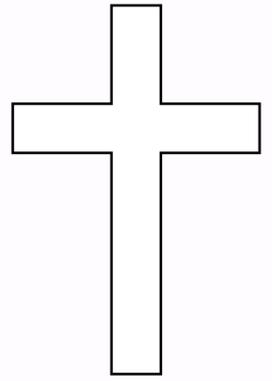


# THREEFOLD

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MARCH  
2026



ALL SAINTS, MICKLEOVER  
ST ANDREW'S, RADBOURNE  
ST JOHN'S, MICKLEOVER



# OUR CHURCHES

[www.mickleoveranglicans.org.uk](http://www.mickleoveranglicans.org.uk)



## **ALL SAINTS CHURCH**

***Etwall Road, Mickleover, DE3 0DL***

***01332 510446***

***allsaintsadmin@mickleoveranglicans.org.uk***

**Office Hours:** 9am - 3pm on Tuesdays - Thursdays

**Open Church:** Enquire at the office

## **ST ANDREW'S CHURCH**

***School Lane, Radbourne, DE6 4LY***

***Open Church: Monday - Friday***

***9am - 3pm***



## **ST JOHN'S CHURCH**

***Devonshire Drive, Mickleover,***

***DE3 9HD***

***01332 513363***

***admin-stjohns@mickleoveranglicans.org.uk***

**Office Hours:** Monday 9am-5pm and Friday 9am-4pm

**Open Church:** Monday-Friday 9.30am-3.30pm

# CONTACTS

**Clergy** clergyteam@mickleoveranglicans.org.uk

*Vicar:* Rev'd Canon Peter Walley - 01332 513793

Vicarage, Etwall Rd, Mickleover, DE3 0DL

*Assistant Curate:* Rev'd Clare Owen -

*Associate Priests:*

Rev'd Mary Staunton -

Rev'd Ian Godlington -

Rev'd Paul Pritchard -

Rev'd Alun Rowlands -

*Retired Priest:* Rev'd Ingrid Munro -

*Readers:* Helen Walley, Dawn Perry, John Foxon

Judi Witcomb, Karen Cowgill

**Wardens:**

*All Saints:* Ian Nicklin & Janice Toplis

wardens-allsaints@mickleoveranglicans.org.uk

*St Andrew's:* Diana Rose

*St John's:* Wendy Lee & Michael Vick

wardens-stjohns@mickleoveranglicans.org.uk

**Treasurers:**

*All Saints:* Brian Devenport

treasurer-allsaints@mickleoveranglicans.org.uk

*St Andrew's:* Olivia Keep

treasurer-standrews@mickleoveranglicans.org.uk

*St John's:* Barrie Witcomb

treasurer-stjohns@mickleoveranglicans.org.uk

**Hall Bookings:**

*All Saints:* 01332 510446 admin@mickleoveranglicans.org.uk

*St John's:* 01332 515293

hallbookings-stjohns@mickleoveranglicans.org.uk

**Safeguarding:**

*All Saints:* Lindsay Nicklin 07716378308

safeguarding-allsaints@mickleoveranglicans.org.uk

*St John's:* Kim Cooper 07732 798163

safeguarding-stjohns@mickleoveranglicans.org.uk

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# USUAL SERVICE TIMES

## **1st Sunday:**

Holy Communion, 10am - All Saints

Morning Praise, 10am - St John's

## **2nd Sunday:**

Morning Worship, 10am - All Saints

Holy Communion, 10am - St John's

Holy Communion, 11am - St Andrew's

## **3rd Sunday:**

Holy Communion, 10am - All Saints

Morning Praise, 10am - St John's

## **4th Sunday:**

Morning Worship, 10am - All Saints

Holy Communion, 10am - St John's

BCP Evening Prayer, 4pm - St Andrew's

## **5th Sunday:**

Holy Communion, 10am

*alternating between*

*All Saints and St John's*

## **Tuesdays:**

Morning Prayers, 8am - All Saints

## **Wednesdays:**

Holy Communion, 9.30am - All Saints

*Please see the website/newsletters for  
occasional service details  
[www.mickleoveranglicans.org.uk](http://www.mickleoveranglicans.org.uk)*

# EDITOR'S SCRIBBLES

As ever we are grateful for all the contributions to this March issue which hopefully has a good mix of church news including our services and events for Easter – the first weekend in April, general interest articles, and Christian reflections.

