



### In this issue:

Should St Peter's be prescribed on the NHS?

**Only Reconnect** reconnecting with ourselves and each other

Details of all our **Lent activities and Easter services**

**THE HAPPINESS LAB** what makes us truly happy?

Lent 2019

Welcome to the parish newsletter of St Peter's - the church overlooking the War Memorial, at the heart of Harrogate. Connecting with other people face-to-face has now been proven to improve your health and wellbeing. Focusing on a shared interest, learning a new skill or volunteering to help others are thought to be especially beneficial. Inside find out about just some of the groups and activities available to you at our Church. Or come along to our Lent activities or Easter services - you will be made very welcome.



# THE NET

The Parish Newsletter for St Peter's Church, Harrogate

## Should St Peter's be prescribed on the NHS?



*Peggy, a member of St Peter's Afternoon Fellowship, enjoying her tea and cake*

Something troubling has been growing over the past few decades. As a society we have been steadily disconnecting. We've lost track of where we belong, who our people are, what our purpose is, and, ultimately, where our 'home' lies. All around us we can see the effects of this steady dismantling of the things that make us feel part of something larger than just 'me'. In every sector of society we are seeing more and more individual's (and families') lives blighted by the debilitating effects of depression and anxiety.

If these disconnections are what are causing us to become sick at heart, then perhaps what we need are new ways to connect. This is the logic behind the increasing use of 'social prescriptions' instead of, or alongside, the prescription of antidepressants and talking therapies. A social prescription might involve joining a club, activity of interest group. Your GP probably wouldn't prescribe: 'St Peter's Church so many times a week', but it might not be such a bad idea if they did. As a look inside THE NET or a visit to [www.stpetersharrogate.org.uk](http://www.stpetersharrogate.org.uk) will show, St Peter's is a place that builds community and fosters connections between people and people, and people and God, in myriad different ways every day of the year.

With so much going on, it might be hard to know where to start. So, if you're able, why not come and join us for Lunchtime RefleXions on Thursdays 11:30 am - 1:30 pm? A café serves excellent homemade soup and sandwiches with tea and coffee. Then, between 12:30 - 1:00 pm there are short pauses for an interview, a reading, or a prayer. In the period 7<sup>th</sup> March until 11<sup>th</sup> April (the first six weeks of Lent) we will be particularly focusing on different types of activity that might help improve our sense of belonging and purpose and, in turn, our mental wellbeing and our mental health.

Alan Garrow, Vicar of St Peter's Church

# Find fellowship here



*The Ladies who Lunch meet once a month in a local café*

As well as all our daily services there are a myriad of groups - social, learning and creative - for you to join at St Peter's. There are also many opportunities to volunteer!

Our **Evening Fellowship** meets at 7:30 pm on the first Thursday of the month in the Hall for a programme of speakers, films and outings. **St Peter's Afternoon Fellowship** meets on the second Monday of the month in a

member's home and their afternoon teas are legendary! An excellent hot Sunday lunch is served on the third Sunday of the month at St Peter's. **The Sunday Lunch Club** starts at 1:00 pm; there's no need to book or bring anything and everyone is welcome. **Men's Breakfast at St Peter's** is on the third Saturday of each month, starting at 8:00 am with morning prayers, then breakfast, followed by a short talk and discussion. Or why not join **St Peter's Ladies who Lunch**, at the Palm Court Café for food and fellowship on the fourth Wednesday or Friday of the month?

St Peter's runs annual Alpha courses starting in January, but there are other opportunities for you to learn more about the Christian faith - our **home groups** and **Bible RefleXions** (which meets on Wednesday mornings at 9:30 am in the Undercroft) all offer fellowship, study and prayer. There are Lent courses and this year **THE HAPPINESS LAB** - details overleaf.

If you like to sing, you could audition for **St Peter's Choir** or join the **Music Group**, who also welcome anyone who can play an instrument. The *University of the Third Age* run a folk music group, **Singing Folk**, on Mondays at 2:00 pm. Local charity, *Supporting Older People*, hold an informal 'just for fun' singing session on the third Wednesday of each month also at 2:00 pm. You could also come and try bell-ringing, acting, knitting or flower arranging - full details of all these groups and their next meetings are available on our website or in our weekly pewsheet *The Weekly News*.

