

DATES FOR YOUR DIARY

HOLY HOUR MONDAY, 19TH FEBRUARY, 7 - 8PM

Here at St Michael's

PARISH PASTORAL COMMITTEE MEETING

Wednesday 21st February 7pm at the Presbytery

If you have any suggestions please write them down and put them in the silver box at the back of Church under the notice boards

WORLD DAY OF PRAYER

Friday 1st March 2024 at 6:30pm hosted by our Church

here at St. Michael's, Sonning Common.

This is a Women led Global Christian Ecumenical Service written this year by the women of Palestine, and the theme is

"I beg you, bear with one another in love."

We need the help of the women of our Parish to help host the event.

Greeting people at the Church. And then helping serve a light supper at the Hall. So, we need people to serve food/tea/coffee and clear up afterwards.

It is a time to meet fellow local Christians, everyone is welcome, so please do come along and sing and pray with the people of Palestine.

And if you can help, please contact

Sue Reid 0118-9481423 or Judy Fox 01491-681646

EXPLORING PRAYER - A LENTEN RETREAT:

Saturday 9th March, 9.45am -2.30pm in the church hall.

Discover or rediscover traditional prayers and explore alternative ways of praying. The day will be between you and God.

Please bring a packed lunch.

YEAR OF PRAYER 2024:

A young diocesan priest, Fr Toby Duckworth, is producing a series of short videos called 'Pause for Prayer.'

The first was released in December introducing the Year of Prayer and the Jubilee.

It can be found on the diocesan website:together with other resources.

<https://www.vocations.org.uk/year-of-prayer-2024>

ECUMENICAL SAFARI SUPPER

Saturday, 6th July

Parishioners from the Churches in Sonning Common and the surrounding villages come together to meet and share a three course meal.

Thought for the Week 1st Sunday in Lent (B) 18th February 2024

“Repent and believe the Good News.”

Today's Gospel makes clear our first action in Lent is to repent. Fr Michael reminded us two weeks ago that we then move onto: Prayer, Fasting and Alms Giving

To help us in Prayer, the Parish Pastoral Council has suggested a Prayer Day during Lent and this is now set for Saturday 9th March 9:45am to 2.30 pm in the church hall. We can discover or rediscover traditional prayers and explore alternative ways of praying.

Alms Giving: Our Lenten Charity is “Embrace the Middle East” who are working in Palestine. Where is there a greater need? There will be an appeal during Lent.

But what about Fasting? Jesus said “When you fast...” and obviously expected us to fast. Fasting is mentioned many times in Scriptures as making prayer more powerful. The literal translation of fast is to abstain from food. The fifth precept of the Church is “You shall observe the prescribed days of fasting and abstinence”. Have we gone soft on fasting? Our predecessors obviously took fasting very much more seriously and celebrated Collop Monday and Shrove Tuesday before the great Lenten fast.

In the modern world, we conveniently find excuses not to fast: “We need food to provide energy”, “We are too old” and many more. We are challenged on these excuses by our Prime Minister who is reported as fasting for 36 hours from food for religious reasons. Perhaps even more provoking is that modern medical advice suggests that for most of us a day a week without food is actually good for the body.

Have we the discipline to practise such self-denial? Other challenges could be to give up “social media” or simply to stop our busyness and give time to God. We need to choose a challenge we can achieve.

Stephen and Judy



**We ask you please, to pray for the following people
who continue to ask for your prayers;**

Please pray for the repose of the soul of Beth Selwood who died last week.

Please pray for Mary Edwards who has had Hip surgery, after a fall at home, and is now recovering in The RBH.

Please pray for Carl Stitt the Uncle of Krissie for a safe and successful outcome for his heart operation on 25th January .

Thank you for your continued prayers for Robert Brooks who had an operation for Bile Duct Cancer and is still recovering.

Rosemary continues to need our prayers having undergone major surgery, as the recovery will be long and slow.

Please pray for Kim, Paul and Joe Bunton (Joe has severe learning difficulties). Please pray that they get the help they need.

Please pray for Father Paul Rowan who has had a second corneal graft to save the sight in his right eye. The final stage of his cancer treatment is further delayed.

Please pray for Peter Halter's sister Jean who has macular degeneration and for her great grandson Rogan who continues to need our prayers following his bone marrow transplant,

Please Pray for Jim Hardiman.

Please Pray for Maria McNamara's niece who is undergoing chemotherapy. Her name is Alison Flynn née McNamara.

Please pray for Reuben Muston aged 17 (Theresa and Mike Muston's grandson) who had Aplastic Anaemia. He still needs our prayers that he will continue to improve.

Please pray for Savanna Clark (aged 2 with eye trouble).

Please pray for Shirley Trollop.

Please pray for Isobel Messenger (Vera Bird's great granddaughter) she has now had her operation to improve her hearing.

Please pray for Simon Keen who is recovering from an operation.

Please pray for Mary Hagger.

Please pray for Vivien Kear (Krissie's friend) who has cancer.

Vera Bird has asked for our prayers for her Great, Great Grandson Harry.

Prayers please for Antonita's nephew Peppin who has long covid.



**Please remember in your prayers those whose
anniversaries occur at this time including;**

Avito Benedict Da Silva, Eileen Arkell, Bridie Bonner,
Peter Davies, Eileen Enright, Jimmy Thompson,
Mary Ann Kennedy, Edward Lonsdale, Arthur Rowse,
Kevin Watters, John Burke, Lazard Custodio Joanes,
Mrs Mee, Mrs Maria Motyka, Una Cottrell,
Nancy Evach and Bazie, Nancy Iwasyk.