



What does the Lord require of you but to do justice, to love kindness and to walk humbly with your God? *Isaiah 61, verse 8*

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A Letter from Rev'd Helen Scanlan

Well, March is here! It doesn't seem so long ago that we went into our first lockdown, and now we are planning our way out of it and with an abundance of vaccines. We are so blessed by having scientific minds at work across the globe.

Life has for many, been changed. Not just with Covid-19 but with Births along with Bereavements.

Baptisms and weddings have been cancelled and rearranged, and we have conducted services in a very different way to what we have been used too in the past.

It seems that everything has moved on with a very fast pace this year, yet we have not moved at all, most of us not seeing the outside of our homes for many months.

But spring is here and with it the snowdrops, daffodils and crocuses in full swing.

Things in the rectory have changed too, I have

applied and been successful in the post of Full Time Area Dean. I'm sad to say that I will be leaving St Paul's and St Mary's in the coming months, but I'm hopeful and happy to be working towards the future still with you all as the good news (or bad!) is I will be still your Area Dean here in the Heaton, so you don't get rid of me that easily!

So, a new beginning for the Heaton is upon us and I really want to leave you with Jesus's words,

"Go therefore and make disciples of all the nations [help the people to learn of Me, believe in Me, and obey My words], baptizing them in the name of the Father and of the Son and of the Holy Spirit."

From the Amplified Bible

Every Blessing
Helen

Six short prayers for the Lenten period

Lord, as we enter Lent help us to draw near to you in praise, stripping away all that distracts us from worship. **Amen**

As Jesus resisted temptation by the devil in the wilderness, help us reflect on his faithfulness to God, his rejection of worldly values and hold these thoughts in our hearts throughout Lent and beyond. **Amen**

Jesus, you prayed and fasted. As your disciple teach me about spiritual discipline in my relationship with you. **Amen**

Lord may Lent be a time of inward searching that makes me more able to look with compassion at the needs of the world. **Amen**

Thank you Lord for desert experiences, when being confronted with myself makes me realise my need of you. **Amen**

Lord, you've guided us through the difficult days of Lent, encouraging us along the way. We pray as we move towards the darkest day, that you'll not forsake us but remind us of our Saviour's ultimate gift and promise of new, abundant, eternal life for all who believe and trust in him, your precious son, Jesus. **Amen**

<https://www.methodist.org.uk>

Current Services at St Paul's

Sunday: 9.00 am Service of the Word on Zoom

10.45am Parish Eucharist in church—please remember to wear a mask.

Wednesday: 9am Morning prayer on Zoom

Tuesday & Friday: 8.30pm Compline on Zoom For further details please contact Revd. Helen: 0161 432 1227

Mothering Sunday 14th March

Easter Sunday 4th April

At the present time we are unable to make plans for the Walk of Witness or Good Friday services—details, if any, will be announced when restrictions allow.

*As I am currently reading **The Mirror and the Light—the third part of Hilary Mantel's epic life of Thomas Cromwell, which I'm sure many of you have already completed, this article from Parish Pump caught my eye. March 21st is the day to remember Thomas Cranmer Archbishop of Canterbury & Reformation Martyr***



Portrait by Gerard Huet 1545

If you have ever been caught up in a great event at work, which has gone on to change your own life, then Thomas Cranmer is the saint for you. He was the first ever Protestant Archbishop of Canterbury, following King Henry VIII's decision to pull away from Rome, and set up the Church of England.

Born in Nottingham in 1489, Thomas Cranmer became Archbishop of Canterbury in 1533. He was adviser to both Henry VIII and Edward VI. He helped Henry with the annulment of his marriage to Catherine of Aragon, and along with Thomas Cromwell, supported the principle of Royal Supremacy (where the king is sovereign over the Church in his realm).

Under Edward VI, Thomas Cranmer made major reforms to the C of E. He put the English Bible into parish churches, compiled the first two versions of the Book of Common Prayer, and worked with continental reformers to change doctrine on everything from the Eucharist and veneration of saints.

But kings and queens, like American presidents, change, and the Catholic Queen Mary I was determined to wipe out Protestantism. Thomas Cranmer was imprisoned for two years, found guilty of heresy, and burned at the stake on 21st March 1556.



A message from Rev'd Liz Rowles

Please see below some information from Sustainable Living in the Heaton about a sunflower growing scheme, which I would very much like St. Paul's to be involved in. I have requested some additional seeds so we can grow some in the garden at St. Paul's but it would be great if parishioners wanted to get involved for their own homes.

Sustainable Living in the Heaton would love to bring some colour to the Heaton in 2021. We need you to help make this happen! We are hosting a Sunflower Growing Competition and are delivering seed packs during the first two weekends of April to households across the Heaton who are going to grow and nurture the sunflowers for us. There will be prizes for the tallest, the largest sunflower and the most blooms on one stalk.

We are happy to be flexible and really want to get as many people involved as possible. Please do drop us an email or call Sarah on 07989123458 if you want to talk through or have suggestions on how we can work together to make the Heaton really colourful this summer.

<https://www.slheaton.org/2021/02/13/slh-sunflower-project/>

4th Sunday in Lent—Mothering Sunday

There is an old Jewish saying: *God could not be everywhere, and therefore He made mothers.*

Mother Church, Mother Earth, Mother of the Gods – our human mothers – all of them have been part of the celebration of 'Mothering Sunday' – as the fourth Sunday in Lent is affectionately known. It has been celebrated in the UK since at least the 16th century.

In Roman times, great festivals were held every Spring to honour Cybele, Mother of all the Gods. Other pagan festivals in honour of Mother Earth were also celebrated. With the arrival of Christianity, the festival became one honouring Mother Church.

During the Middle Ages, young people apprenticed to craftsmen or working as 'live-in' servants were allowed only one holiday a year on which to visit their families, which is how 'Mothering Sunday' got its name. This special day became a day of family rejoicing, and the Lenten fast was broken. In some places the day was called Simnel Day, because of the sweet cakes called simnel cakes traditionally eaten on that day.

In recent years the holiday has changed, and in many ways now resembles the American Mother's Day, with families going out to Sunday lunch and generally making a fuss of their mother on the day.

Parish Pump