herrmann B&Y Lablack | R&M Herrmann | B&J Martin | I Schulte J Bahr |
| Tea/Coffee | D Borchardt L Penhall | | C Beauglehall D Kluge | |
| PA | B Martin | A Hampel | N Mann | W Taylor |
| Data Projector | Y Stiller | Chris Beauglehall | E Mann | C Mattner |
| Reader | | B Lablack | | C Mattner |
| Flowers | Y Kuchel | | | |
| Organist | | | | Glynniss |
| Video | R Jericho | | R Jericho | |
| Counter | G Korzeba | G Beauglehall | V Jaensch | M Mueller |
| Grounds Roster | | | | |
| Water & Care | Y Koch | | Harry & Inez | |

Monarto Congregation Contacts

| | | | | |
|-------------------------|---------------|--------------|-----------------|-----------|
| <u>Elders</u> | Haydn Hein | 0428 898 639 | Maurice Wegener | 8531 1060 |
| <u>Chairman</u> | Trevor Hilton | 0439 839 022 | | |
| <u>Treasurer</u> | Colin Wegener | 0407 030 241 | | |
| <u>Secretary</u> | Jan Brodde | 8532 5050 | | |

Christ Church Congregation Contacts

| | | | | |
|--|-----------------|-------------------------|-----------------|-------------------------|
| <u>Elders:</u> | Dawn Hampel | 8532 4138 | Denise Lohmeyer | 8531 0935 |
| | David Pech | 0420 849 344 | Janelle Traeger | 8535 4290 |
| | Graham Schubert | 0408 848 920 | Ian Kluge | 0427 313 537, 8531 3449 |
| <u>Chairman</u> | Warren Doecke | 0417 804 663, 8572 6019 | | |
| <u>Cong. Secretary</u> | Cheryl Doecke | 0427 804 663, 8572 6019 | | |
| <u>Treasurer</u> | Carlien Hohls | 0415 919 043 | | |
| <u>Church Secretary</u> | Yvonne Stiller | 8532 3445 | | |
| <u>Prop. & Maintenance:</u> | Nathanael Mann | 0439 506 826 | | |

Holy Cross Congregation Contacts

| | | |
|------------------------------|------------------------|--------------------|
| <u>Chairperson:</u> | Jeff Henschke | 0428 519 252 |
| <u>Ministry Team</u> | David Schirmer (chair) | 0459 943 682 |
| | Myrna Gerlach | Matthew Woitdt |
| | Edna Welke | Pastor Peter Welke |
| | Dennis Steinborner | Lesley Rosenzweig |
| | Helen Heuppauff | Coral Eggers |
| <u>Treasurer</u> | Barry Stoddart | 0459 590 302 |
| <u>Property Chair</u> | Greg Herrmann | 0438 785 040 |

"LIFE THROUGH THE LENS"



As I was walking past the water outlet from the roof to the roadside gutter, I was stopped by something that had to be impossible.

Small pieces of foliage and old petals floating in mid-air appeared as if nothing was supporting them. They were suspended as if in mid-air, with the dull sunlight casting shadows beneath them.

On my knees and looking closer, I could still not see anything supporting these pieces of windblown litter. Changing my position and viewing angle, and as the sun shone out from behind a cloud, I finally saw it. There, glinting in the sunlight, were the merest hints of a mostly invisible spider web.

Life can be like that. Only when we pause, change our position, look more closely, let light shine in will we see more clearly and better understand what previously had only created questions.

We all have times in our lives when we feel like litter. Blown along the gutter of life, no one appears to care where I will finish up. Even my friends are more interested in themselves than the support I might feel I need. Or could it be I'm too concerned with "ME", and we have drifted apart, and the care I once relied on has drifted off to somewhere else, to someone else, without me realising what was happening? Or maybe the friend's care is still there, and I need to stop and look closely to recognise it, which wrapped in my self-interest I no longer see?

