

SIGNPOST

**Rooted in God's love
Growing together with Jesus
Branching out in the
Power of the Holy Spirit**

ALL SAINTS CHURCH, STRANTON CHURCH SERVICES

Sunday

9.00am. Holy Communion (Book of Common Prayer)

11.00am. Service (with children's groups for 3-14s)

1st Sunday of the month will be Holy Communion

2nd Sunday of the month will be Morning Worship

3rd Sunday of the month will be Holy Communion

4th Sunday of the month will be Lighthouse Service

11.00am. Morning Worship at Burbank Community Church,
at Ward Jackson School.

7.30pm Youth Fellowship (14 years +)

On the Third Sunday of each month, **Messy Church** takes place at St Matthew's Community Centre at 4.00pm. This is a time for parents/carers and children to have fun together, doing crafts and various activities, based on a bible theme.

Occasionally, (2 or 3 times a year) the congregations at Stranton and Burbank all come together for the 11.00am service, and this is followed by a bring and share meal.

Wednesday Morning

10.00am. Holy Communion (Book of Common Prayer)
at St Matthew's Community Centre.

Please note that the next **Messy Church** will be on **February 16th & March 15th 2020** and will continue to take place on the **Third Sunday of each Month**

Dear Friends,

New Year is a time to look forward, a time for hope and expectation. The message of Jesus and therefore the message of his body the church is fundamentally a message of hope. At our core we are people of hope. Our hope stems both from the Easter message – Jesus raised from the dead and the hope of resurrection life and from the Jesus' message of the coming kingdom.

When Jesus says in Nazareth, 'The Spirit of the Lord is on me, because He has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favour' (Luke 4 verses 18 & 19), Jesus comes with a message of hope and he lives this message. In his life and ministry he brings hope and transformation to many different people including many who feel excluded or on the margins of society.

We live in a time and a place where many are crying out for hope. Many in our town and in our area feel excluded and marginalised. That is why Durham diocese, with funding from the National Church is launching the 'Communities of Hope Initiative'. In Hartlepool the Central Group are planning to be part of this exciting and innovative scheme. We have many good links with our community already, for example St Matthew's Community Centre, St Aidan's kitchen and links with our schools. The plan will be to build on these links and to create new ones bringing hope and transformation to our neighbours and our community.

Does this excite you? Come and find out more at our **Open Meeting** with Rev David Tomlinson, '**What will Communities of Hope look like in Hartlepool?**' at **7.00pm on Monday 24th February** in the **Fulthorpe Chapel**.

Every blessing

Norman

Mothers Union

It seemed a while since we enjoyed our Christmas lunch at the Marine Hotel in Seaton, so it was lovely to meet again at St Matthew's Community Centre for our opening session of the New Year. We started with our "Wave of Prayer", praying for Mothers Union members around the world. Before the "Wave of Prayer" we sang Beauty for Brokenness, Hope for Despair. A hymn that lately seems relevant to our world today, although written by Graham Kendrick in 1993. Do look it up in Sing Glory Hymn books number 263.

Then we had a Beetle Drive - with much laughter and frustration as one novice finally threw a six to start. Tea and refreshments followed, a time to catch up with friends.

In February our Durham Diocese MU President, Kathleen Wilson, is coming to talk to us about M.U.L.O.A. – last year's initiative – Mothers, Union, Listen, Observe, Act. This year's theme will be focussed on Building Hope and Confidence.

If you haven't received your Durham Diocese Newsround for Autumn'19/ Winter'20 please let me know. It has some interesting items with articles about the MU Branch at Low Newton Prison.

Future Dates:-

Please note the venue is St Matthew's Community Centre, time 1.30pm

February 10th Small Hall

March 9th Asda Room

April 6th Asda Room (a week early as Easter Monday is on our usual week).

Subscriptions are due (£18) before the end of March please. Thank you for your help and support, the knowledge of your prayers and help is a great encouragement to me and to the many at Mothers Union in our Parish, in the Durham Diocese and throughout the World.

God Bless

Love

Ann Courtenay

From the Home Front



Over the last few months I have felt that the parts of my life have seemed like these stones – balanced precariously, on a slope! I was trying to keep occupied as I dealt with the decline in health and care of my brother, he had learning difficulties and as a family we had always watched over Peter, giving him guidance and structure day to day in all aspects of his life, whilst still encouraging him to be as independent as possible. He had always lived at home and continued in the family home after the death of our parents. Then came an unexpected diagnosis of cancer, our roles had become far more hands-on. Overseeing the running of his home, car and his health and care needs which had greatly increased. In early autumn a diagnosis of a terminal secondary tumour in the brain meant a complete change in my plans having just retired, as I promised Peter as pain free and comfortable care as we could manage and that he would not be alone on this walk.

