

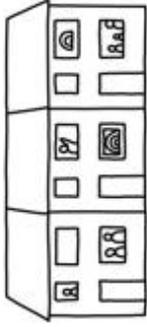
ABIDE

St Wulstans Lent / Spring 2021

BEATITUDES

FOR A GLOBAL PANDEMIC

BLESSED ARE THOSE WHO STAY INDOORS



FOR THEY HAVE PROTECTED OTHERS

BLESSED ARE THE UNEMPLOYED AND THE SELF-EMPLOYED



FOR THEIR NEED OF GOD IS GREAT

BLESSED ARE THE CORNER SHOPKEEPERS



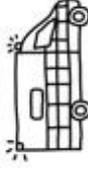
FOR THEY ARE THE PURVEYORS OF SCARCE THINGS

BLESSED ARE THE DELIVERY DRIVERS AND THE POSTAL WORKERS



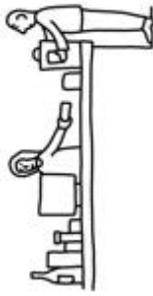
FOR THEY ARE THE BRINGERS OF ESSENTIAL THINGS

BLESSED ARE THE HOSPITAL WORKERS, THE AMBULANCE CREWS, THE DOCTORS, THE NURSES, THE CARE ASSISTANTS, AND THE CLEANERS



FOR THEY STAND BETWEEN US AND THE GRAVE, AND THE KINGDOM OF HEAVEN IS SURELY THEIRS

BLESSED ARE THE CHECKOUT WORKERS



FOR THEY HAVE PATIENCE AND FORTITUDE IN THE FACE OF OVERWORK AND FRUSTRATION

BLESSED ARE THE CHURCH WORKERS; THE DEACONS, PRIESTS AND BISHOPS



FOR THEY ARE A COMFORTING PRESENCE IN A HURTING WORLD AS THEY CONTINUE TO SIGNPOST TOWARDS GOD

BLESSED ARE THE SINGLE PARENTS.



FOR THEY ARE COPING ALONE WITH THEIR RESPONSIBILITIES AND THERE IS NO RESPIRE

BLESSED ARE THOSE WHO ARE ALONE.



FOR THEY ARE CHILDREN OF GOD AND WITH HIM THEY WILL NEVER BE LONELY

BLESSED ARE THOSE WHO ARE ISOLATED WITH THEIR ABUSERS



FOR ONE DAY - WE PRAY- THEY WILL KNOW SAFETY

BLESSED ARE ALL DURING THIS TIME WHO HAVE PURE HEARTS; ALL WHO STILL HUNGER AND THIRST FOR JUSTICE; ALL WHO WORK FOR PEACE AND WHO MODEL MERCY



MAY YOU KNOW COMFORT. MAY YOU KNOW CALM, AND MAY THE GRACE OF OUR LORD JESUS CHRIST, AND THE LOVE OF GOD, AND THE FELLOWSHIP OF THE HOLY SPIRIT, BE WITH US ALL. AMEN

Ash Wednesday 17th February

⇒ You might like to use the little bag of ashes from the Lent Package to mark a cross on your forehead. Here are the words that you can make your own this year:

I remember that I am dust and to dust I shall return.

I am turning away from sin and being faithful to Christ.

Choose one of these passages to concentrate on, and then try the suggestions in the BIBLE READING section on back page.

- Isaiah 58.1–12
- John 8.1–11



Week One – 21st to 27th February

⇒ You might like to plant the seeds from the Lent Package in a small pot of soil and keep them on a warm window ledge to see might grow.

SUNDAY READINGS

Choose one of these passages to concentrate on, and then try the suggestions in the BIBLE READING section on back page.

- Psalm 25.1-9
- Mark 1.9-15

MIDWEEK READINGS

Our midweek services have a special Lent series called “Sensing Jesus”. Over five weeks, we will have a look at the five senses, taste, touch, sight,

smell and sound, finding places where these are significant in the ministry of Jesus, and also thinking about the symbolism that goes along with the physical activities we discover. **A service will be recorded and made available online at the website (saintwulstans.online) and the phonenumber (01905 935021). Contact Sarah if you would like an invitation to attend in person.**

BLESSED ARE THE CORNER SHOPKEEPERS



FOR THEY ARE THE PURVEYORS OF SCARCE THINGS

BLESSED ARE THE DELIVERY DRIVERS AND THE POSTAL WORKERS



FOR THEY ARE THE BRINGERS OF ESSENTIAL THINGS

This week is about touch, the God who wipes away our tears and who gets his hands dirty. The two readings are overleaf. Don't forget to look at questions in the BIBLE READING section on back page.