This year Mothering Sunday (or Mother's Day) falls in the middle of March on Sunday 15<sup>th</sup>. The festival brings together a mix of traditions. A specifically English commemoration marked the day when young servants working away from home returned to their "mother" communities and families with gifts for their mothers. This has come down to us as an occasion for family get togethers to thank our mothers for all they have done for us.

In the pre- Reformation Catholic Church this Sunday in the middle of Lent, 21 days before Easter Day, came to be known as Laetare Sunday when a relaxation of Lent fasting and penance was allowed. This gives us an excuse to have a break from whatever we may have given up for Lent.

Mother's Day as most people know it originated in the United States when Anna Jarvis held a memorial service for her own mother on 12<sup>th</sup> May 1907. This was taken up across the country and continues to be celebrated in America on the second Sunday in May.

Many of us may feel that, while being immensely grateful and generous in our thanks to our mothers, "Mother's Day" has taken over from "Mothering Sunday" and become over commercial with an emphasis on elaborate cards, boxes of chocolates, and huge flower arrangements. Interestingly as early as 1920 Anna Jarvis was campaigning against this commercialisation that was overwhelming her original Christian inspiration to share thanksgiving for our mothers. So when we come to the middle Sunday in March, whether we recognise it as "Mothering Sunday" or "Mother's Day" let us make the priority how we show our love and gratitude to our mothers rather the material value of our gifts.

*Richard*

***The deadline for the March magazine will be 16<sup>th</sup> March***

**MARCH****CHURCHES' CALENDAR**

<b>Monday - Friday</b>	9.30 - 3.30pm	<b>Open Church</b>	St John's
<b>Monday - Friday</b>	9am - 3pm	<b>Open Church</b>	St Andrew's
<b>Mondays</b>	10am - 12pm	<b>Internet Café</b>	St John's Link
<b>Tuesdays</b>	8am	<b>Morning Prayers</b>	All Saints
<b>Wednesdays</b>	9.30am	<b>Holy Communion</b>	All Saints
<b>Wednesdays</b>	10am - 12pm	<b>All Saints Café</b>	All Saints
<b>Wednesdays</b>	2pm	<b>Friendship Group</b>	St John's Link
<b>Fridays</b>	10am - 12pm	<b>Rest Stop Café</b>	St John's Link

**For more info, please visit the website [www.mickleoveranglicans.org.uk](http://www.mickleoveranglicans.org.uk)**

<b>Sunday 1<sup>st</sup></b>	10am	<b>Holy Communion</b>	All Saints
	10am	<b>Morning Praise</b>	St John's
	2pm	<b>Board Games Afternoon</b>	St John's Hall
<b>Thursday 5<sup>th</sup></b>	10.15am	<b>CTM Prayer Walk</b>	St John's Link
<b>Saturday 7<sup>th</sup></b>	2pm	<b>Cambrian Harp Ensemble</b>	St John's
<b>Sunday 8<sup>th</sup></b>	10am	<b>Morning Worship</b>	All Saints
	10am	<b>Holy Communion</b>	St John's
<b>Monday 9<sup>th</sup></b>	7pm	<b>PCC Meeting</b>	All Saints
<b>Friday 13<sup>th</sup></b>	7pm	<b>Candlelit Music Night</b>	St Andrew's
<b>Saturday 14<sup>th</sup></b>	8.15am	<b>Who Let the Dads Out?</b>	All Saints Centre
<b>Sunday 15<sup>th</sup></b> <i>Mothering Sunday</i>	8am	<b>Breakfast Church</b>	All Saints
	10am	<b>Holy Communion</b>	All Saints
	10am	<b>Morning Praise with JACK</b>	St John's
<b>Monday 16<sup>th</sup></b>	2pm	<b>PCC Meeting</b>	St John's Link
<b>Saturday 21<sup>st</sup></b>	10am	<b>Craft &amp; Table Top Sale</b>	St John's
<b>Sunday 22<sup>nd</sup></b>	10am	<b>Morning Worship</b>	All Saints
	10am	<b>Holy Communion</b>	St John's
	4pm	<b>BCP Evening Prayer</b>	St Andrew's
<b>Monday 23<sup>rd</sup></b>	7pm	<b>Standing Committee</b>	All Saints
<b>Wednesday 25<sup>th</sup></b>	2pm	<b>Midweek Matinee</b>	All Saints Centre
<b>Friday 27<sup>th</sup></b>	7.30pm	<b>Derventio Choir Concert</b>	All Saints
<b>Saturday 28<sup>th</sup></b>	7pm	<b>Mickleover Singers Concert</b>	St John's
<b>Sunday 29<sup>th</sup></b> <i>Palm Sunday</i>	10am	<b>MA Holy Communion</b>	St John's