Coming to terms with the regime of palliative care was emotionally wearing. Into the everyday also went helping with childcare of grandsons, church commitments, school governor demands, housework, Christmas presents, cards and preparations, consultant work in schools, decluttering the parental home and so much more. But during this time I felt talking to God and praying, plus the support and prayers of so many others was enabling me to hold everything together. Occasionally I felt something start to give under the stress, then it seem to settle again in answer to prayers.

Now we are grieving - a different walk which seems full of surprises and shocks, just when the path looks solid something is said or seen and the stones tilt and slip once more! We will come through this too in time. I thank God for all the promises we were able to keep, blessings and kindness we have received, for the love and compassion and for the many prayers - known and unknown - which have underpinned us during the last few months. By the grace of God and His faithful servants our future will have joy in it again...

J.A.R.

Messages from Bishop Paul

PILGRIMAGE 2020

Simply to repeat that the core of this has always been to encourage everyone locally to explore being pilgrims together during 2020. This includes inviting others to journey with us. It has also been very encouraging to hear of Deanery plans to undertake Pilgrimages together to Durham Cathedral, or elsewhere (Lindisfarne, Walsingham, the next-door parish). There is still plenty of opportunity to take up the Cathedral's offer to host parishes and Deaneries if you have not yet done so.

A reminder that +Sarah and I will be walking 'The Way of Life' (Gainsford to Durham) during Holy Week. On Maundy Thursday, April 9th we want as many as possible to join us at St Oswald's, Durham to walk the last short leg to the Cathedral ahead of the Chrism Eucharist at 11am. Further details to follow. The Way of Love, Learning and Light will be walked from Ascension to Pentecost. The writer and broadcaster Sheridan Voysey, whose wonderful book *The Making of Us*, is about his pilgrimage from **Lindisfarne to Durham in 2013**, will be joining us on The Way of Learning and each evening will have an event with him.

We plan a big celebration in the Cathedral on Pentecost evening. The whole is part of Thy Kingdom Come.

Then don't forget One Good Friday Passion Play in Bishop Auckland. The whole play will be performed twice in the Market Square area. Bring a crowd.

+Paul

SPRING HARVEST

Harrogate April 14th - 18th

I quite accept that Spring Harvest is not to everyone's tastes however they do run an exceptional range of teaching through Bible exposition, seminars, workshops etc. They also have brilliant children and youth work provision. Harrogate has been re-shaped to make day visiting easier – so why not try it out with a group from your church(es) next April? I will be there to greet you.

+ Paul

PCC Burbank Report 2019

Ward Jackson School – We had Create on the 15th October. There was 31 children and 22 adults in attendance. We tried a different type of meal, instead of a buffet Shirley the cook made a hot meal and pudding. It was well received. The down side to it was more cleaning up and it was not much cheaper. The last Create of the year was on the 3rd December.

With my new DBS I have started my role as Chaplain in School. One day a week I meet with parents at the school gate and chat to people on the playground while waiting for their children. Once a week I have a meal with the children, and I then do playground duty. I am building up relationships with the staff whilst I am there. I have already spoken in a class, and a class came to church and discussed Baptism with me.

Norman and I took the Communion Service in school in November and this feels like a very special service. We pray with all the children and then have communion and give blessings to the rest of the staff. In the New Year I hope to have a discussion about starting Communion Classes. Here we can teach all about communion so that children and parents are able to take communion.

Church – We had a great service when we had the Barton Baptism Service for Ronnie, about 80 people in attendance, a great atmosphere and all went smoothly. We did a prayer walk around the school (the weather was too bad to walk around estate). This was both interesting and a spiritual time. Sensing God within the school and lots of prayers were offered.

I continue to run a small house group on Monday afternoons.

Bridge Builders – This term I have been using a book called 'Heartshaper' by David C Cook, it is a 52 sessions in one book which I am finding very helpful. There are 8-13 children now which is a slight decrease in numbers. Normally numbers tend to grow slowly over the term, but we have been having a lots of bad behaviour and three children were given red cards this term - which is a first for us.

YF. We are missing Kat and her three children at YF. I did put an advert in Signpost magazine for more leaders but did not get any response. We do enjoy trips to The Pulse which is a diocese event mainly in the Cathedral. We are still developing the 'Twin' Idea, we hope to go and visit Bethany McNeeley's group in Norton. We went to Oxford Road Baptist Church to support Apple Tree on the 8th December.

Community – The Burbank Community Centre had a Christmas fayre with tables and crafts, raffles etc.

Explorers Camp – We took 11 people to Camp last year. There will be a reunion on the 25th January. I am hoping to take a mini bus of folk down to Huddersfield. I will be going to Maggie on Mitchell Street and advertising it there soon. Plus I hope to take a few more from YF.

