

**Today is Mothering Sunday**, originally a time when people returned to the church, in which they were baptised or where they attended as children. This meant that families were reunited as adults returned to the towns and villages where they grew up. In time, it became customary for young people who were working as servants in large houses, to be given a holiday on Mothering Sunday. They could use this day to visit their own mother and often took a gift to her. Today, people still visit and take gifts to their mothers. Traditionally, also, during the Lent fast, people did not eat sweet, rich foods or meat. However, the fast was lifted slightly on Mothering Sunday and many people prepared a Simnel cake to eat with their family on this day.

A Simnel cake is a light fruit cake covered with a layer of marzipan and with a layer of marzipan baked into the middle of the cake. Traditionally, Simnel cakes are decorated with 11 or 12 balls of marzipan, representing the 11 disciples and, sometimes, Jesus Christ.

One legend says that the cake was named after Lambert Simnel who worked in the kitchens of Henry VII of England sometime around the year 1500.

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**The Bishop of Southwark's Lent Call 2023**



**The AT Beacon Project** provides health and well-being services to underserved communities. By working with local faith and community leaders – underpinned

by the support of our local public health and NHS colleagues – it runs well-being hubs, community events, church outreach programmes, mental health outreach and webinars.

Having launched in Spring 2021 and clinically led, the **AT Beacon Project** was started by a dedicated team of Christian Medics called Five2Medics, at the Ascension Trust.

The Ascension Trust, known for pioneering Street Pastors across the UK, has been a trusted voice and part of the tapestry of communities for over 30 years. Les Issacs, its founder, is one of Southwark Cathedral's Ecumenical Canons.

The Beacon project has established five well-being hubs in churches, a barbershop, a social supermarket, and a Housing Estate unit to reach individuals from vulnerable communities, and those who are otherwise disengaged from health services for many different reasons. The two church hubs are in St Mark, Kennington and St John, Angell Town. It is good that the local church can be involved in helping to provide for the services that their communities need.

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**Next Sunday 26<sup>th</sup> March, from 11am, St. Mark's Spring Fair in the Church Hall. Donations of cakes, Raffle prizes, Easter eggs, monetary donations, all welcome!**

# Welcome to the United Benefice of South Norwood Holy Innocents and St. Mark

*Sharing God's grace and love in our community*



**19<sup>th</sup> March 2023**

**Vicar:** The Revd. Canon Roxanne F. Eversley  
**Asst. Priest:** Mother Susan Wheeler-Kiley  
**Reader:** Mrs. Cicely Hinds

**MOTHERING SUNDAY - LENT 4**

**8.00am BCP Mass (St. Mark)**  
**10am Parish Mass (both Parishes)**

*Exodus 2.1-10 \* Psalm 127.1-4 \* Colossians 3.12-17 \* John 19.25b-27*

**Access online worship via**  
[www.youtube.com/c/StMarksSouthNorwood](http://www.youtube.com/c/StMarksSouthNorwood)

**CHURCH NOTICES**

**Pastoral Care:** Mother Roxanne is available on Tel. 020 8916 1830 or 07723 038215 or [mtrroxanne@gmail.com](mailto:mtrroxanne@gmail.com) N/A on Mondays; Mother Susan is contactable on 07890 780572, N/A on Fridays.  
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**We pray:** for Archbishops Justin and Stephen.  
 For the Bishops in this diocese - Christopher, Karowei, Rosemarie and Martin.  
 For the Bishops, clergy and people in our link Dioceses in Zimbabwe; and for the Bishops, priests, deacons & people of The Anglican Church of Southern Africa.

**For St Mary Magdalene, Peckham**  
 Olu Adams (Vicar); Sonia Phippard (Reader)  
**St Mary Magdalen School**

**For the sick** – Richard, Jennifer & Reuben, Rose, Caroline, Susan, Pauline, Sigi, Marie-Gabrielle, Colin (Castle), Carmen, Rodney, Marina, Linda, Fred, Peter (McGill), Doreen (Macan), Alec, Daphne, Kieran and Neil.

**For the bereaved** – the Onyiaike and Irono families.

**For the recently departed** – Fidelia Onyiaike  
**Years Mind.**

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**If you are still able to provide items from the list below to Nightwatch, please drop off any Sunday after 8.30pm to: Friends Meeting House, 60 Park Lane, Croydon CR0 1JE.**

*Tinned meat soup; Jars of pasta sauce; Packets of pasta; Tinned meals; Pot noodles; Individual care packages typically including a few masks, hand gel, soap, deodorant; Pack of tissues; Drinks - water or cans; blankets and sleeping bags, coats, hats, scarves, gloves and new underwear.*

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**Please take home a copy of the Spring Parish Magazine – deadline for Summer edition of the magazine is Sunday, 21<sup>st</sup> May.**