



## Word from RevLaura

**Shortly we will enter the time of Lent, a time to journey with Jesus to the cross, a time to think about those things in your life that maybe need to be readdressed. A time of laying down the stuff that stops you living the life you have been called to live. You may be thinking of giving up something for Lent or fasting something. This can be giving up television, or a meal, or drinking alcohol, or chocolate, something that matters to you. It is important to remember it is not giving up for the sake of giving up, it is to then take this time to pray or read the Bible, to feed your soul. It maybe that you find giving something up too much but then take up maybe a regular time to pray, or read your Bible, develop a discipline that will feed you and your faith. It could be that you decide to go to the weekly reflections and give this time to really think about your journey with Jesus. The church seasons are a wonderful way to reflect on your walk with Jesus and deepen your faith, take advantage of them. Amen**

## Services

**Monday Morning Prayer** at Kings Caple Church– 9.30am – 10am (not on 26<sup>th</sup> January)

**Wednesday 11<sup>th</sup> Feb** 6pm – 6.30pm St Andrew's and St Mary's, How Caple, Celtic Evening Prayer with a live sung Plygain carol by local quartet- join us

**Sun 15<sup>th</sup> Feb (green) next before Lent** 2 Peter 1:16 – end and Matt 17:1-9

9.30am St Bridget's, Bridstow, Common Worship Communion

11.15am St Michael's, Sollershope, Book of Common Prayer Communion

3.30pm St Peter's, Peterstow, Evensong

6pm 'The Sanctuary' contemporary worship/discussion and prayer, at **Bridstow Village Hall**

**Ash Wednesday 18<sup>th</sup> Feb** – Ashing Services **10am** at St Andrew's and St Mary's, How Caple (it is possible that this will be recorded for the Diocese use) please come along and be part of this and **7pm** at St Bridget's, Bridstow

**Sun 22<sup>nd</sup> Feb (purple) 1<sup>st</sup> of Lent** Romans 5:12-19 and Matthew 4:1-11

9.30am St Tysilio's, Sellack, Common Worship Communion

11.15am St Andrew's and St Mary's, How Caple, Book of Common Prayer Morning Prayer

11.15am St Bridget's, Bridstow, Common Worship Communion

**Thur 26<sup>th</sup> Feb** – Lent Compline/Reflection 7pm at St Peter's, Peterstow



Is there more to life than this?  
What happens next?  
Does God exist?

Join us on the Alpha Course to discuss the big questions of life and faith

Starting  
Monday, 9<sup>th</sup> February @ 19.30  
At The Rectory, Kings Caple  
HR1 4TX

To sign up or ask questions, contact: Rev Laura Hewitt  
rev.laurajane@googlemail.com

**Alpha Course**, this will start on Monday 9<sup>th</sup> Feb 7.30pm – 9.30pm finishing prompt – and include a meal to start with an eight week course (Kings Caple Rectory, Kings Caple, HR1 4TX) and there will also be an away day (Near Ross) on Saturday March 28<sup>th</sup> – this is an introduction to the Christian faith, for anyone who wants to just know more or wants a refresher on the basics – email [revlaurajane@gmail.com](mailto:revlaurajane@gmail.com) to book on (we need to know numbers)



**KINGS CAPLE:** Every 4<sup>th</sup> Sunday, "DROP INN" at Kings Caple Old School 3. – 4.30pm for Coffee, tea cake and chat. Also: is anyone interested in Bell Ringing ask if you are interested! **And we are STILL in need of a treasurer can you help URGENT NEED!**

**Sat 14<sup>th</sup> February 'Valentines Day Pudding Party' £7.50 (reduction for children) 6pm – 8pm at Poulston Mill. (in support of Church toilet) will include warm and cold puddings and some old favs.**

**Sat 28<sup>th</sup> March 11am – 1pm Lent Lunch** Donations to Farming Minds venue the Old School.

**BRIDSTOW:** Church coffee morning 1<sup>st</sup> Wednesday of the month – Bridstow Village Hall 10.30am – 12noon, coffee, chat, raffle, bring and buy table.