Personal – My IME training is going well. I have now taken a number of Church funerals both at Stranton and St Aidan's. I have also led a few baptisms at Stranton and one at Burbank Church; I have spoken at a couple of weddings and at the last one I was privileged to officiate at the marriage of the couple, alongside Norman of course!!

I have taken several Communion Services here at Stranton and I have also officiated at St Luke's Services, St Columba and Holy Trinity Services and at Ward Jackson School. They are all slightly different in the way things are done, but I am enjoying taking these services.

Foodbank – Harvest is always a good time for donations for us but this year the amount we received was lower than previous years. Our Tesco annual collection was in late November. We hope to have a shop in Middleton Grange Shopping Centre. This will do a number of things. We often can't spend enough time talking to people about their problems. So they can come to the shop for better conversations. We will also host service providers at the shop, for people to come and meet. We will be able to collect food at the shop. We will be able to give out information about Foodbank from here.

Thanks for all your prayers and support

Rev Clive

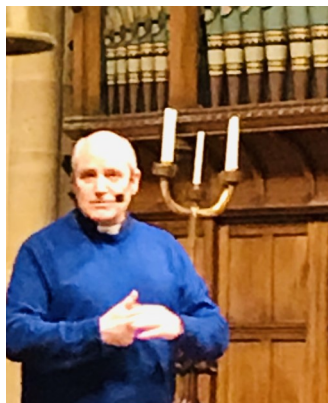
Carol Service for Ward Jackson CE Primary School

Friday 20th December

The entire school, - children, staff and parents along with governors came together in All Saints Stranton on the last afternoon of term for the Annual Carol Service. Some children played carols on the melodicas, whilst others played ukuleles. The children have only been playing these instruments for a few weeks and were a credit to their teacher and themselves.



Year 6 children even sang a song partly in Spanish!
The children who did a reading from each class spoke clearly.



Clive brought the service to an end with thanks to all and Christmas blessings. Before the children returned to school they all enjoyed biscuits and juice, with refreshments provided for parents too. It was a lovely service enjoyed by all and an appropriate start to the celebration of the birth of Jesus.

Ward Jackson CE Primary School

Baa Baa Bethlehem

The whole school were involved in this new interpretation of the Nativity. The children from Keystage 1 and Keystage 2 spoke and sang with great confidence. The parents and governors felt privileged to witness such a good performance and be reminded about the true meaning of Christmas. Congratulations to all the children and staff for their hard work, performances and singing.



St Matthew's Community Centre Elwick Road

A time to spend together – to meet new people and to make new friends having fun and learning something new

Dates for your diary:

Saturday 1st February 2.00 to 4.00pm

Saturday 7th March 2.00 to 4.00pm

Epiphany Sunday

On the 5th January Norman led the children around the church re-enacting the pilgrimage of the Wise Men who followed the star to find the promised new king. The children collected the figures of the Magi and the camels and followed the star around the church. First to Jerusalem to Herod's Palace and then onto Bethlehem and to the stable. Here they worshipped and gave the gifts of gold frankincense and myrrh.



Stopping at Herod's Palace – but no new king was there!