## PRAYER CHAIN

### All Saints

Marion Godlington -  
Denise Martin -  
Helen Walley -  
Steph Brinklow -

**St John's** - Please text or call Helen Walley (Co-ordinator)

*There is also a book and prayer board at the back of Church for you to add a person's name. Those in the book will be included in our prayers on a Sunday morning during the service.*



Loving God, we thank you for your love which shapes us and helps us to grow.

On this Mothering Sunday we give thanks for women who have been examples of self-giving love, who have given time, wisdom and care to the nurture of children, their own or others. We pray for those who find this a difficult day, those who grieve for their mothers or for their children, and those who long to be mothers but cannot be. May your Spirit continue to shape us, heal us and guide us. Amen



## CTM PRAYER WALK



**The CTM Prayer walk will not take place in March.**

Instead, why not come to one of CTM Lent Courses at either All Saints, St John's or Micklover Methodist. More information is available later on in the magazine.

**The next CTM Prayer Walk will be on Thursday 9<sup>th</sup> April at 10.15am. This will be the first Prayer Walk of the year. Further details will be available in the next edition of the magazine, or contact Ray Lee.**

*If you would like join the walk please contact Ray Lee so that I know to expect you.*

## LIFE EVENTS

### RIP

Michael Heap  
Anthony Clarkson



Dear friends,

Easter Sunday this year is on April 5<sup>th</sup> and so we are in the church season of Lent. Lent always starts on Ash Wednesday which was celebrated on February 18<sup>th</sup>. So, in two sentences I've mentioned three different but connected 'church' terms. There are many more named days and periods, of course, some of which seem very obscure, but they range from Principal Holy days through Saints days to lesser festivals. Anyway, since this is March's Threefold Magazine, I'm looking at the season of Lent.

Firstly then, what is Lent all about? The basic idea of the Lenten season is for a forty day period intended for personal and communal preparation to put ourselves right with God and so we are correctly prepared to celebrate the miraculous happenings of Jesus' resurrection following the three days after his cruel death on the cross on the day we call Good Friday. These days Christians choose to prepare using different means including prayer, study, reflection and fasting. Interestingly, Lent itself is not actually referenced in our Bibles, but is inspired by Jesus' 40 days in the wilderness where he was tested in his own preparation for his forthcoming ministry. This is as described in the gospels of Matthew 4:1-11, Mark 1:12-13, and Luke 4:1-13. Perhaps a starting point for us is to reread the story to understand the basis and importance of what we do for our own modern devotions.

Forty days though is one of those recurring themes in our Scriptures. We are told Moses fasted for forty days on Mount Sinai (Exodus 34:28) and that the nation of Israel wandered for the same period in the desert after release from slavery in Egypt before they



eventually entered the Promised Land. Throughout these events, the themes of sacrifice, spiritual discipline, and preparation recur, being those key themes of Lent.

So, if Lent isn't in the Bible as such where did it come from? Well, its formal observance began in the 4th century AD, around the time of the Council of Nicaea in 325 AD. It seems it was initially intended as a period of preparation for baptism at Easter. The early Christians used this time for prayer, fasting, and reflection, gradually extending it to a universal practice for all believers.