Luke 7:11-15 --- Soon afterwards he went to a town called Nain, and his disciples and a large crowd went with him. As he approached the gate of the town, a man who had died was being carried out. He was his mother's only son, and she was a widow; and with her was a large crowd from the town. When the Lord saw her, he had compassion for her and said to her, 'Do not weep.' Then he came forward and touched the bier, and the bearers stood still. And he said, 'Young man, I say to you, rise!' The dead man sat up and began to speak, and Jesus gave him to his mother.

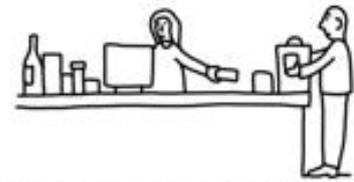
Revelation 21:1-4 --- Then I saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, 'See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.'

BLESSED ARE THE HOSPITAL
WORKERS, THE AMBULANCE CREWS,
THE DOCTORS, THE NURSES, THE CARE
ASSISTANTS, AND THE CLEANERS



FOR THEY STAND BETWEEN US AND
THE GRAVE, AND THE KINGDOM OF
HEAVEN IS SURELY THEIRS

BLESSED ARE THE
CHECKOUT WORKERS



FOR THEY HAVE PATIENCE AND
FORTITUDE IN THE FACE OF
OVERWORK AND FRUSTRATION

Week Two – 28th February to 6th March

⇒ You might like to hold the pebbles from the Lent Package in your hand, remembering the stones in the wilderness, and as symbols of hard things that need to be faced at the moment.

SUNDAY READINGS

Choose one of these passages to concentrate on, and then try the suggestions in the BIBLE READING section on back page.

- Genesis 17:1-16
- Mark 8.31–38

MIDWEEK READINGS

These are the readings that the Midweek service will focus on, as part of the Sensing Jesus series. This week is about seeing. Don't forget to look at questions in the BIBLE READING section on back page.

Mark 8:22-26 --- They came to Bethsaida. Some people brought a blind man to him and begged him to touch him. He took the blind man by the hand and led him out of the village; and when he had put saliva on his eyes and laid his hands on him, he asked him, 'Can you see anything?' And the man looked up and said, 'I can see people, but they look like trees, walking.' Then Jesus laid his hands on his eyes again; and he looked intently and his sight was restored, and he saw everything clearly. Then he sent him away to his home, saying, 'Do not even go into the village.'

1 Corinthians 13:11-13 --- When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love abide, these three; and the greatest of these is love.

BLESSED ARE THE
REFUSE COLLECTORS



FOR THEY WILL SEE
GOD DESPITE THE
MOUNTAINS OF WASTE

BLESSED ARE THE
TEACHERS



FOR THEY REMAIN
STEADFAST AND
CONSTANT IN
DISTURBING TIMES

Week Three – 7th to 13th March

- ⇒ You might like to check in with how your seeds from week 1 are doing. Are there any other signs of Spring that you can bring into the house this week?

SUNDAY READINGS

Choose one of these passages to concentrate on, and then try the suggestions in the BIBLE READING section on back page.

- Exodus 20.1–17
- John 2.13–22

MIDWEEK READINGS

These are the readings that the Midweek service will focus on, as part of the Sensing Jesus series. This week is about tasting. Don't forget to look at questions in the BIBLE READING section on back page.

John 2:1-10 --- On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, 'They have no wine.' And Jesus said to her, 'Woman, what concern is that to you and to me? My hour has not yet come.' His mother said to the servants, 'Do whatever he tells you.' Now standing there were six stone water-jars for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, 'Fill the jars with water.' And they filled them up to the brim. He said to them, 'Now draw some out, and take it to the chief steward.' So they took it. When the steward tasted the water that had become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward called the bridegroom and said to him, 'Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now.'

1 Peter 2:1-5 --- Rid yourselves, therefore, of all malice, and all guile, insincerity, envy, and all slander. Like newborn infants, long for the pure, spiritual milk, so that by it you may grow into salvation— if indeed you have tasted that the Lord is good. Come to him, a living stone, though rejected by mortals yet chosen and precious in God's sight, and like living stones, let yourselves be built into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ.

Week Four – 14th to 20th March

⇒ You might like to hold the knitted square from the Lent Package in your hands. It is a reminder of how good it feels to be safe and comfortable. If this is how you feel today, give thanks. If it isn't how you are feeling, then take time to tell someone how things really are for you.

BLESSED ARE THE CHURCH
WORKERS; THE DEACONS,
PRIESTS AND BISHOPS



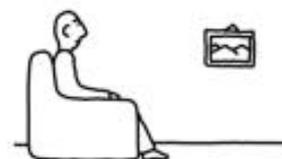
FOR THEY ARE A COMFORTING
PRESENCE IN A HURTING
WORLD AS THEY CONTINUE TO
SIGNPOST TOWARDS GOD

BLESSED ARE THE SINGLE
PARENTS,



FOR THEY ARE COPING
ALONE WITH THEIR
RESPONSIBILITIES AND
THERE IS NO RESPITE

BLESSED ARE THOSE WHO
ARE ALONE.