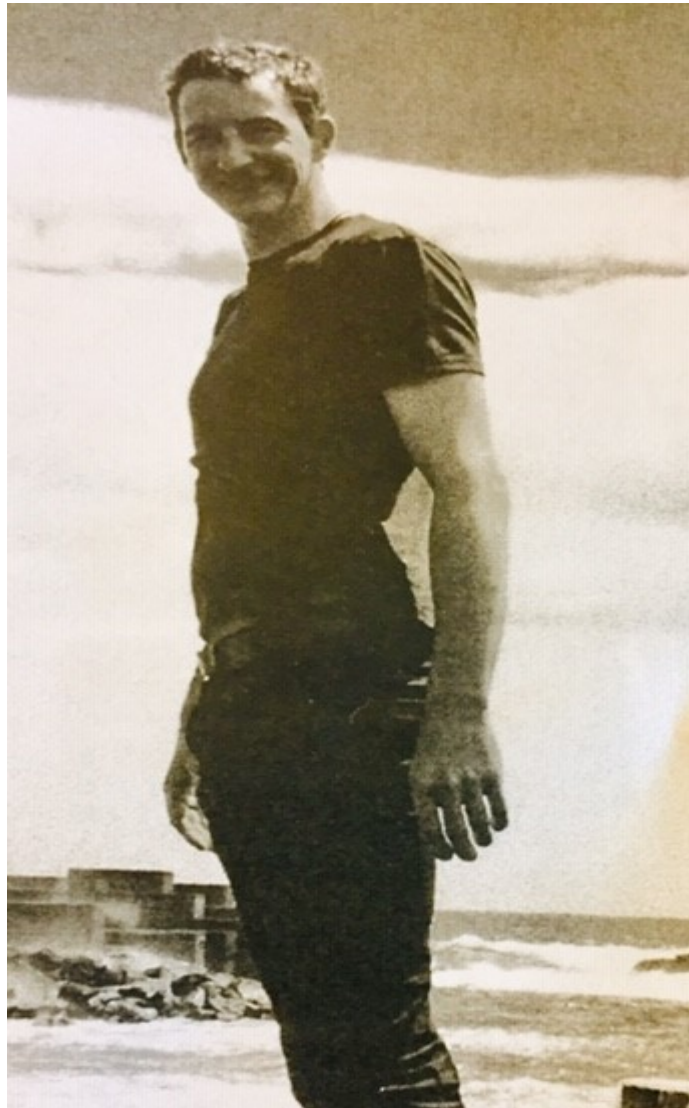
Following the star to the stable

The Wise Men worship and give their gifts



In memory of Iain Andrew Robinson Campbell

30th November 1974 – 29th November 2019



Iain was the elder son of Shirley and Stan Campbell of Caledonian Road and had a younger brother Colin. He was married to Carolyn.

Iain was a member of Stranton Cubs and Scouts. He attended Stranton Sunday School and was taught by Patricia Vaughan. Iain was also confirmed through All Saints Stranton at St Paul's Church. Iain attended St Aidan's Primary School, then Brierton Comprehensive and Hartlepool Sixth Form College. He studied for a BA in architectural design at Kent Institute of Art and Design. He made scale models, one of which is of The Alms Houses destroyed in the Fire of London and can be seen in The White Tower, within The Tower of London and another of Tutankhamen's birth place exhibited in The Tutankhamun Museum in Cairo. He lived in Chippenham Wiltshire and he was a keen climber, enjoying climbs in Derbyshire and Italy.

Iain was cremated at Durham Crematorium on 20th December 2019.

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Could you be a trustee?

Schools and churches (PCCs) are not the only organizations that need to recruit governors. There are opportunities to serve God by becoming a trustee of a registered charity. Specifically, the foodbank has vacancies that we would very much like to fill. Here are some questions and answers about this:

Q. what sort of people are we looking for?

A. People very much like you – people with a heart to serve God by helping people who are finding life difficult at the moment. Maybe you already do voluntary work, but would like an opportunity to contribute on a more strategic level.

Q. Are there any specific skills that you need?

A. Obviously you need to be articulate and able to see the “bigger picture” than just the person in front of you at the moment. As is the case for school governors, people can contribute with a wide range of skills and experience that complement and build on what other trustees bring. At the moment we would be especially interested in somebody well acquainted with social media. Someone with experience in administration, secretarial work, or management would also be very welcome. However if you don't tick those boxes that doesn't mean you should not consider applying. Let us know what you are able to bring and help us decide with you whether God has a role for you in this work.

Q. Don't trustees have some statutory responsibilities?

A. Yes they do, but the legal stuff is shared and the Board has corporate responsibilities, not individual trustees.

Q. I already have a day job. How would it work around that?

A. Meetings are held in the evening. If you were not available during the day you wouldn't be able to get involved with the day-to-day operation of the foodbank, but then that's not what trustees are really for. The Board of Trustees deals with strategic direction and manages the foodbank through our paid employees, who report to the Board.

Q. I'm already very heavily committed to other things. How much time will it take?

A. Attending about 4 meetings/year and the AGM. That's the minimum. Of course to be effective, we would expect a trustee to take an interest in the work of the foodbank, in our employees and volunteers, supporting them in particular ways. You could become the Secretary, or Communications link or Health & Safety representative on the Board – that would take more time – but this is not required. Maybe there's something else you need to give up in order to enable you to take on a new role, supporting God's work outside of the church.

Q. I'm interested but not ready to commit yet. Where can I find out more information?

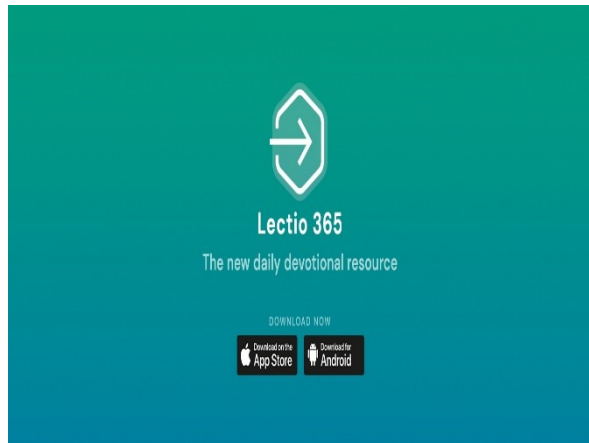
A. Why not have an informal conversation with one of the existing trustees?: Rev'd Clive Hall (278504), Rev'd Andrew Craig (422461) or Mrs Susan Atkinson (428558)

Q. How do I apply?

A. Send us an e-mail requesting an application form (info@hartlepool.foodbank.org.uk). In response we'll send you all the information you need.