I thought it would be useful to consider a little of the history before looking at what it could mean to each one of us. I'm sure in our modern world, some choose to undergo the spiritual discipline of a fasting regime and considerably more 'give something up' for Lent. Many will undertake a formal Lent course where groups come together to study prepared materials based on Scripture, while some will undertake personal work. We can, and should, all personally pray as our preparation. I understand that some find prayer easy while others struggle. If you're passing St. John's in the next four weeks, why not drop in to the Link (between the Church and Hall) for the exhibition on prayer. St. John's is open during the day if you enter through the door to the right of the car park. We've tried to put together some reasons why we should pray, together with some resource ideas, and just a few inspirational short prayers and other related writings. I hope and pray it can help you no matter what life is like for you at present.

God bless.  
Alun



# REMEMBERING MARGARET HUGGETT

Before Margaret's health deteriorated she was a very active member of St John's. Her quiet confidence was accompanied by reliability and capability. She regularly led intercessions, as well as reading at all kinds of services. It didn't matter if the occasion was an important festival or if the reading was particularly difficult Margaret could be relied upon to make it make sense and read with confidence and intelligence. She also helped Michael when he led afternoon Communion with a close-knit, friendly group of followers.

Margaret's support for Christian Aid was long term and varied. She was a local distributor and organiser, heading the Christian Aid Week team, that included lots of collectors and linking St John's with the bigger organisation in the Derby area. She arranged (and hosted) a Souper Soup lunch and a Quiz to raise money for Christian Aid, as well as provide enjoyment for participants.

Margaret also ran a course on the Old Testament, providing the group with a clear understanding of the structure as well as a more detailed look at specific sections. I remember in particular, finding out about the minor prophets and a discussion about the different kinds of psalms.

Some time ago, Margaret led an "Away Day" in Littleover. St John's used to have lots of 'Away Days' ( for all ages) over the years and I can no longer remember the themes and activities associated with each one. But I do remember Margaret's which involved preparing worship for the Sunday following, with everyone participating in various sections: readers, prayer leaders, music etc.

For a few years, Margaret was a Co-ordinator for Education at St John's, promoting courses, arranging courses and events at St John's and encouraging (and co-ordinating) attendance at Ecumenical Lent Groups.

More recently Margaret continued to participate in 'The Bible Comes Alive' in spite of serious physical incapacity and ongoing pain. Her contributions were always thoughtful and compassionate.

I miss her a lot.

*Liz Suckling*



# The CHOSEN

## LENT COURSE

A six week journey through Scripture,  
with scenes from  
'The Chosen' drama series

### ALL SAINTS CHURCH CENTRE

Etwall Road, Mickleover, DE3 0DL

**Wednesdays 2.30pm - 4pm**

25<sup>th</sup> February - 1<sup>st</sup> April

### MICKLEOVER METHODIST CHURCH

Station Road, Mickleover, DE3 9GH

**Wednesdays 7pm - 8.30pm**

25<sup>th</sup> February - 1<sup>st</sup> April

### SAINT JOHN'S CHURCH

Devonshire Drive, Mickleover, DE3 9HD

**Thursdays 10.30am - 12pm**

26<sup>th</sup> February - 2<sup>nd</sup> April

*All are welcome.*

*Come to any session at any church. No Booking needed.*



**SUNDAY 29<sup>TH</sup> MARCH**

Don't forget to put your clocks forward  
by one hour

# DOES PRAYER MATTER?



Our prayers matter deeply. They are not lost in the vastness of the universe, nor are they ignored or dismissed. According to Revelation 5:8, they are like incense – sweet, fragrant offerings – rising before the throne of God and held in golden bowls. This is no ordinary imagery. It paints a picture of how precious and sacred our conversations with God truly are.

These golden bowls are not empty. They are filled with every whispered prayer, every tear-stained cry, every sigh too deep for words. Heaven collects them; not one is missed. This reality is both awe-inspiring and humbling. It means that the quiet prayers we offer in the solitude of our rooms are just as significant as the loudest. Appeals within public worship. Sometimes we wonder if our prayers matter. Are they too small? Too flawed? Too weak? Our Lord in Revelation answers with a resounding No. Each prayer has weight and meaning. They do not disappear into nothingness; they are gathered, preserved, and mingled with the worship of heaven, becoming part of God's holy plan. Our prayers do not vanish. They are gathered. They remain. They shape eternity in ways beyond what we can imagine. So do not give up. Whether your voice trembles or soars, whether your prayer is spoken or silent, continue to pray. Heaven is truly listening.



