

**We pray for those who have asked for**

**our prayers:** Marilyn Evans, John Benée, Christine Minnis, Joan Wright, Lesley and George Watkin, Sylvia Harris, Virginia Por, Jean Robinson, Mavis Edwards, Peter Gordon, Brenda Bebbington, Lillian Clarke, Becky-Leigh Jode, Jill McCarthy, Tom Smart, Julie Stainer, Anita Gentry, Terry and Carole Wall, Dave Imbert, Betty Marshall, Kay McKinnon, Irene Goodrum

**We continue to hold in our thoughts and**

**prayers:** Queen's Hospital, King George's Hospital, The Willows, Barleycroft, NHS Support Staff, Nurses, Doctors, Medical Researchers, Ambulance Crews, Politicians, Metropolitan Police, Schools & all front-line workers

- [www.chelmsfordcathedral.org.uk/church-at-home](http://www.chelmsfordcathedral.org.uk/church-at-home)
- [www.churchofengland.org](http://www.churchofengland.org)
- [www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)
- [www.CofE.io/ChurchOnline](http://www.CofE.io/ChurchOnline)
- [www.havering.gov.uk](http://www.havering.gov.uk)
- [www.veganuary.com](http://www.veganuary.com)
- <http://www.standrewsromford.org.uk/fund-raising/>

The Daily Hope Line 0800 804 8044 (free to call) offers music, prayers and reflections as well as full worship services from the Church of England. It is available 24 hours a day and has been set up particularly with those unable to join online church services during the period of restrictions in mind.

Shout is for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text: 85258 (free to text)

Samaritans provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. Telephone: 116 123 (free to call)

**Sunday next before Lent**

*Quinquagesima*  
*Transfiguration Sunday*

Today, or very early in Lent, the church recalls the Transfiguration of Christ which marked the moment his teaching ministry gave way to the start of the long journey to Jerusalem. It was also an anticipation of Easter. The Transfiguration not only confirmed Christ's role but today can inspire a transfiguration, or marked change, of life by the coming Lenten observance.

**Shrove Tuesday**

This is the last day before Lent and in England is known as Shrove Tuesday or Pancake Day. *Shrove* is derived from *shrive*, meaning to *confess* sins. Making pancakes used up all the fat in the household before Lent when there would be fasting and plain food. The earliest pancake recipe is 1430. Shakespeare includes the line 'a pancake for Shrove Tuesday' in *All's Well That Ends Well* written in 1604.

**Ash Wednesday**

Ash Wednesday is the first day of Lent. The name Ash comes from the ashes received on the head. Ashes, a symbol of mourning and penitence since Old Testament times, have been a feature of the start of Lent since the eighth century. It is a remnant of 'sackcloth and ashes' worn in the early days to acknowledge repentance and unworthiness.

*From "Keeping Lent & Easter – Discovering the Rhythms and Riches of the Christian Seasons" by Leigh Hatts*

*"Remember that you are dust, and to dust you shall return. Turn away from sin and be faithful to Christ."*

**Priest-in-charge: Revd Lara Ellen Dose**

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