We look forward to meeting you

Lectio 365



I was introduced to this devotional over Christmas and thought I would give it a go. I downloaded it from my app store for free!

It's different from just reading a bible passage, it gives you the option each day to listen to someone reading and guiding you through the meditation, or you can read it for yourself. What I love about it is that it reminds me daily to 'Pause and Pray and be Still' - before rushing in to read. This pause can be as short or as long as you like, then you are invited to move on. It gives you a few verses of praise, then another pause to pray, then another reading and a brief explanation or challenge from the passage.

It gives you already written prayers to pray (that helps on days when you have no words!), then you are invited to read the same passage again and it asks you a reflective question.

I have already been challenged this year by a question - 'What have you stopped asking God for? Plus a challenging thought 'God is willing to give more than we are willing to ask' and another - 'answered prayers are not rewards but gifts of Love from God'.

The devotional is written by an assortment of writers with different themes and different styles each week.

If you were not aware Stranton and Burbank Church have a WhatsApp group where a lot of us are reading through Lectio365. Some of us comment on what we have been blessed with or challenged by. We would love it if more people joined. It really helps to be a part of a group like this as we can pray and encourage each other.

If you have any questions or struggle with the app please don't hesitate to ask us for help!

Happy Reading

Ang Hall

Clive Hall Update

There are 1,254 McDonald's food outlets in the UK. There are now about 2,000 Foodbanks. When I started to Chair the Foodbank in Hartlepool we were about the 400th Foodbank. There are now so many more - all being kept busy!

Foodbanks are often blamed for causing the problem... People say if we did not have Foodbanks then people would manage to get food anyway! There are negative comments on our website from people who have all sorts of ideas of what a Foodbank is, what it should be doing and who uses the foodbank!!! As Chair I happen to know the truth:

The man who lost his job because he injured himself at work. He became depressed and when we gave him food and time for a chat he said "you have saved my life".

There was the lady who cried into her cup of tea because she had not had one that week!

The fact is, there is a real need for Foodbanks. Why am I telling you all this, because on the **9th March 2020** it is our Annual General Meeting, at 28 Church Street, 7:15pm for coffee and 7:30pm to start the meeting. At this meeting I will step down from both my role as Chair and also as a trustee of Foodbank. Within my journey since ordination my time constraints and demands have changed a great deal. With my new role as Chaplain of Ward Jackson School I feel the time is right for me to step back from Foodbank.

So we are looking for 2-3 new volunteers to join the Foodbank Trustees. The Secretary is also standing down this year. So do please consider if you could help the people of Hartlepool by being involved in this wonderful project.

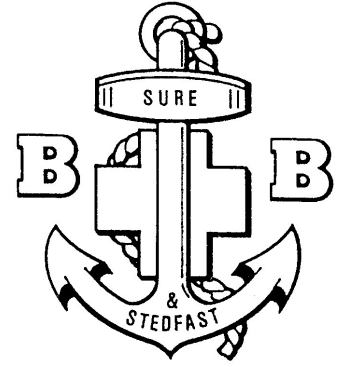
I am happy to talk through the role of a trustee with anyone who is interested, do give me a call on 01429 278504.

Regards

Reverend Clive Hall.



Boys Brigade 90th Anniversary



This year marks a significant moment in our Company's history as we celebrate our 90th birthday.

We have several celebrations planned - a newly designed tee-shirt, a special pin badge, a group photograph followed by a quiz and supper.

Plus trying to get 90 different articles into a Smartie tube and more celebrations are in the pipeline!

Hopefully the Lads will treasure the memories created for many years to come...

Store, Cupboards & Equipment

Since moving into our new store at St Matthew's CC last year we have slowly been cataloguing and swapping our equipment between the two stores. We have invested in extra storage equipment and are now looking to improve and update our table tennis and other sports equipment.

Camp

This year we are camping at the Ashworth Scout Centre near Rochdale from July 20th to July 25th, at the time this article is going to press we are starting to plan our holiday programme.

Help Wanted

We need an adult helper at Anchor Boys on a Friday night (6.00 - 7.00pm) to assist in the general running of the programme, if you can spare the time please ring or face book me.

New Starters - We have set a minimum target for each section by the end of June 2020.

Anchor Boys - a minimum of 15 (12 at the moment)

Juniors a minimum of 20 (16 at the moment)

Company a minimum of 15 (14 at the moment)

if you know any Boy/Lad who would like to join please let me know or bring them along to St Matthew's CC.