**PETERSTOW:** Coffee Mornings at St Peter's 1<sup>st</sup> and 3<sup>rd</sup> Monday each month



Pancakes at Peterstow Shrove Tuesday

And .....Lent  
Lunches



**HOW CAPLE:** 1<sup>st</sup> TUESDAY of the month – ZIGGISAURUS' in Church Playgroup 10 am – 12 noon. Lots of fun for everyone.

Every Friday 'gardening club' in the churchyard' all welcome contact Hilda: [auersperglee@outlook.com](mailto:auersperglee@outlook.com)

**ZOOM Meetings:**

Mid-day prayer – Tuesday and Thursday ID: 922 223 7750 Password: 77.

Wednesday Bible Study – led by Bishop Anthony (no theological background needed) For more info please contact Ann Owen ([ann@owenfamily.me.uk](mailto:ann@owenfamily.me.uk)) ID: 862 6084 4541 Password: Bible

**PILGRIMAGE MEETING FOR BENEFICE:** We had a great last meeting we will be meeting again on **Tue 17<sup>th</sup> March at 7pm Peterstow** to continue the discussions – please come and anyone is welcome who could not make the last meeting.

**OTHER REGULAR SERVICES and coming up:**

**2<sup>ND</sup> Wednesday of the Month (11<sup>th</sup> Feb) – Celtic Evening Prayer** at How Caple **6pm – 6.30pm**

**3<sup>rd</sup> Sunday of the Month – Sanctuary (next one Feb 15th)** – Contemporary worship service, with discussion and prayer – Bridstow Village Hall 6pm – 7pm

**2<sup>nd</sup> Monday of each month, (9<sup>th</sup> March) we will have Contemplative Prayer Space – 2pm until 3pm** hosted by Ann Owen – please ask Ann or Laura if you would like to attend for the address

**We pray for:** all who are unwell, for Mike Swinnerton, Mike Tunnicliff, Margaret Artus, Eric Powell, Maggie Lewis, Mary Purry, Ann Owen, Hugh Thompson, Jack and Marian Everitt, Robert Stewart



## Faith in Art Lent Course

Starting 24th February for 6 weeks

**Tuesday mornings 10am -12am at Round Oak Cottage, Bridstow HR9 6QJ**

Explore the images within you through painting, craft, poetry, music and Scripture.

Hands-on \* beginners welcome \* all materials supplied  
- just bring your hearts and minds.

For details or to book  
please email Kathy on: [kathy@priddis.me](mailto:kathy@priddis.me)  
Or telephone 01989 218503 and leave a message with your contact details

Maximum 9 places available - first come, first served.

Lent Compline with Reflections:

Thursday 7pm  
26th Feb, 5<sup>th</sup> March, 12<sup>th</sup> March at  
St Peter's, Peterstow  
and  
19<sup>th</sup> March, 26<sup>th</sup> March at St Andrew  
with St Mary, How Caple



(Rector) Reverend Laura Hewitt email: [revlaurajane@gmail.com](mailto:revlaurajane@gmail.com) Tel: [07500345048](tel:07500345048)  
Day off: Friday  
(Curate) Reverend Christine Cattanach email: [RevCatt@yahoo.com](mailto:RevCatt@yahoo.com) Tel: [07810701679](tel:07810701679) Days off: Thur/Fri/Sat  
Facebook: [StowCaple Group](#) Website: [www.stowcaplechurches.co.uk](http://www.stowcaplechurches.co.uk) If you would like to join the StowCaple Churches Whatsapp Group please email Laura with your mobile number and giving permission for your number to be added. (This will be for news and prayer requests, and updates)  
Our Church Near you site is <https://www.achurchnearyou.com/benefice/18-032BW/>