*Some thoughts by Ruth Conion, published in 'Living Lights' daily notes used with permission*

# MIDWEEK MATINEE

**All Saints Centre**  
Wednesday 25<sup>th</sup> March



showing  
**Shadowlands**  
at 2PM



£5 Adults  
£2 Children  
Theatre snacks included

mickleoversingers@gmail.com  
www.mickleoversingers.co.uk



## MICKLEOVER SINGERS PRESENTS...

### DATE

Saturday 28<sup>th</sup> March

### TIME

7.30pm

### LOCATION

St John's Church  
Mickleover



### TICKETS

£8 cash or card on the door  
Light refreshments and raffle



# THE PARABLE OF THE LEAK

It all began on Christmas morning. That quiet moment when the house should be warm, the kettle should be on, and the only thing dripping should be gravy later in the day.

At 6am, Killy and I woke up to... nothing. No warmth. No comforting hum of the central heating. Just a silence so cold it felt personal. The heating was off. The boiler had stopped working and the house felt like it had emotionally disengaged from temperature altogether.

Now this was not just any morning. We had children, grandchildren, and an aunt and uncle arriving. The turkey was waiting patiently in the kitchen. And I was standing there in my dressing gown, thinking, 'At least the turkey won't complain.' We briefly discussed ringing our aunt and uncle and saying, 'Please wear more clothes. Possibly all of them. Including ski wear.'

On investigation, we discovered the boiler wasn't just sulking. It was leaking. Killy rang our boiler service provider and was greeted by... a robot.

Cold voice. No compassion. No understanding. No sense that this was not a drill but a domestic emergency. So I did what any spiritually mature husband would do. I prayed. 'Lord, please let a human appear.' And joy of joys – one did.

I encouraged Killy to express her emotions: the shock, the stress, the injustice of beginning Christmas Day wrapped in blankets. Somewhere between anguish and determination, Killy learned how to reset the boiler. The heating came on. Feeling returned to our fingers. Hope re-entered the house. But... the leak remained.

We were told the boiler was still under guarantee, but only if we rang the manufacturer – which we could only do after Christmas. So after Christmas, a man arrived. The moment we opened the door, we knew. This was not a man of peace. This was a glass-half-empty, cloud-follows-him-everywhere, joy-misplaced kind of man. He glanced at the leaking pipe and said, 'That's not our responsibility.' Five minutes later – four of which were spent filling out the invoice – he left. £98!

Meanwhile... another leak appeared. This time in the shower. Our home service plan said, 'Ah. Water softener involved. Not covered.' Of course it isn't! So we rang the plumber. A good man. A skilled man. A seriously expensive man. He fixed it. We paid it. We rejoiced.

Two weeks later... it was still leaking. He returned yesterday and, behind the utility-room wall, discovered another leaking pipe. Another problem hidden from view.

Now we're waiting for an estimate. And in the meantime... old towels are soaking up the water. Not fixing the problem. Just absorbing the consequences. And that's when it dawned on me... This isn't just plumbing. It's a parable. Because spiritually, many of us aren't just leaking, we're also blocked. Some of us are losing joy. Some

of us are leaking peace. Some of us are dry where love should be flowing. We reset the boiler. We keep the house warm. We carry on. But something is still wrong.

The Christian life was never meant to be a drip-feed. Jesus said that those who believe in him would experience rivers of living water flowing from within, and the gospel writer makes it clear that Jesus was talking about the Holy Spirit. Christianity is not meant to be static. It's meant to be dynamic. Not stagnant, but flowing. Which is why there's an old saying that is profoundly honest: 'I need to be filled with the Holy Spirit every day because I leak.' That's not failure. That's realism. Life drains us. People drain us. Pressure drains us. Ministry drains us. Even joy, if it's not replenished, eventually leaks away.