News Extra +++++News Extra+++++ News Extra+++++News Extra

Cold Splash warms Boys Brigade Coffers

On Boxing Day Billy Ratcliffe and his parents bravely took part in the Boxing Day Dip at Seaton Carew. Their valiant exertions raised a fantastic £250 for our Company. This will go towards our 90th Anniversary Celebrations. Thanks for this amazing effort.

George Bainbridge

Mary Baines' Recipes

Fisherman's Pie

1 lb firm white fish – skinned	2 ½ oz butter
¾ pint milk plus 6 tablespoons	1 ½ oz plain flour
1 bay leaf	pinch of nutmeg
Twist of black pepper	3 hardboiled eggs - chopped
3 oz frozen peas	3 oz frozen sweetcorn
1 tablespoon chopped parsley	2 lb potatoes – peeled & diced
Salt & pepper to taste	

Place fish in saucepan with ¾ pint milk, bay leaf nutmeg, pepper & pinch of salt. Simmer for 10 minutes.

Boil potatoes, drain & mash with 6 tablespoons milk till smooth - season to taste.

Transfer fish to a plate, flake & remove any bones. Strain the cooking liquid into a jug. Discard bay leaf.

Make up a white sauce using butter, flour & cooking milk

Stir in chopped eggs, parsley, peas & sweetcorn. Seasoning to taste.

Fold in the flaked fish. Spoon into a buttered pie dish.

Spread potatoes over the fish & smooth the top.

Heat oven to Gas 6, 180C fan, 200C.

Bake for 30 minutes till brown. For a crunchy topping - 10 minutes before the end of cooking - roughly crumble a bag of plain crisps over potato or 2 oz grated cheese with 1oz crumbled cornflakes.

Serve with buttered carrots.

Lemon Cotswold

6 oz digestive biscuits (crushed)	3 oz butter
1 lemon jelly	6 oz Philadelphia soft cheese
6 fl oz water	2 large lemons - juiced
8 oz caster sugar	1 small tin evaporated milk (well chilled)

Make base by melting butter & stir into crushed biscuits.

Dissolve jelly & leave to cool.

Cream together cheese & sugar till light, beat in cool jelly & lemon juice.

Whip evaporated milk, then fold into cheese mixture.

Pour over biscuit base & chill well for some hours or overnight

In need of new owners...



Do you or someone you know require a walking aid? These two are looking for new owners to help. Both are in good working condition and clean.

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Church Mice

Karl Zorowski



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The Gift of Love

Dear Lord and gentle Father
You are so beautiful to me;
Precious love and graciousness
Forever flow from thee,
Grant me a portion
Of the love that's in your heart,
To give to others, lost in pain,
The comfort you impart.

Teach me tender Father,
How to love the way you do;
To minister to damaged souls
The love that's born of you.
Grant to me your patience
And desire to understand
Each child of yours, a tiny babe,
So helpless in your hand.

O what a mighty hand that is,
Yet soft and gentle too,
Enfolding, shielding, all embracing
Those new-born to you.
Such warmth and safety, there, we find,
Just resting in your palm;
A Father's touch upon our soul,
Love's tender, healing balm.

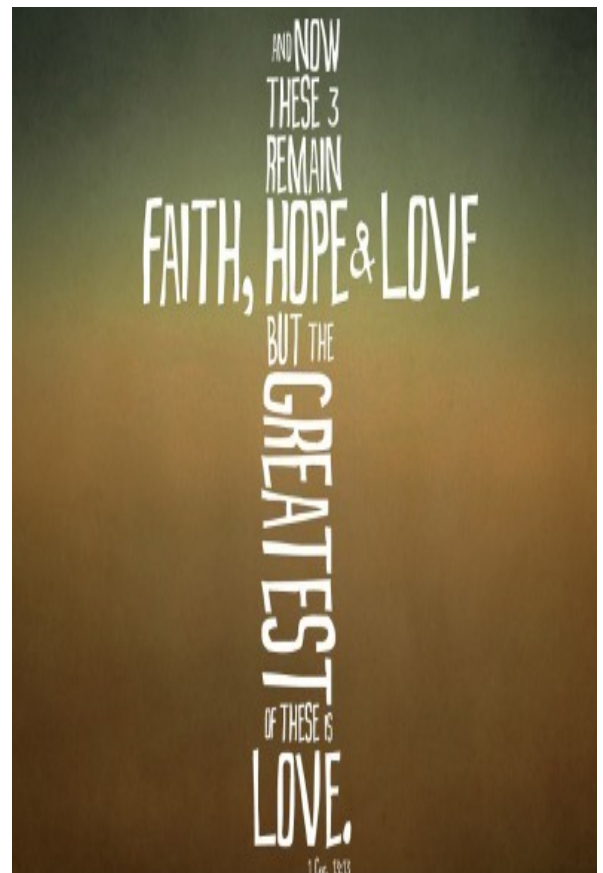
He feels our hearts and sorrows,
In Christ, He bore them too;
And it isn't only blows which harm,
But what we say and do.
He knows how very easily
A careless word can kill,
And He whispers, oh so tenderly,
"Be still, dear child, be still".