A great way to meet people, make a difference and have fun is to volunteer. Each week there are several opportunities from preparing and serving fresh food to helping with our resource library - please contact the Parish Office.

Our youth group, **Sanctuary**, was started by our curate, Chris Clayton, in September 2018. It offers a sanctuary away from the pressures of school, exams and social media - a place for friendship, fun and spiritual feeding. Sanctuary has a relaxed atmosphere so that everyone can slow down, chill out and build lasting friendships. Chris says, "In a relatively short time individual friendships, trust in one another and a sense of identity are developing. We are currently thinking about increasing the frequency of meetings or changing the start time so we can be accessible to more of our young people." Please contact Chris on [chris.clayton@leeds.anglican](mailto:chris.clayton@leeds.anglican) to find out more.



## Only Reconnect - Lent Lunchtime Reflexions

Every Thursday, starting after our Communion service from around 11:30 am onwards, Lunchtime Reflexions takes place at St Peter's Church. Delicious light lunches of soup, sandwiches and cakes are served along with inspiring readings and prayers - truly food for the body and soul!



It's easy to feel disconnected. The patterns of relationship and activity that used to help us feel supported by our local community have, for a long time now, become increasingly difficult to maintain. Alongside this growing sense of isolation there has been a rapid rise in the number of people wrestling with depression and anxiety. The two, it would seem, are not disconnected. This year's Lent Lunchtime Reflexions, on

Thursdays, will consider ways to reconnect: with different aspects of ourselves, and with something larger than ourselves.

7 <sup>th</sup> March	<b>Reconnecting with wellbeing</b>	Emily Fullarton, <i>Wellspring Therapy and Training</i>
14 <sup>th</sup> March	<b>Reconnecting with creativity</b>	Rachel Deniz, <i>The Seasons Art Class</i>
21 <sup>st</sup> March	<b>Reconnecting with physical fitness</b>	Carl Summerscales and Helen Williams, <i>Parkrun</i>
28 <sup>th</sup> March	<b>Reconnecting with nature</b>	Ann Beeby, <i>Friends of the Valley Gardens</i>
4 <sup>th</sup> April	<b>Reconnecting with learning</b>	Christine Hines and Don Mason, <i>University of the Third Age</i>
11 <sup>th</sup> April	<b>Reconnecting with hope</b>	Alan Garrow, <i>Vicar St Peter's Church</i>

## Lent and Easter at St Peter's

### March

Wednesday 6<sup>th</sup> *Ash Wednesday* 11:30 am Holy Communion marking the beginning of Lent, which will include the tradition of Ashing (the marking of foreheads with ash).

**Only Reconnect** - as part of our usual Lunchtime Reflexions, an opportunity to reflect on six different ways to reconnect, 12:30 - 1:00 pm on Thursdays in Lent, starting on 7<sup>th</sup> March with *Reconnecting with wellbeing*.

Sunday 31<sup>st</sup> *Mothering Sunday* with all our usual Sunday Services - a small posy of flowers, made by St Peter's Brownies and Guides, will be given with love to every mother attending our services.

### April

Sunday 7<sup>th</sup> *Fifth Sunday in Lent* with our usual Sunday Services

### Holy Week

Sunday 14<sup>th</sup> *Palm Sunday* - during our services today everyone receives a palm cross to commemorate Christ's entry into Jerusalem and the Passion Narrative is read at Matins and Evensong.

Monday 15<sup>th</sup> 7:00 pm **Compline** - a service of quietness and reflection before rest at the end of the day

Tuesday 16<sup>th</sup> 12:30 pm Healing Service - with prayers and the laying on of hands  
7:00 pm **Compline**

Wednesday 17<sup>th</sup> 7:00 pm Performance of **Bach's St Matthew Passion** with St Peter's Choir, guest singers and an orchestra

Thursday 18<sup>th</sup> *Maundy Thursday* 11:00 am Holy Communion - a traditional said service  
7:30 pm **Choral Communion commemorating the Last Supper**

Friday 19<sup>th</sup> *Good Friday* 10:00 am **Good Friday Family Service** with craft activities and hot cross buns

2:00 pm **An Hour before the Cross** - meditations and music on the crucifixion of Christ

Saturday 20<sup>th</sup> *Easter Eve* 7:30 pm **Lighting of the New Fire** led by our Youth Group

Sunday 21<sup>st</sup> *Easter Day* with all our usual Sunday Services - celebrating with joy Christ's resurrection - don't forget to bring a flower to add to the Flowering Cross.