Now here's the important thing. If there's no fruit, it may not just be a leak. It may be a blockage. The apostle Paul tells us that the Holy Spirit produces fruit: Love. Joy. Peace. Patience. Kindness. Goodness. Faithfulness. Gentleness. Self-control. Fruit is not manufactured. It's produced. So if love isn't flowing, if joy has dried up, if peace feels blocked, if patience has evaporated, the issue may not be effort. It may be connection. Jesus said plainly that no branch can bear fruit by itself. It must remain in the vine. No root. No flow. No fruit. We can look fine externally and still be dry internally. We can be busy and still blocked. We can be warm and still leaking.

**Many of us live with spiritual towels.** We mop up anxiety with activity. We soak up guilt with busyness. We absorb pain with distraction. But towels don't restore flow. They just delay damp. David prayed not for a patch-up but for renewal: 'Create in me a clean heart... renew a right spirit within me' (Psalm 51:10). That's not maintenance. That's reconstruction.

God doesn't just want to stop the leak. He wants to clear the blockage. Restore the flow. And grow the fruit. Not just behaviour modification. Transformation.

### **Life lessons from the leak**

- If there's no fruit, check the flow
- Resetting isn't renewing
- If there's no flow, check the root
- Towels are no substitute for the Holy Spirit

### **A prayer**

Holy Spirit, I don't want to live leaking, blocked and dry.

Where I am losing life, fill me.

Where I am blocked, cleanse me.

Where I am fruitless, root me again in Christ.

I don't want towels, I want rivers.

Fill me today... because I leak. Amen.

And if something is dripping in your life – quietly, steadily, persistently – don't just soak it up. Stay rooted. Get filled. Let the river flow. Because the Christian life isn't about trying harder. It's about abiding deeper. Grace and peace,



*Celebrate St David's Day!*  
*An afternoon concert with*



# **Cambrian Harp Ensemble**

**Saturday March 7<sup>th</sup> 2pm**



Experience the whispers of  
strings that stir the soul

**St John's Church**

Tickets £10 on the door in aid of  
church funds and food bank

presented by [www.cambrianharps.com](http://www.cambrianharps.com)



# *Candlelit Music Night*



*with*

**RYAN JOSEPH**

♪ **FRIDAY 13TH MARCH 7PM** ♪

**RADBOURNE ST ANDREWS CHURCH**

♪ **£15 A TICKET** ♪



please contact Rachael on  
07815848214 to buy tickets



# PCC NOTES

## Meeting held at: St John's on 12<sup>th</sup> January 2026

Full minutes are available at the back of church and on the website in the members' area. Do talk to a member of the PCC if you want to know more.

At the recent PCC meeting we

- Considered our Everyday Faith agenda and agreed key areas to focus on: prayer for God's guidance on our way forward; our welcome at St John's; engagement with the new housing estates; outreach through community events; and generally a willingness to explore what people want from us rather than what we have traditionally offered.
- Noted arrangements for Matt Barnes at our morning service on 1st February and follow up questionnaire to the congregation.
- Considered how the City Council's enforcement of alcohol licensing and requirement for the inspection of kitchens might affect our events.
- Received an update on our financial position, noting the deficit for 2025.
- Agreed that future PCC meeting during the winter months will now be on Monday afternoons at 2.00, and also agreed to arrange a special meeting to review safeguarding documents.
- Considered a proposal to revive the St John's Christmas Tree Festival to run concurrently with All Saints and have a specific focus on involving schoolchildren.
- Noted the forthcoming service for the Week of Prayer for Christian Unity at the Methodist Church on 18th January.
- Received a report on events planned for the coming months and noted the need for new helpers with the suggestion that we should ask family, friends and neighbours beyond our congregation.



# *Alleluia He is Risen!* *Easter 2026*

## **PALM SUNDAY - 29<sup>th</sup> March**

10am MA Holy Communion at St John's

## **MAUNDY THURSDAY - 2<sup>nd</sup> April**

7.30pm Holy Communion w/ Stripping of the Altar  
at All Saints

7.30pm Holy Communion w/ Stripping of the Altar  
at St John's

## **GOOD FRIDAY - 3<sup>rd</sup> April**

10am Morning Worship at All Saints

10am Meditation at St John's

11.15am Walk of Witness starting at Our Lady of Lourdes

## **EASTER SUNDAY - 5<sup>th</sup> April**

10am Holy Communion at All Saints

10am Holy Communion at St John's

11am Holy Communion at St Andrew's, Radbourne





# DERVENTIO CHOIR

& All Saints Church, Mickleover  
invite you to

## Singing Folk

Melodies and folk songs from the British Isles  
*Beautiful folk songs of love, longing and home*

