



The United Benefice of Cudham and Downe

www.pcd.org.uk

Sunday 21st February First Sunday of Lent

10.30am You are invited to our Morning Worship from the Vicarage livestreamed via our Facebook page (click like on the page and then you'll be notified when it's on

at 10.30am.) <https://www.facebook.com/PCDChurches/live/>

Mark 1: 29-39. John to lead and Helen to preach.

Immediately after the service we'll send round the YouTube weblink for anyone who was unable to watch it live and/or wants to catch up!

First Sunday of Lent

Heavenly Father,

your Son battled with the powers of darkness,
and grew closer to you in the desert:

help us to use these days to grow in wisdom and prayer
that we may witness to your saving love
in Jesus Christ our Lord.

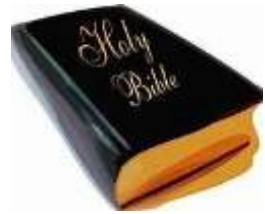
Sundays in Lent - as we continue our services online on our YouTube and Facebook channels for **28th February and 7th March** – our focus will be on Psalm 23 and readings on significant moments of Jesus' ministry as he begins to look towards the cross.

St Mary's Downe continues to be open each day and Cudham Church on Sundays between 10am and 3pm (weather permitting) for individual private prayer and you are invited (please wear a mask) to go along for a time of quiet reflection in our village church as part of your daily exercise. *If you are able to volunteer for an hour or so to supervise any visitors that may come in to Cudham Church as part of their daily exercise, please email Barbara at admin@pcd.org.uk.*



LENT -

(full details of our services, activities and our Lenten leaflet are also on our website www.pcd.org.uk)



Lent Challenge -

Gold, Silver and Bronze bible reading

Lent isn't about giving things up but growing closer to Jesus. Spending less time e.g. engaging in social media or watching TV frees up the possibility of using the time saved to read the bible...

Gold - a 40 day plan reading through the whole bible

Silver - a 40 day plan reading through the New Testament

Bronze - a 40 day plan reading the Gospel of Luke and the Book of Acts.

You'll find sheets to help you plan your challenge on the churches website <https://www.pcd.org.uk/services/-journey-through-lent/>

The bible also tells us to 'encourage one another' - so Rev John Musson has set up a whatsapp group so we can share what we've discovered and how we're getting on - send John your mobile number to - 07504827929 and he will include you in the group.

Daily Prayer - Lent can be a great time to give our prayer lives a reboot! Why not join with others from our churches for any of our daily prayer times. Monday - Friday mornings at 9.15am <https://us02web.zoom.us/j/87228965797?pwd=M1c1OTUzTFNsY3lxeW94Q25MV2xRdz09> ID: 872 2896 5797, Code: 644632) and Evenings - Monday - Friday afternoons 5.00pm (zoom link - <https://us02web.zoom.us/j/89851482423?pwd=Y3c5ZmJyUVpEQzN5bDUvV2FGRU53Zz09> ID: 898 5148 2423 Code: 458828).

Lent Self-Care – 40 acts of kindness

In these challenging times why not focus on 40 acts of self-care this year? You'll find the pdf resource with some ideas to help you at <https://www.pcd.org.uk/services/journey-through-lent/>

Lent Course – Wednesdays at 8pm

Starting 24th February – a course written by Paula Gooder based on the BBC TV Drama 'Broken' starring Sean Bean. Course members will get the most out of the course by watching the series themselves before each meeting - You can watch online

https://www.amazon.co.uk/gp/video/detail/B07124QMJ1/ref=atv_dp_share_r_em_0dc85f94462c4 £1.89 per episode SD to buy (=£11.34 for all 6) or buy the DVD <https://www.amazon.co.uk/Broken-DVD-Sean-Bean/dp/B071F7N41N/> £7.99

Zoom link for Wednesday evenings at 8pm

<https://us02web.zoom.us/j/84785498167?pwd=ano3bWJvNFY2U3pveDZYU0IHTTEvdz09>

Meeting ID: 847 8549 8167 Passcode: 972034

The course session sheets are available on the church website [pcd.org.uk](https://www.pcd.org.uk) too.

You are invited to Cudham and Downe's QUIZ –

Saturday 27th February hosted by David Walker and Margaret via zoom - 7.30pm+ join for chat/ 8 start questions. There will be four or five rounds of ten questions each with a comfort stop after round 2 or 3.

If you would like to join in please email your address to david.g.walker@hotmail.com beforehand, then Margaret will send you an email containing the link to click on at 7.30pm+ on Saturday evening. The link will be sent out early on the day of the quiz, but if you're not sure whether you can 'attend' until just before the time, you can still email and be included. Hope you can join in.



As we won't be able to meet up for our **Lenten Messy Church** you are invited to reflect and have fun getting messy at home! Lent began on Ash

Wednesday, six and a half weeks before Easter providing a 40-day fast (Sundays are excluded), that remembers Jesus Christ's fasting in the wilderness before he began his public ministry. By the keeping of Lent, Christians take to heart the call to say sorry and have the assurance of forgiveness proclaimed in the Gospel, and so grow in faith and devotion to our Lord. Lent isn't about giving things up but about growing closer to Jesus. The following crafts are designed to help you think about ways you can do this. Each one has a Bible passage to reflect on. Templates and instructions for the following crafts are to be found via our churches website

<https://www.pcd.org.uk/children-and-young-people/messy-church/> -

Helping Hands Picture, My Lenten Good Deeds Chart, Paper Heart and Cross Wreath, Cardboard Lacing Hearts, Heart Decoration and Lenten Tree

There is also a You Tube video by

Denise - <https://youtu.be/h43Uyp9-Y68> which demonstrates and explains the activities.