Such love, I know, He'll give me,
And once it starts to grow,
Like a well-spring filled with summer
rain,
That love will overflow.
And as it falls on other folk
Like gentle, morning dew,
The love that heals will soothe and calm
And build them up anew.
(Mrs Willis March 1998)

Journey into the Future

Through every minute of this day
Be with me Lord
Through every day of this week
Be with me Lord
Through every week of this year
Be with me Lord
So shall the days and weeks and
years
Be threaded on a golden cord
And all draw on with sweet accord
Unto thy fullness Lord
That so, when time is past
By your grace I may at last
Be with you Lord.

(Signpost Magazine February
1998)



Lent Word Search

H I O D U X S A J X B Z H F E A S T E R P D Z M
 V F H W Q O W H X E J W R O X L J N A Y T D D E
 Z M K O Q Z H N P R O T F H R S R I L R X M A M
 J B E U M J D I V A M P Z N B U N J M J G D J B
 A M I E P V H I P P C R O J C A R K S K D C A S
 U K P P E Y M I H E Y G F N F Z W Y G W S R B I
 M C D F N V I O P R V P B L W R J S I N G L E J
 V G L M A Q C X D P X U P C R C G J V E B M W X
 H U X P N K D T I O V R B Z O K S D I Z K O D W
 D H A P C D P F Q A Z P C K O U H P N W O Z A X
 X F S U E Y Q M N S Q L M H R J R Z G R M N X Y
 N P A L M S U N D A Y E B Q H O Q N S K S M M B
 F F I W E H N T X W B U T Y M L Q N W Z Y R F I
 G G I H B A S H W E D N E S D A Y N A K T B R H
 G E G A W A V K F A S T Q D W R V Y K M F T I P
 L X A K F S P H G Q W A H T I J O O G J L E B V
 U X Y F Y T A I Y M H L N S J N M L R H O H U O
 W K A P I O V C W Y T R O F G Z T R E H S D F S
 E Z Y C L P P W C W M Q B Q C I G F M S A E Z U
 S Q S H Z K S P T N E L D H T L A K E U Z M C Y
 R C P Y K J E X V J F E Y Y S Q R S M S S J F S
 C I R K K H H L P Y G Z X A M B V N B E S X B T
 P W A V R V S Q H Z R R A Q G Y Y Y E J Z S G Z
 Q S Y H H Q A J F U Z M D N R S V D R L B X K K

Ash
Wednesday

Palm Sunday

Remember

Prepare

Ashes

Jesus

Easter

Almsgiving

Pray

Fast

Penance

Purple

Forty

Lent

Lent

Lent is the period of 40 days which comes before **Easter** in the Christian calendar. Beginning on Ash Wednesday, Lent is a season of reflection and preparation before the celebrations of Easter. By observing the 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days. Lent is marked by fasting, both from food and festivities.

Whereas Easter celebrates the resurrection of Jesus after his death on the cross, Lent recalls the events leading up to and including Jesus' crucifixion by Rome. This is believed to have taken place in Roman occupied Jerusalem.

The Christian churches that observe Lent in the 21st century (and not all do significantly) use it as a time for prayer and penance. Only a small number of people today fast for the whole of Lent, although some maintain the practice on Ash Wednesday and Good Friday. It is more common these days for believers to surrender a particular vice such as favourite foods or smoking. Whatever the sacrifice it is a reflection of Jesus' deprivation in the wilderness and a test of self-discipline.

Why 40 days?

40 is a significant number in Jewish-Christian scripture:

Most Christians regard Jesus' time in the wilderness as the key event for the duration of Lent.

Why is it called Lent?

Lent is an old English word meaning 'lengthen'. Lent is observed in spring, when the days begin to get longer.

The last week of Lent is called **Holy Week**.

Shrove Tuesday

Shrove Tuesday is the day before Lent starts: the Tuesday before Ash Wednesday. It's a day of penitence, to clean the soul, and a day of celebration as the last chance to feast before Lent begins.

Shrove Tuesday is sometimes called Pancake Day after the fried batter recipe traditionally eaten on this day.

Shrove Tuesday celebrations

Shrove Tuesday is a day of celebration as well as penitence, because it's the last day before Lent.

Lent is a time of abstinence, of giving things up. So Shrove Tuesday is the last chance to indulge yourself, and to use up the foods that aren't allowed in Lent.

