



For many Christians the season of Lent does not exactly fill them with joy. And perhaps that's the point. In a culture of self-centredness, impatience, instant this and instant that, stepping back and forgoing some pleasures is not a bad thing at all. It means that we learn to be satisfied with less. It means we learn to really appreciate the good things we often take for granted. Jesus takes it for granted that fasting and prayer will take deep root in his disciples' lives- 'When you fast...', he says to them in Matthew 6:16. But we go seriously awry when we think Lent is just about giving up something, whether it be chocolate, coffee, social media or whatever. Focussing on the merely outward, external things can make us into very religious little Pharisees, who say and do all the right things, but whose hearts are far from God. Jesus warns us to focus instead on the state of our heart- are we really repenting and believing? Have we grasped the extraordinary, life-changing message of the Gospel of grace? May the words of the Collect for Ash Wednesday be our motto in Lent this year:

*Almighty and everlasting God,
you hate nothing that you have made
and forgive the sins of all those who are penitent:
create and make in us new and contrite hearts
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may receive from you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.*



Lent Course 2021

For millions of Christians around the world, Lent is a time of abstinence and reflection in preparation for Easter. It is also a traditional time to think more deeply about our faith by reading a good Christian book or joining a course. For many years there has been a tradition of ecumenical Lent Groups in Lechlade, where we come together to encourage one another, and to go deeper in our understanding.

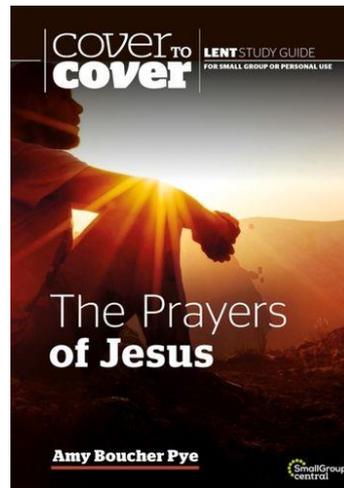
This year we are looking at the prayers of Jesus in the Gospels using a study guide by Amy Boucher Pye. The groups will be online via Zoom- mostly in the evening, but there is also a daytime group. Ideally, most people would sign up for a Monday evening, as that is when we have most leaders available!

Please sign up via the Parish Office:

Email: info@stlawrencelechlade.org.uk

Tel: 01367 358653

Group	Day	Time	Leaders
A	Monday	7:30pm	Geoff Holmes Susan Holmes
B	Monday	7:30pm	Richard Akroyd Shirley Bell
C	Monday	7:30pm	Gordon Land Denver Keegan
D	Monday	2.00pm	David Bainbridge Jean Brown
E	Thursday	7:30pm	Simon Morriss Julie Morriss



Study Guide

'The Prayers of Jesus' by Amy Boucher Pye (CWR, 2021) – price £5.00 (incl. discount), ways to request and pay for this can be found [on the Lent page of our website](#)

Ash Wednesday (17th February)

This is the traditional beginning of the season of Lent.

There will be a service of Evensong held physically in the church at 7:30pm lead by Revd John Swanton, the Team Rector of the South Cotswolds Team Ministry. Ashing will be available to those who want it.

The service will also be available live and online on the parish Facebook page: www.facebook.com/stlawrencelechlade/videos/



Annual Meeting



Each year every parish in the Church of England holds its Annual Parochial Church Meeting. This is when we elect our churchwardens and fill any vacancies in our PCC or Deanery Synod representation.

Only those on the Electoral Roll are entitled to vote. Forms will be available from the Parish Office.

Our APCM is pencilled in for Sunday 21st March and will probably be online, but this could change depending on national Church directions. Full details to follow.

Please continue to pray for the PCC, as they help lead the church family during this time of great uncertainty and challenge.



David Bainbridge writes:

Caring for God's Creation is an integral part of our Christian discipleship, so St Lawrence has signed up to the Eco Church scheme (see <https://ecochurch.arocha.org.uk>). This is a tool designed to equip each church to express care for God's world in worship and teaching; in how we look after our buildings and land; in how we engage with our local community and in global campaigns, and in the personal lifestyles of our congregation. In November 2018 St Lawrence Lechlade was awarded a Bronze Eco Church Award, so we are now working towards a Silver Award.

In practical terms this means, for example, that we aim to teach the importance of care for creation in our worship, so we plan to have a "Climate Sunday" this year when we will focus on care for creation. We promote Green energy (in church and in people's homes) see Nigel Jones update on 'Project Inspire'. We promote Fairtrade items, Toilet Twinning, reducing single-use plastics, reducing waste, and using recycled materials where possible. We have a small area of the churchyard left unmowed to encourage bio-diversity, and generally aim to encourage and guide our congregation to adopt low carbon lifestyles which are sustainable in the 21st century. This is particularly important this year as we see the alarming effects of Climate Change around the world and prepare for the crucial United Nations Climate Change Conference in Glasgow in November (COP26).

If you would like to learn more about what we can do as individuals or as a Church, and to receive occasional email updates, please contact David Bainbridge on 01367 250347, or email bainbridge1973@gmail.com.

Inspire re-ordering project

Nigel Jones writes:

The Church of England's General Synod in February 2020 set new targets for all parts of the church to work to become carbon 'net zero' by 2030. Clearly, this is a challenge for our historic St Lawrence church with its lofty structure and draughty doors. The greatest energy use is for heating, currently with gas boilers located in the cellar. Our Project Inspire plans to restore and reorder the church gives us an opportunity to look closely at our energy use, the way we source our supplies and how we can distribute heat more effectively to provide a comfortable place to meet and worship.