Friday 27<sup>th</sup> March 2026 | 7:30PM

£10 AT THE DOOR

INCLUDES LIGHT REFRESHMENTS DURING THE INTERVAL

Raising funds for 'Rebuild' supporting survivors  
of modern slavery

**Rebuild**  
Living free from modern slavery

*St John's Church Mickleover*

## Craft & Tabletop Sale

Saturday 21st March 2026

10am – 1pm

**FREE ENTRY**

Over 20 different stalls including a wide range of crafts, books & jigsaws  
Refreshments available throughout

St John's Church, Devonshire Drive, Mickleover, DE3 9HD

# PCC NOTES

## **Meeting held at: All Saints on 19th January 2026**

Full minutes available at the back of Church and on the website

At the meeting we discussed:

- The Christmas Tree Festival in December was successful. Thank you letters were sent to those who took part.
- The Centre is classed as a 'commercial operation' as we hire out the hall. Therefore, we need to have commercial bins rather than domestic. This will come at a cost. The church and churchyard can continue to use the usual domestic bins.
- The 5-year electrical inspection was completed and passed.
- The fire risk policy was reviewed and updated.
- A new projector and soundbar has been fitted in the Centre for the Midweek Matinee.

### **Proposed Projects for the Coming Year:**

- The car parking lines will be repainted with an additional disabled car parking space.
- Hedges affected by Box Blight will be removed and replaced next to the Garden of Remembrance and War Memorial.
- The chimney repairs will be completed this month.
- The fire doors in the Centre need replacing.
- Glass doors to replace current placement of church doors. Wooden doors to be moved to the front of the porch.

# JACK

Jesus And Cool Kids

## AT JOHNS

Join us for our interactive family-friendly service on the 3rd Sunday of the month St John's Church at 10am.

Enjoy crafts, worship and games with other children and families as the central part of the service.

## INTERNET CAFE

Mondays 10am - 12pm  
St John's Link



Help and advice for computers, laptops, smart phones, and tablets

*Our helpers don't guarantee to have all the answers, but we may know where to start looking!*

Bring along your own tablets, iPads and laptops or borrow one from us.

*Refreshments served mid-morning.*



*Our friendly team is happy to help!*

## FRIENDSHIP GROUP

Wednesdays 2pm - 4pm  
St John's Link

Formed in 1975 for older people to meet up socially

**Bingo, Dominoes and Cards**

Tea and Coffee served



## REST STOP CAFE

Fridays  
10am - 12pm  
St John's Link

Join us for a cup of tea or coffee, friendly conversation, and of course, delicious cakes!

**EVERYONE WELCOME**



# How To Survive EARLY GRIEF

@refugeingrief

## 8

## SIMPLE RULES FOR IMPOSSIBLE TIMES

1

### STAY SAFE

Do it for yourself if you can.  
Do it for others if you must.  
If you're driving while crying too hard to see straight, pull over.  
Distracted driving is dangerous.

2

### TEND SOMETHING

Water the plants.  
Brush the animals.  
Send a care package.  
Focusing on other for a little while can help.

3

### GET OUTSIDE

Being outside in a non-human world is a relief. The trees will not ask, "How are you really?" The wind does not care if you cry. There's a lot to be said for being in places that don't need anything from you.

4

### DRINK WATER

Crying for months on end is really dehydrating. Please drink water. Your body needs it

The first weeks and months after someone you love dies are a world unto their own. Your usual survival tactics won't work. Words of intended comfort just grate. Encouragement from others doesn't feel good.

**POSITIVE THINKING AND PLATITUDES CAN'T HELP. THE JUST CAN'T.**

5

### SHOWER

Really. You will feel just the tiniest bit better clean. The same goes for sweeping the floor or any other seemingly tedious or irrelevant task of hygiene.

6

### MOVE

In whatever ways your body can move, move.  
It won't solve anything, but movement can help soothe your mind.