Giving up foods: but not wasting them

During Lent there are many foods that some Christians - historically and today - would not eat: foods such as meat and fish, fats, eggs, and milky foods.

So that no food was wasted, families would have a feast on the shroving Tuesday, and eat up all the foods that wouldn't last the forty days of Lent without going off.

Ash Wednesday

Ash Wednesday is the beginning of Lent for Western Christian churches. It's a day of penitence to clean the soul before the Lent fast.

Roman Catholic, Anglican, and some other churches hold special services at which worshippers are marked with ashes as a symbol of death and sorrow for sin.

CELEBRATE!

HAPPY BIRTHDAY!

to

February



Lewis Boyd
Angela Craig
Alex Craig
Alan Harkness
Jeni Hart
Peter Hart
Jaydon Lithgo
Duncan Playfor
Jess Playfor
Jacqui Rogers
Sue Rumney
Zac Spoors
Luke Tones
Gill Siddons
Chris Robinson

March

Andrew Busby
Erin Connell
Azam Chaichi
Arjeta Demas
James Lawson
Tim Padgett
Malory Stella Wilson-Boyd



If you have something to celebrate we would love to share it - email

admin@stranton-church.org.uk

or phone 864006.

All entries to be in by the 16th of the month.

Dates for the Diary

Dates for February and March

February

Mon 10 th	7.30pm	PCC, Fulthorpe Chapel
Sun 16 th	4.00pm	Messy Church, St Matthew's CC
Mon 17 th	7.30pm	Lighthouse Planning, The Vicarage
Tues 18 th	7.30pm	New Beginnings, Fulthorpe Chapel
Wed 19 th	7.00pm	'Sorry we missed you' , St Columba's Film screening followed by discussion
Sun 23 rd	11.00am	Lighthouse Service
Mon 24 th	7.00pm	Open Meeting with Rev David Tomlinson 'What will Communities of Hope look like in Hartlepool?' Fulthorpe Chapel
Wed 26 th		Ash Wednesday
	10.00am	Holy Communion, St Matthew's CC
	7.15pm	Holy Communion, St Luke's

March

Mon 2 nd	7.30pm	Standing Committee, The Vicarage
Mon 9 th	7.30pm	Lighthouse Planning, The Vicarage
Sun 15 th	4.00pm	Messy Church, St Matthew's CC
Tues 17 th	7.30pm	PCC, Fulthorpe Chapel
Sun 22 nd		Mothering Sunday
	9.00am	Holy Communion
	11.00am	Lighthouse Service with Parade
Tues 24 th	7.30pm	New Beginnings, Fulthorpe Chapel
Sun 29 th		Stranton APCM - following 11.00am Communion Service - Shared Lunch following the meeting



Sidespersons



	9.00am	11.00am
2 nd Feb	P Thomson	N Proffitt Volunteer
9 th Feb	I Walker	S Shepherd K Shepherd
16 th Feb	P Porritt	D Greenwood B Greenwood
23 rd Feb	B Butcher	K Lawson J Lawson
	9.00am	11.00am
1 st March	P Thomson	N Proffitt A Craig
8 th March	I Walker	S Shepherd K Shepherd
15 th March	P Porritt	D Greenwood B Greenwood
22 nd March	B Butcher	K Lawson J Lawson
29 th March	P Thompson	N Proffitt A Craig



Who's Who

Church Office	St Matthew's Community Centre Arncliffe Gardens TS26 9JF
Administrator	Trish Playfor "Tues- Fri, 9.00 to 11.00am" 01429 894006 E-Mail: admin@stranton-church.org.uk Web Site: www.stranton-church.org.uk

Vicar

Revd Norman Shave 34A Westbourne Road 233609
E-Mail: nshave1@btinternet.com

Curate

Revd Michelle Delves 40 Browning Avenue 723461

Burbank Community Church Worker & Curate

Revd Clive Hall 10 Clarkson Court 278504

Readers

Mary Tones 40a Blakelock Road 265625

Churches Together in Hartlepool

Secretary Susan Atkinson,
St Mary's RC

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Music Group	Julie Shave 34A Westbourne Road 233609
PCC Secretary	Maureen Anderson 22 Thetford Road 871266
Treasurer	David Craig 57 Claremont Drive 234279
Asst. Treasurer	Maureen Anderson 22 Thetford Road 871266
Loyalty Treasurer	Peter Anderson 22 Thetford Road 871266
Notice Sheet	The Office (Notices by the preceding Wednesday)
Signpost Editorial	Jacqui Rogers 19 Trentbrooke Avenue 265527
Signpost Advertising	Maureen Anderson 22 Thetford Road 871266
Signpost Subscription	Maureen Anderson 22 Thetford Road 871266
St Matthew's Booking	Trish Playfor Church Office 894006

Magazine articles to the parish office by 16th of every month.

