

Regular Events

Alpha – Want to know more about the Christian faith? Join an informal discussion-based course! – Contact Adrian for information.

Baby Mice – Every Wednesday 10-12 in Newton Flotman Church Room. A group for parents and babies led by Geraldine from Children's Services. "Baby massage and "wriggle and giggle" sessions from time to time. Chat and get to know other parents. Young parents especially welcome. Contact Geraldine Preston on 07827 896281

Bible Study Groups New members are always welcome. Please contact Philip Simmons 499041, David Lancaster 493159 or June Gibson 499004

Church Mice – A parent and toddler group, meeting fortnightly on Thursdays from 9.30am in Newton Flotman Church room – for further information contact Dawn on 470956, Vicky on 471506 or see February dates

Coffee Stop – for coffee, tea and cakes Saturday Mornings 10-12 at Newton Flotman's Church Room. Contact Amy Ferguson on 470925

"First Sunday" - 9am a delicious free breakfast of croissants, brioche, fruit, juice and real coffee in Newton Flotman's church room. From 9.30am, activities in the church – children's crafts, drama, lively worship and a biblical look at some of life's big issues. Every first Sunday of the month.

Little Twinkles – Music, story, craft, dress-up for babies and toddlers: 2nd and 4th Mondays each month 9.45am Tasburgh Church Room. Contact Sarah Miller 498317

Monday Mardle – get together in Saxlingham Church Room every other Monday – see February dates for further information

Prayer for the parishes takes place every day. Please give any special prayer requests to a churchwarden, member of the clergy or prayer box or board in church. On Tuesdays at 9.40am, Celtic Morning Prayer takes place at Tasburgh Church, which is open to all.

Services at Residential Homes for the Elderly/To receive communion at home/Request a pastoral visit– Contact Rev. David Sochon on 558495

Special Agents –are children aged up to 11 with a special assignment to find out all about the Christian life. We meet on Sundays at 10.45-12 to investigate bible stories, play games, sing, pray and do all sorts of crafts. New members are always welcome. If you want to know more, tel: Kirsten Remer 471580

Tasburgh Coffee Pot – meets every Wednesday afternoon 2pm – 3.45pm in Tasburgh Church Room for coffee and a chat – all are welcome.

Tasburgh Sunday School meets on Sundays at 9.30 in Tasburgh's Church Room. Contact Jane Rae for more details 470692

This news sheet is circulated every month to all the Tas Valley churches.
Please send copy for the March Newsletter by February 15th to vicky.ball@virgin.net

Notices and News – February 2010

Tas Valley Team

St Mary, Newton Flotman; St Peter, Swainsthorpe; St Mary, Tasburgh; St Mary, Tharston; St Mary Saxlingham; All Saints Shotesham, St Mary Shotesham, Tas Valley Cell Church



Giving up (in a positive way!)

Are you thinking of giving anything up for Lent this year? (It begins on 17th Feb) Or perhaps you wonder why people do give things up for Lent... Of course, it's a time of fasting in preparation for the celebrations of Easter. But what is the point of fasting?

In the Christian faith, fasting is not to do with giving things up for their own sake or eating less to lose weight. It is about recognising that sometimes we have to make sacrifices in order to give more time or energy to things that are important in God's eyes.

Here are some ways to keep Lent in the 21st Century.

Could any of them be for you this year?

- For telly-addicts - A 40 day fast from watching television - and spend the time you save showing your appreciation to those you love
- For chocoholics - Don't just give up that chocolate - Send the money you save to a good cause
- For the busy - Give up some time for God and other people: Decide to spend a few minutes each day in prayer or use a Love Life Live Lent Booklet. (*Love Life Live Lent booklets offer a suggestion of a simple act of generosity each day for you to do each day. The actions are small and fun to do, but make a real difference in homes, families and communities. You can order the booklets for £1 through church or school.*)
- For the hurting – Come to the Ash Wednesday Prayer for Healing on 17th Feb to seek God's healing touch
- For old scores - Make a special effort to forgive and mend relationships.