7

### SAY NO - SAY YES

You can't afford any big drains on your energy, and you can't afford to miss too many ways to replenish it. Say no to things that are too much for you. Say yes to things that bring even a tiny bit of goodness

8

### EAT

Some people eat under stress. Some people lose all interest in food. Some experience serious, lasting physical challenges due to their "grief diet." Small doses of healthy, nutrient dense food might be more easily tolerated by your mind & body than full meals.

The core parts of you, the ways you find solace and connection - these have not completely changed, though they may feel irrelevant. Grief pares things down.

**YOU MAY JUST NEED TO EXPERIMENT A BIT.**

Adding to this list, or creating a whole new one of your own, can provide a road map inside this wholly disorienting time.

**REAL SUPPORT  
FOR REAL PEOPLE.**

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# Pause & Ponder

As you walk through the All Saints churchyard, take a moment to pause and ponder at our 16 stations with photographs and quotes.

## ALL SAINTS CAFE

Wednesdays  
10am - 12pm  
All Saints Centre

Come for a friendly chat, tea/coffee with delicious home-made cakes and biscuits

**Everyone welcome!**



## WHO LET THE DADS OUT?

2nd Saturday of the month  
8.15 - 9.45am  
All Saints Church Centre

A group for fathers, father figures and their children to have fun, form friendships and find support



## Breakfast Church



2nd Sunday of the month  
(full weekend)

Join us at 8am for breakfast, crafts, games and worship

**All ages welcome!**

01332 510446

[admin@mickleoveranglicans.org.uk](mailto:admin@mickleoveranglicans.org.uk)

### *Dean Peter writes...*

Our journey through Lent has a particular shape to it, one that is revealed to us through the Gospel reading that many of us heard read in our churches on the Sunday before Lent, the story of Jesus' Transfiguration from St Matthew's Gospel.



When the Transfiguration is read to us, we stand in our imaginations on the top of the mountain with Jesus and his disciples, recovering our breath from the steep climb. That was my experience in the Holy Land many years ago when with friends we decided not to take the local taxis but clambered up the never-ending, winding road, regretting our decision to walk!

So, it was an inspired choice because a few days before Lent begins, we take in the view of the valley that stretches out below us, and we see a picture of the journey to come. Just as Jesus and his disciples would have looked toward Jerusalem from the mountain's summit, so we look to what is to come. In the distance we can see three crosses standing outside the city walls of Jerusalem. In our mind's eye we can see Jesus' Resurrection and Ascension and even beyond that the birthday of the church at Pentecost.

Before us we can see the winding path down into the valley which represent to us our journey through Lent, which is a spiritual pathway down the mountainside. The valley floor is Lent itself, the space the church creates for us through its promotion of personal discipline, fasting, bible reading, study and prayer for the next few weeks.

Spending dedicated time with God, wrapped around by activities that practise restraint, creates a deeper awareness of ourselves, our desires and our relationship with God. Lent is like entering a valley where the noise of the world decreases, where we become alert to the sounds of the countryside that we often fail otherwise to hear, and the stillness allows us to lift up hearts to God.

This is just one of the reasons why we read the story of the Transfiguration just before Lent begins, but there are deeper ones. Seeing God's glory in Jesus represents the goal of our journey as followers of Jesus as we encounter face to face the one who is fully human and fully divine. We glimpse our ultimate destination as Christians on the mountain of Transfiguration, but as Peter became deeply aware, on this earth we cannot freeze the moment but need to continue our journey. Seeing Jesus in his glory impels us to engage with the realities of our lives, our communities and of this world.

Jesus with his disciples descended the mountain and entered back into ordinary everyday life, no doubt with a fresh vision of God, but more aware of path towards the suffering, agony and death of crucifixion and the hope of resurrection.

And the words of God the Father from the cloud that settled on the mountaintop can also guide us on our Lenten journey. 'This is my Son, the beloved: with whom I am well pleased; listen to him'. Focus on the person of Jesus our Saviour and listen to God's voice to us through all that we do during Lent. On behalf of the Bishop's Leadership Team, I send my prayers for a profitable time in the valley of Lent, and as we anticipate our encounter with the crucified and risen one at Easter.

**The Very Revd Dr Peter Robinson Dean of Derby**