# THE HAPPINESS LAB

What makes us truly happy? Research suggests that the answer may be rather different from what we might expect. The Happiness Lab is an opportunity to explore the impact of six activities on the way you feel about yourself and the world around you. The course will take place from 7:00 - 8:30 pm on Thursdays, starting on 7<sup>th</sup> March; and from 10:00 - 11:30 am on Fridays, starting on 8<sup>th</sup> March - if you'd like to join in the experiment, contact me at [alan.garrow@gmail.com](mailto:alan.garrow@gmail.com).

The course is based on a series of fly-on-the-wall documentaries that follow twelve people exploring the effect of six disciplines. The idea is that, as we observe their journey, space is created enabling us to engage in a conversation about our own happiness.

The themes of each episode are:

Episode 1: Focusing on gratitude and savouring

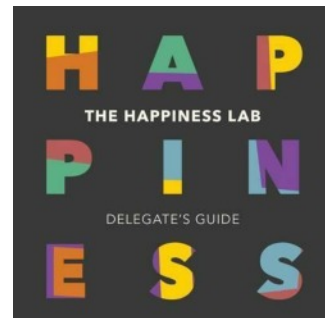
Episode 2: Practising acts of kindness

Episode 3: Learning to forgive

Episode 4: Investing in friends and family

Episode 5: Looking after your body and soul

Episode 6: Developing coping strategies



This resource does not offer a prescriptive answer. Yes, professionals have pointed to indicators that could aid someone's journey to greater peace, but the purpose of the course is to help delegates conduct their own experiments and come to their own conclusions. We operate on the belief that happiness comes from living well and that you live well when you exist as a spiritual person in a material age.

## Daily Services at St Peter's

*Morning Prayer is at 8:00 am and Evening Prayer at 5:00 pm Monday to Saturday*

### Sundays

- 8:30 am **Holy Communion** - a traditional said service held in the Choir stalls
- 9:30 am **Family Communion** - a structured but informal service accompanied by our Music Group. There is a Sunday Club for children.
- 11:00 am **Choral Matins** - a traditional service led by our Choir. On the first Sunday of the month this is Choral Communion.
- 4:15 pm **Afternoon Church** - starting with refreshments, a service for all the family.
- 6:30 pm **Choral Evensong** - a Cathedral style service led by our Choir. On the third Sunday of the month we have Choral Communion

### Tuesdays

- 12:30 pm **Healing Service** - this includes prayers with laying on of hands

### Wednesdays

- 10:30 am **Café RefleXion** - coffee, cake and Bible reflections

### Thursdays

- 9:30 am **Parents and Toddlers** - stories, songs and prayers in Church, followed by time for coffee and play up in the Hall
- 11:00 am **Holy Communion** - a traditional said service
- 11:30 onwards **Lunchtime RefleXion** - food for your body and soul: a delicious lunch with readings

### Contact us:

**Parish Office:** Tel: 568218, email: [stpeters.office@ntlbusiness.com](mailto:stpeters.office@ntlbusiness.com) or visit our website: [www.stpetersharrogate.org.uk](http://www.stpetersharrogate.org.uk)

**Vicar:** The Revd Dr Alan Garrow, St Peter's Vicarage, 13 Beech Grove, Harrogate, HG2 0ET. Tel:526454  
[alan.garrow@gmail.com](mailto:alan.garrow@gmail.com)

**Parish Newsletter Editor:** Marian Chambers [marian.chambers41@gmail.com](mailto:marian.chambers41@gmail.com)

The next edition of THE NET will be coming out in the Summer, on Sunday 30<sup>th</sup> June 2019.