Have a wonderful Lent

Love Sally

Worship Events in February

7th **Sunday Worship - Transfiguration**

Newton Flotman	8.00am	Holy Communion
	9.30am	First Sunday
Swainsthorpe	9.30am	Holy Communion
Tasburgh	9.30am	Matins
Saxlingham	9.30am	Holy Communion
Shotesham	11.00am	Holy Communion at St Mary's

14th **Sunday Worship – Preparing for Lent**

Newton Flotman	11.00am	Morning Worship with full immersion baptism
Swainsthorpe	9.30am	Swainsthorpe Special
Tasburgh	9.30am	Holy Communion
Tharston	11.00am	Village Praise – Celebrating the Gift of Marriage
Saxlingham	11.00am	Morning Light
Shotesham All Saints	3.30pm	Service Celebrating the Gift of Marriage at St Mary's

17th **Ash Wednesday – Penitence and Healing**

Tasburgh	7.30pm	Ash Wednesday Service of Penitence and Healing (see opposite for more details)
----------	--------	--

21st **Sunday Worship – Everybody Welcome – A Ministry of Hospitality**

Newton Flotman	11.00am	Holy Communion & Spec.Agents
Swainsthorpe	9.30am	Holy Communion
Tasburgh	9.30am	Family Service
Tharston	8.00am	Holy Communion
Saxlingham	9.30am	Holy Communion
Shotesham All Saints	11.00am	Holy Communion (BCP)

28th **Sunday Worship – Everybody Welcome – Welcome to Worship**

Newton Flotman	11.00am	Morning Prayer and Spec.Agents
Swainsthorpe	9.30am	Swainsthorpe Special
Tasburgh	9.30am	Holy Communion
Tharston	11.00am	Holy Communion
Saxlingham	11.00am	Special Celebration Service
Shotesham All Saints	9.30am	Matins

February Events across the benefice

Tues 2nd Feb – **Cell Leaders'** meeting at Newton Flotman Rectory 7.30pm

Thurs 4th Feb – **Church Mice** in Newton Flotman church room

Mon 8th Feb – **Saxlingham Mardle** Bingo - come and win one of our fab prizes

Tues 9th Feb – **Wardens'** meeting at Newton Flotman Rectory 7.30pm

Mon 15th Feb – **Saxlingham Mardle** February lunch at 12 noon.

Thurs 18th Feb – **Church Mice** in Newton Flotman church room

Mon 22nd Feb – **Saxlingham Mardle** – normal Mardle

Everybody Welcome

Everybody Welcome is a course held for 5 weeks during Lent. We are holding it on Thursdays at 7.30pm in Newton Flotman's Church Room. The aim is very practical - to become people who are good at showing God's warm welcome to everybody. Hope you can come as we learn about this.

The sessions are: 25 Feb - Looking from the outside in;

4 March - Premises, making them more inviting; 11 March - A

Welcoming God and his welcoming people; 18 March - Belonging

Ash Wednesday 17th Feb Prayer for Healing 7pm Tasburgh Church

Ash Wednesday is the beginning of Lent. Its name comes from the tradition of making ash by burning the previous year's palm crosses and using this to mark a cross on the foreheads of those preparing to "keep a holy Lent." Our service in Tasburgh retains this tradition in a quiet and reflective service; we seek God's forgiveness for sins and a fresh start. We also have a special focus on praying for healing – for broken lives and for a broken world.

Tas Valley Cell Church

Cells are vital units of the body - and cells in church life are small groups, which contain the DNA of what it means to be church. We meet to grow in faith, to pray and support each other, to learn from the bible and to join in actively sharing our faith and serving the wider community. If you'd like to join a cell, contact Andrew & June Gibson (Tues eves) 499004; Richard Bond (Wed eves) 578093; Linda Taylor (Weds eves) 498317; Lesley Cox or William Ball (Thurs eves) 471506; Andy Cox (Fri Eve multigenerational cell)

JAM Youth Group meets on Mon eves 7-8.30pm and is for young people of high school age. We play games, eat popcorn, watch films, go on outings, read the bible and pray. We also support each other, make friends and have fun. **SUNDAY NITE** - Older teens who want to explore their faith more deeply have recently started up a new youth cell on Sunday evenings to discuss some of the big issues of life, pray and support each other. If you'd like to find out more about JAM or Sunday Nite contact Chris Gaze tel: 470762; e-mail: chris@tasvalley.org

How to Contact the Staff Team

Rev'd Sally Gaze: sally@tasvalley.org Tel: 470762, The Rectory, Church Road, Newton Flotman

Rev'd Adrian Miller: aidymiller@googlemail.com Tel: 498317, The New Rectory, The Street, Saxlingham Nethergate,

Rev'd Chris Martin: chrism@tasvalley.org Tel: 470768, The New Rectory, Church Hill, Tasburgh

Rev'd David Sochon: davids@tasvalley.org Tel: 558495, The Bungalow, Chapel Lane, Shotesham

Mr David Lancaster (Reader) Tel. 493159