

NEWSLETTER

ALL SAINTS, SCRAPTOFT & NETHERHALL - February 2024

Purple or Green this Lent?

Apart from the usual round of practice, the 40 days of Lent give us the opportunity to reflect on the practice of fasting and commit to giving up something in a way that benefits nature and helps us address climate change.

Here are some suggestions from Arocha to get you thinking:



Go plastic free: Even if you can't become totally plastic-free, make it your goal to at least reduce your use of plastic. **Switch off from digital:** Explore technology-free times or areas of the house, switching to 'airplane mode' for the first hour in the morning and the last hour at night, 'switch off Sundays', reaching for your Bible over your device(s) and writing a list of outdoor things that you enjoy. **Boycott fast fashion:** think about how our clothes can have a lesser impact on nature. **Buy less or second hand:** from clothes to books and all sorts of other things. **Buy local or in bulk:** this can have a real effect on how we consume. **Become zero waste:** Slowly try to reduce your waste a bit every week. **Spend more time in nature:** connect with God as Creator and celebrate his creation in different ways over the Lenten period. **Invite wildlife into your garden:** greening your garden, or part of it, for nature's benefit. **Try a plant-based recipe or diet.** Start by cooking yourself vegan or plant-based meals once a week and take it from there. As time goes on, cook more vegan/vegetarian meals and try to eliminate as many animal products from your diet as you can - the science says it's healthier and better for the environment. **Change your method of transport:** how about walking or cycling for repeated errands, choosing one day a week to walk, cycle or take public transport to work where you are able to? **Take a step to save energy in your home:** From draught-proofing windows and doors to swapping your bath for a shower.

Our journey through Lent is always about trying to come closer to God, and over recent years we have become more and more aware of how important this is with regard to God's creation and our treatment of it.

Whatever you try this year, I pray it will bring you closer to the heart of the Creator.

With every blessing

Fr Martin

February Diary

3rd	10.00am	Coffee Morning
4th	EPIPHANY 5	
	10.00am	Sung Eucharist
6th	10.00am	Coffee pop-in
7th	10.00am	Funeral: Michael Walton
	12.00pm	No Eucharist
9th	9.00am	Funeral: Margaret & Roy Chamberlain
	7.30pm	Guild of Servers Office & Benediction
11th	SUNDAY BEFORE LENT	
	10.00am	Sung Eucharist
13th	Shrove Tuesday	
	10.00am	Coffee pop-in
14th	ASH WEDNESDAY	
	7.30pm	Sung Eucharist with Imposition of Ashes
18th	LENT 1	
	10.00am	Sung Eucharist
20th	10.00am	Coffee pop-in
21st	12.00pm	NO Eucharist
23rd	7.00pm	Stations of the Cross
25th	LENT 2	
	10.00am	Sung Eucharist
	6.00pm	ECO Group
26th	7.00pm	Lent Study Group
27th	10.00am	Coffee pop-in
28th	12.00pm	Eucharist
MARCH		
1st	7.00pm	Stations of the Cross
2nd	10.00am	Coffee Morning



*saving the world
one bag at a time!*

There will be another Social Afternoon/Evening to start making more bags at All Saints. This time we are aiming to provide them (in association with the Coop) for **Plastic Bag Free Day** which is on 3rd July this year.

Come along on Sunday 3rd March

3.00pm

Everyone is welcome -

no experience required!



Please bring your Palm Crosses back to church so they can be made into the ashes for Ash Wednesday.

LENT AT ALL SAINTS

We start our Lenten observance on **Ash Wednesday** with the Imposition of Ashes at the Sung Eucharist at 7.30pm

Stations of the Cross on Fridays at 7.00pm
beginning 23rd February

Lent Group will take place and will focus the Watch & Pray theme - further details to come.