FOR THEY ARE CHILDREN OF
GOD AND WITH HIM THEY
WILL NEVER BE LONELY

MOTHERING SUNDAY READINGS

Use the back page to help you reflect on these passages.

- Psalm 131
- Matthew 23:37-39

MIDWEEK READINGS

These are the readings that the Midweek service will focus on, as part of the Sensing Jesus series. This week is about hearing. Don't forget to look at questions in the BIBLE READING section on back page.

John 5:24-29 --- Jesus said, "Very truly, I tell you, anyone who hears my word and believes him who sent me has eternal life, and does not come under judgement, but has passed from death to life. Very truly, I tell you, the hour is coming, and is now here, when the dead will hear the voice of the Son of God, and those who hear will live. For just as the Father has life in himself, so he has granted the Son also to have life in himself; and he has given him authority to execute judgement, because he is the Son of Man. Do not be astonished at this; for the hour is coming when all who are in their graves will hear his voice and will come out—those who have done good, to the resurrection of life, and those who have done evil, to the resurrection of condemnation."

Romans 10:9-17 --- If you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.' But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!' But not all have obeyed the good news; for Isaiah says, 'Lord, who has believed our message?' So faith comes from what is heard, and what is heard comes through the word of Christ.

BLESSED ARE THE
BEREAVED.



FOR WHOM THE WORST HAS
ALREADY HAPPENED. THEY
SHALL BE COMFORTED

Week Five – 21st to 27th March

⇒ This Sunday marks the beginning of 'Passiontide' and turns our hearts and minds firmly towards Holy Week ahead. Sackcloth is an ancient symbol of being humble and honest in God's presence. Take your piece of sackcloth from the Lent Package and put it where you will see it often during this week.

BLESSED ARE THOSE WHO
ARE ISOLATED WITH THEIR
ABUSERS



FOR ONE DAY - WE PRAY-
THEY WILL KNOW SAFETY

PASSION SUNDAY READINGS

Use the back page to help you reflect on these passages.

- Psalm 51.1–13
- John 12.20–33

MIDWEEK READINGS

These are the readings that the Midweek service will focus on, as part of the Sensing Jesus series. This week is about smell! Don't forget to look at questions in the BIBLE READING section on back page.

John 12:1-8 --- Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, 'Why was this perfume not sold for three hundred denarii and the money given to the poor?' (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) Jesus said, 'Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me.'

2 Corinthians 2:14-17 --- But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads in every place the fragrance that comes from knowing him. For we are the aroma of Christ to God among those who are being saved and among those who are perishing; to the one a fragrance from death to death, to the other a fragrance from life to life. Who is sufficient for these things? For we are not peddlers of God's word like so many; but in Christ we speak as persons of sincerity, as persons sent from God and standing in his presence.

HOW TO MAKE USE OF THE RESOURCES IN THIS BOOKLET

Allow yourself time for this moment with God Make it special. Will you make a cup of tea? Do you want to sit in a special place? Will you light a candle? Take five deep breaths. Check-in with how you are feeling – in body, in mind, in spirit. Take five more deep breaths and ask God to abide with you in this moment.

Bible readings There are plenty of choices for Bible readings during Lent. Don't feel you have to read everything. Just choose something from the readings for the week you are in. Can you picture yourself in the verses you have just read? If it's a story, who would you be? What are you thinking and feeling? If the passage is some other kind of writing, try and imagine what it was like to be the person who wrote these words. What is it that they wanted other people to know in their hearts?

In your own hands In your Lent Package, you have received a number of objects. There are six suggestions for activities based on these items in this booklet. Have you taken the time to try the idea for today?

Dave's drawings Have a look at the Beatitudes cartoons throughout this booklet. They were drawn by Chris' brother Dave Walker, using words from our friend and colleague Jayne Manfredi. Which one stands out a little bit more than the others for you today? Make a (mental) note of how it makes you feel. Is there anything it prompts you to do or say?

Enjoy a chat with God Tell him about your Beatitude. Tell him about your Bible reading. Tell him about your hopes and fears for today and tomorrow. Ask him who to pray for today.

BLESSED ARE ALL DURING THIS TIME WHO HAVE PURE HEARTS;
ALL WHO STILL HUNGER AND THIRST FOR JUSTICE; ALL WHO
WORK FOR PEACE AND WHO MODEL MERCY



MAY YOU KNOW COMFORT. MAY YOU KNOW CALM. AND MAY THE
GRACE OF OUR LORD JESUS CHRIST, AND THE LOVE OF GOD, AND
THE FELLOWSHIP OF THE HOLY SPIRIT, BE WITH US ALL. AMEN

You should receive an Easter Package in time for Palm Sunday!