The biggest challenge we have is to procure energy from a low-carbon source in a cost-effective way. Options being studied, with advice from specialist consultants, include ground or air source heat pumps, PV cells, or purchasing 'green' energy generated elsewhere. Our churchyard with its fine 'listed' table tombs and graves, which the Diocese would not allow us to disturb, constrains the use of ground source heat pumps.



We are evaluating use of an air source heat pump which has location and heritage constraints; any proposals would have to be approved by the Cotswold DC planners and the Diocese. Photovoltaic (PV) cells located on the south roof, out of sight, is another option; however, because of limited space and therefore output, PV is being considered in parallel with other sources. We need the maximum power in the cold dark winters and less when the sun is shining.

Our innovative approach to restoration considers making best use of a new floor to include thick insulation and underfloor heating to provide an even and efficient heat distribution and maintain a comfortable ambient temperature. The approach will also minimize draughts and heat losses with, for example, more effective doors. In this way we can minimise our energy use. The underfloor heating with a limited number of convector heaters will meet our objective of keeping the walls clear of pipes, wires and radiators.

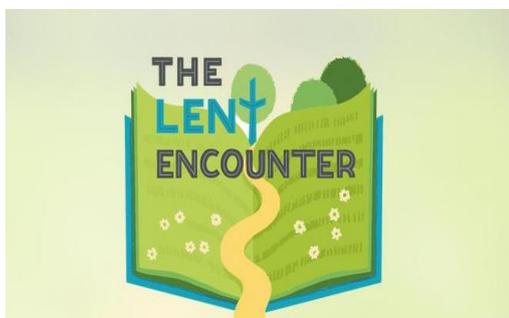
The installation of new lighting not only offers an opportunity to reconfigure it for the various uses of the church but also enables low energy systems to be adopted. The much longer life of LED type lamps reduces our maintenance burden too. New lighting will provide a whiter light that is brighter (more lux) yet uses less energy and thus contributes to the national goal of reducing our impact on the environment.

Meeting carbon reduction targets comes with increasing cost, particularly for new equipment, which we will need to fund. Technology is progressing rapidly so more efficient systems are likely to emerge over time at reducing cost. At some stage a decision will have to be made using the best available solution within our means at that time.



Solar panels on Gloucester Cathedral. The 150 solar PV panels will generate 29,000 kW of energy a year, enough to power seven semi-detached houses or make 250,000 cups of tea per year. Energy costs will be reduced by 25 percent, saving £190,000 over the next twenty five years.

Resources & News



Looking for a new way to mark the season of Lent?

This year, you can join The Lent Encounter with the **Bible Society**. It's a completely free 40-day journey to help you connect more with the Bible and the life of Jesus – AND you don't have to give up chocolate!

Sign up today and you'll receive one email from us every day during Lent. These will include Bible verses, beautiful and inspiring images (created especially for you to save as your device screensaver), video reflections and practical challenges.

The Lent Encounter follows the narrative of Andrew Ollerton's new book 'The Bible, a story that makes sense of life'. Many of the themes we explore on our journey through Lent, can also be found in this book!

www.biblesociety.org.uk/explore-the-bible/the-lent-encounter/



95 miles for the 95

Support Steve Hutchinson, our regional worker with Scripture Union!

GIVE AT:

www.justgiving.com/campaign/The-95-Challenge

At **Scripture Union**, we long to see the 95% of under-18s who don't go to church come to know and follow Jesus.

Throughout February, Scripture Union Staff will be hitting the streets. Our goal will be to cover a distance of at least 95 miles between us each day, under our own steam (walking, running, cycling, skipping, you name it), put simply, doing 95 miles a day for the 95!

To spur us on and, more importantly, to raise much-needed funds to help the 95 discover Jesus, we'd love you to get behind these efforts (and for some, it *really* will be an effort!).

As the Central Team's contribution towards Scripture Union's 95 Challenge, we are going to cross our region from Lowestoft to Oswestry (virtually) covering the 250 miles in a range of ways under our own steam such as walking, running, cycling.

As a church we are privileged and honoured to partner with those sharing the Gospel in many different parts of the world. As part of that vision, we help to support Gabriel & Rebecca Parra serving with the **Church Mission Society** in Chile as they help to establish a new church.

THE CALL

To plant a new Anglican church focused on university students and middle-class families in a historic sector of Playa Ancha, Valparaiso.

THE ROLE

Developing the ministerial strategic plan of the church plant while serving as assistant pastor in a larger nearby church and teaching about Christianity in a local school.

Read more: <https://churchmissionsociety.org/people-in-mission/gabriel-parra/>



Gabriel Parra - Chile



And finally...

When we think about our church life and all the things going on, we might be tempted to think that the harder we work, the more effort we make, the greater will be the blessing and the results. But we have to humbly remember that only God brings real spiritual growth. He is the one who opens people's eyes to the truth and pours out His Holy Spirit.

The Apostle Paul reminds us:

I planted the seed, Apollos watered it, but God has been making it grow. So neither the one who plants nor the one who waters is anything, but only God, who makes things grow. The one who plants and the one who waters have one purpose, and they will each be rewarded according to their own labour. For we are co-workers in God's service; you are God's field, God's building.

(1 Corinthians 3: 6-9)



Yours in Christ's name,

Andrew Cinnamond

Vicar of Lechlade, Eastleach and Southrop