Would you like to be part of Cudham and Downe's **Easter project** by knitting or crocheting butterflies? which are often seen as a symbol of Easter. The project is about leaving butterflies scattered around our villages (from the 14th March) so that if people would like to pick one up and keep it they can. For an information sheet which includes easy patterns and other details please contact Rach by email - rachel.vicarintraining@yahoo.com or Beryl Packman - beryl.packman@gmail.com Many thanks in advance and to those who have already offered their help.

The Diocese also invite you to **Be part of the diocesan of Rochester's film for Holy Week** - as part of our journey with *#LiveLent God's Story, Our Story*, we invite you to be part of our diocesan film. Its aim is to affirm each of us in our work and daily calling this Lent and Easter. Maybe you are a parent or carer. You might work in a supermarket or be a bus driver. Maybe you volunteer, or perhaps you understand that you live out your calling as an accountant. Send in a filmed clip by **15th March** to show us something of your daily calling. It can be as creative and zany as you like. Your clip might be inspired by our theme track, Graham Kendrick's version of 'Be Glorified'. Find out more about what you need to do to get involved by visiting - <https://www.rochester.anglican.org/communications/news/be-glorified--be-part-of-our-diocesan-film.php>

Giving - thank you to all who support the life of the church at Cudham and Downe through regular giving, especially during these times. As we experienced a substantial shortfall in giving in 2020, please consider giving a donation to your church if you can – contact treasurer John Isbell – john.s.isbell@googlemail.com

Good news! subscribers for our churches **YouTube Channel have reached 100+ so we are able to obtain a custom URL, which will make our communications easier. Thank you to everyone who has subscribed and if you would still like to please go to**

https://www.youtube.com/channel/UCs4iL6vqtF_t04VsY7ywOwQ and click 'subscribe' - Thank you...

Diocesan Lent Reflections as part of our journey with *#LiveLent God's Story, Our Story*, the Diocese invite you to watch a weekly reflection – this week's is at <https://www.youtube.com/watch?v=uovDHzx7UBc> featuring Bishop Simon.

'How are you persevering under lockdown? - back in March 2020 not many of us could have predicted that one year later we would still be in lockdown. Throughout that time our ability to meet together as God's people has been restricted in varying ways which has presented huge challenges and caused frustration. But in our prolonged experience of lockdown we have an ongoing opportunity to identify with persecuted Christians –



especially with those of our brothers and sisters who bear the weight of sustained, systemic restrictions because of their faith. Together with them we are learning more about endurance, steadfastness, and hope.

Lockdown Church 2021 is a brand-new set of weekly updated resources focusing on the theme of oppression. It includes Frontline reports from our international partners, short Bible reflections, interactive activities, songs and prayers, all designed to help you worship, reflect and identify with our persecuted Christian family during this prolonged period of lockdown. You can use these resources individually, share them with your friends, or use them in your online home group or church services.' Source – Release International, serving the persecuted church.

For full information please visit

- <https://releaseinternational.org/lockdown-church-2021/>

Meditation Group – the next **Meditation group** will be at 10am this Thursday 4th March 2021 in our own homes. The group follow the method taught by John Main, an English Benedictine monk – ‘The way of the mantra is a way of generosity, of expansion and deepening, not in any sense a way of exclusion or narrowmindedness. It is a mystery of this journey that it makes us grow in our sensitivity to the presence of God and the goodness of his working in many unexpected areas of our lives’ (Silence & Stillness in Every Season - John Main.) For more information visit the website: <https://www.christianmeditation.org.uk/>

More details can be found on our Churches website webpage - <https://www.pcd.org.uk/church-life-and-activities/-meditation-and-homegroups/>

‘For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future’. Jeremiah 29:11

Prayer - Colossians 4:2 NIV.

“Devote yourselves to prayer, being watchful and thankful”

Remember we also have a ***prayer chain*** –please contact Pat Morbin if you have any prayer needs or requests and if you would like to be part of the prayer chain.

Email office@pcd.org.uk or tel 07504827929 or 01959540012 and these will be passed on to Pat, all in confidence.



During 2021 we continue to pray for one another and our families covering everyone in our congregations, as well as praying for our parishioners in both our parishes. This week can we pray for Denise Angell (Cudham) and Cornelia, Lorna and Richard Parkin (Downe). John and Rach are contacting those we are specially praying for each week; and any prayer requests will be prayed for with permission at Morning and Evening prayer. Please also pray for our residents in the following streets – North End Lane (Downe) and Snag Lane (Cudham), all businesses in the parishes, the self-employed, those facing unemployment, those who are working and for school pupils, university students and teachers.

Please remember in your prayers – the family and friends of Dorothy Pope who died recently. Sue Nettlefold as her mum June Smith's ashes are interred at Cudham on Sunday 28th February.

It's easy to forget at such times that we have a God who is fully in control and perfectly loving, who hears our prayers and responds to them. We should then comfort ourselves with this knowledge and pray that God would keep us safe, that he would help those at the front line of treating the virus, and for it to be gone! If you have any concerns, please speak to John or Rach –

Vicar: Rev John Musson, tel 01959 540012, mobile 07504827929
email vicar@pcd.org.uk Day off Saturday

Curate: Rev Rachel Archer, tel 01959 700097 or 07305724870
Email Rachel.vicarintraining@yahoo.com Day off Monday

www.pcd.org.uk



<https://www.facebook.com/PCDChurches/>



www.youtube.com/channel/UCs4iL6vqtF_t04VsY7ywOwQ

If you have anything you would like included in our weekly notice sheet please email any contributions by Wednesday evenings to admin@pcd.org.uk tel 01959 571515