
NEWSLETTER

ALL SAINTS, SCRAPTOFT & NETHERHALL - March 2026

Denying ourselves....

The blessing often given at the end of services during Lent says this: "May Christ give you grace to grow in grace, to deny yourselves, and take up your cross each day and follow him...."

As we continue to follow the weeks up to Easter, how do we use these weeks to grow in grace, and what does it mean to deny ourselves? On the face of it, it seems a very negative thing to do. It has connotations of mortifying oneself and not enjoying life very much. Linked with the idea of 'giving something up' for Lent (which perhaps we don't always manage), denying feels as if it's about restricting ourselves and the way we live. However, I'm not sure that's altogether true.

The blessing begins with perhaps the most important part: 'may you grow in grace.' The idea of then denying ourselves, or taking up our own crosses, is for the purpose of coming closer to Christ and doing anything that makes our journey towards God more fruitful. Another way of describing this is to 'discipline ourselves.' Again, this can seem an unattractive proposition. But discipline isn't about punishment, in a spiritual sense. When we discipline ourselves during Lent, we are trying to align our thoughts, words and actions more with those of God and not simply see ourselves as the judge of what we do or don't do.

I remember talking about this with mother Mary Julian at Holy Cross Convent once, referring to the Religious Life and how they give up so much that it must be incredibly hard. Why would anyone want to become a monk or nun if their life was going to be so restricted? But she put me right. She explained that disciplining one's life means that you come to know the boundaries very clearly, and once you realise what they are, you begin to learn and experience the great freedom that exists within those boundaries. All of us, as children, will have learned that learning life's boundaries tends to make life better, and that transgressing them normally brings problems! It's the same with our lives as disciples of Jesus. May the rest of this Lent give us opportunity to deny ourselves, to take up our individual crosses each day, to follow Christ more closely and therefore to grow in grace.

With every blessing

Fr Martin

March Diary

1st	LENT 2	
	10.00am	Sung Eucharist
3rd	10.00am	Coffee pop-in
	7.30pm	Lent Group
4th	St Casimir	
	12.00pm	Eucharist
	7.30pm	Rosary
6th	7.00pm	Stations of the Cross
7th	10.00am	Coffee Morning
8th	LENT 3	
	10.00am	Sung Eucharist
10th	10.00am	Coffee pop-in
	7.30pm	Lent Group
11th	12.00pm	NO Eucharist
	7.30pm	Rosary
13th	7.00pm	Stations of the Cross
15th	LENT 4 - MOTHERING SUNDAY	
	10.00am	Sung Eucharist
17th	10.00am	Coffee pop-in
	7.30pm	Lent Group
18th	St Cyril of Jerusalem	
	12.00pm	Eucharist
	7.30pm	Rosary
19th	11.00am	Aaron Court Service
20th	7.00pm	Stations of the Cross
22nd	LENT 5	
	10.00am	Sung Eucharist
24th	10.00am	Coffee pop-in
	7.30pm	Lent Group
25th	THE ANNUNCIATION OF THE LORD	
	10.00am	Day Nursery Visit Church

12.00pm Eucharist

7.30pm Rosary

27th 7.00pm Stations of the Cross

29th **PALM SUNDAY**

9.45am Procession of Palms,
Dramatic Gospel and Sung
Eucharist
begin at the White House

HOLY WEEK

30th **Monday in Holy Week**

7.00pm Devotion & Compline

31st **Tuesday in Holy Week**

10.00am Coffee pop-in

7.00pm Devotion & Compline

April

1st 12.00pm Chrism Mass at Walsingham

7.00pm Devotion & Compline

2nd **MAUNDY THURSDAY**

11.00am Aaron Court

7.30pm Mass of the Lord's Supper,
Footwashing and The Watch

3rd **GOOD FRIDAY**

3.00pm Stations of the Cross

7.30pm The Liturgy

5th **EASTER DAY**

5.30am New Fire, Vigil & 1st Mass
followed by Parish Breakfast

10.00am Sung Festival Eucharist &
Baptism

A Prayer for Mothering Sunday

*Loving God,
Thank you for mothers and children
and for all the joy of family life.
Be with those who are grieving
because they have no mother;
Be close to those who are struggling
because they have no children;
Be near to those who are sad
because they are far apart from those they love.
Let your love be present in every home,
And help your church to have eyes to see
and ears to hear the needs of all who come.
We ask this in the name of Jesus Christ our Lord.*