It is so easy to get so wrapped up in our own lives, our needs, our fears, our priorities that we forget God. We may even forget the times we have felt his supporting love. We forget He has promised, "'The mountains may shift, and the hills may be shaken, but my faithful love won't shift from you, and my covenant of peace won't be shaken,' says the Lord." **(Isaiah 54:10)**

Maybe it could be the time to stop, look more closely, and realise that even though you may not have seen or felt God's supportive love in your life, it has been there; continuously. Stop and ask him to help you recognise his love, and care, for you in the everyday minutes of life. He has also made this promise, "Be sure of this—that I am with you always, even to the end of the world." **(Matthew 28:20)** Talk to him about it if you feel you could do with his support and love.

May you feel His love in your life, day by day, Kevin.



Growing FAITH at home

27th February 2022
TRANSFIGURATION SUNDAY
Listen to Jesus

Transfiguration Sunday

WHITE is used in all festivals of our Lord, this represents the purity, majesty and splendour of God.

verse for the week

A voice came from the cloud. It said, "This is my son, and I have chosen him. Listen to him."

LUKE 9:35

Caring Conversations



SHARE

Share your highs and lows of the day, or respond to the following questions:

1

What is the difference between hearing and listening? Why is it important to listen to others?

2

God the Father tells us to listen to his Son, Jesus (read Luke 9:34-35). What does it mean to listen to Jesus?



Devotions



READ Daily Bible Readings

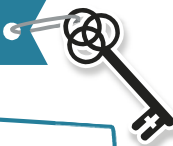
| | | |
|---|--------------------------|-------------------------------|
| S | Luke 9:28-43 | Jesus is transfigured |
| M | Exodus 34:29-35 | The radiant face of Moses |
| T | 2 Corinthians 3:12 – 4:2 | The new covenant |
| W | Matthew 6:1-6,16-21 | Giving, praying and fasting |
| T | Zechariah 7:4-10 | Justice, mercy and compassion |
| F | Joel 2:1-2,12-18 | A call to repentance |
| S | Psalms 99 | The Lord reigns |
| S | Luke 4:1-13 | The temptation of Jesus |



TALK

Talk about the Bible verse. What word or phrase was important to you as you read these verses?

Rituals and Traditions



PRAY

Lord God, reveal the glory of your Son to me. Give me ears to listen to him and eyes that look to him alone. Amen.



BLESS

May God's Spirit make you more and more like Christ.

Creative Response

This coming Wednesday (March 6th) is Ash Wednesday, the first day of Lent. The association of the day with ashes goes back to the 6th century. For centuries, Christians have received ashes on the head as a reminder of mortality and a sign of sorrow for sin.

To mark the beginning of Lent, set aside a period of time this week to "unplug" from technology and luxuries. Choose not to watch TV, or to use computers and other electronic devices for leisure purposes. Eat simple foods and drink only water. Have a time of silence in your household during which you reflect on the gifts of God and your relationship with him.

If you are unable to attend a worship service on Wednesday, have a brief time of observance in your home. Prepare in advance a small bowl of ashes to use.

Bible readings: Genesis 3:19 and Mark 1:15

Prayer: Heavenly Father, as we enter the season of Lent today, we confess our need for a Saviour. Prepare our hearts and minds throughout this season so that we may grow in serving others, showing thanks for how your Son has loved and served us. Amen.

Leader: Let us mark one another with ashes as a sign of sorrow for our sin, and our trust in Jesus to save us.

Household members take turns in making the sign of the cross with ashes on one another's foreheads, saying these words: "Dust you are, and to dust you shall return. Repent and look to Jesus your Saviour."

Bible Reading: Psalm 103:13-14, 17

mealtime prayer

Lord God, please join us at this meal we pray, bless our food and work today. Make us reflections of your light, filled with what is good and right. Amen.

Service



The day before Ash Wednesday is called Shrove Tuesday.

The name 'shrove' comes from the practice of being 'shriven' – going to church to confess your sins and receive absolution – before the start of Lent. Shrove Tuesday is also sometimes called Pancake Tuesday or Fat Tuesday, because households used up their remaining eggs and fats before Lent by making pancakes.

Observe Shrove Tuesday with a pancake breakfast or dinner. Perhaps invite another family to join you and as you eat, talk about what Jesus gave up for our sake and what you might wish to give up for Lent in spiritual preparation for Holy Week.