



# Weekly News

24<sup>th</sup> February 2019

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

St Peter's Church, Cambridge Road, Harrogate, HG1 1PB

## 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 runs from 7:00 - 8:30 pm on Thursdays at the home of Stewart and Catherine Davies, starting on 7th March; and from 10:00 - 11:30 am in Church on Fridays, starting on 8th March - if you'd like to join in 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: **Practicing 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.

Alan Garrow, Vicar of St Peter's Church





# THE SEASON OF LENT

As well as **The Happiness Lab** there are many other Lent courses for you at St Peter's this year – please sign up on the sheets available in Church today:

## Take a Pilgrim Journey this Lent

There are two groups following the *LentPilgrim* and *EasterPilgrim* courses using booklets by Steven Croft, Bishop of Oxford. The first on Mondays at 7:30 pm is at Hannah Beck's (4, St Mary's Avenue, tel: 07503 186455) and will be covering **The Beatitudes**. The second on Wednesdays at 7:00 pm is at Fiona Weare's (26, Hookstone Drive, tel: 07913 259490) and will be covering **The Lord's Prayer**.

## Five Events that Made Christianity by John Pritchard

Bible RefleXions meets on Wednesdays 9:30 – 10:30 am in the Undercroft and will be studying this book during Lent. It unpacks the five great events that made Christianity – Christmas, Good Friday, Easter, Ascension and Pentecost.

## Only Reconnect on Thursdays during Lent Lunchtime RefleXions

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 during Lunchtime RefleXions in Lent, we will consider ways to reconnect: with different aspects of ourselves, and with something larger than ourselves.

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



## Fundraising Refreshment Day

There is a St Peter's Fundraising Refreshment Day to raise funds for our Church on Saturday 9<sup>th</sup> March from 10:00 am until 4:00 pm. If you are available to help in any way - perhaps serve, clear tables or wash-up on the day - or bake a cake, some scones or biscuits in advance – then please speak to Barbara Agar (07951 900514) or Louise Knight (07764 493475).

## The Knitter's Yarn Community Knitting Group

A social knitting group is starting tomorrow, Monday 25<sup>th</sup> February from 10:00 am – 12:00 pm at St Peter's in the Brostoff Hall to support good causes. Make new friends, while knitting for a charity that you would like to support – perhaps a hat or bonnet for a premature baby? Please bring your own needles and yarn. Anyone wishing to learn to knit will be welcome as there will be someone on hand to help get you started. The cost of £2.50 includes tea, coffee and biscuits. – hope to see you there!



## St Peter's Ladies who Lunch

The **Ladies who Lunch** are meeting again on Wednesday 27<sup>th</sup> February at 12:30 pm at the Palm Court Café at the bottom of Montpellier Hill. If you are interested in joining us for food and fellowship, then please contact Sue Heapy to book your place at our table (07540 355 305) or [brynsusie@hotmail.com](mailto:brynsusie@hotmail.com).

## St Peter's Evening Fellowship AGM

Our Evening Fellowship will be holding their AGM on Thursday 7<sup>th</sup> March at 7:30pm in the Brostoff Hall. After the formalities, Chris Gilliland will be telling stories from a fascinating life, not least about his time working at the Vatican under Pope John Paul II. Everyone is very welcome.



**Electoral Roll Renewal 2019** – this year everyone needs to fill in a new application form. If you are already on our present Roll please collect the envelope addressed to you. If you are not on the Roll and would like to be, please collect an envelope marked *Electoral Roll form enclosed*. **Don't forget to return your completed form to Church by 2<sup>nd</sup> April 2019.**

# Today's Services: 24<sup>th</sup> February 2019

The Second Sunday before Lent

Matthias the Apostle (BCP)

**8:30 Holy Communion**

**9:30 Family Communion**

*There is Sunday Club for school age children today - please gather in the café area at the front of Church at the start of the service. Pre-schoolers and their parents are welcome to stay in this area, where there are toys and activities to share for the whole service.*

**Hymns** 22, 475, 483, 377

**Readings** Revelation 4  
Luke 8 v 22 - 25

**Preacher:** Hannah Beck

**11:00 Choral Matins**

**Setting** Stanford in C (Te Deum)

**Hymns** 577, 494, 398

**Psalm** 15

**Readings** Jonah 1 v 1 - 9  
Acts 2 v 37 to end

**Anthem** Lord I trust thee (*Handel*)

**Preacher:** Sue Pearce

**4:15 Afternoon Church** Celtic Worship

**Hymns:** 483, 418, 20

**Preacher:** Sarah Martin

**Our Duty Wardens today are:**

Richard Harrison and  
Rosemary Turner

**6:30 Choral Evensong**

**Setting** Alcock in B flat

**Hymns** 267, 385, 502 (omit \*verse)

**Psalm** 147

**Readings** 1 Samuel 16 v 1 - 13  
Matthew 7 v 15 - 27

**Anthem** I love all beauteous things (*Judith Weir*)

**Preacher:** Alan Garrow



At the 9:30 Service we offer prayer with laying on of hands. If you would like this ministry, please come up to receive the bread and wine (or a blessing) in St Mary's Chapel and wait behind in the pews there.

**Please pray for those who have asked for our prayers:**

Tim Akers, Jane and Brian Crabtree, Louise Emrullahu, Helen Gardiner, Pam Gardiner, Gill Gibson, Linda Hardwick, Vicky Harrison, Edna Hodgkiss, Sian Lockwood, Peter Norbury, Peggy Palmer, Alan Richardson, Frances Roxby-Proud, Colin Sinclair and Keith Ward

**Also in our prayers this week:**

- Mon** David Fisher, our Treasurer  
All those affected by the closure of the Honda plant in Swindon
- Tues** The Hospital Chaplaincy Team  
All the patients and staff at Harrogate Hospital
- Wed** St Peter's Lunchtime RefleXions  
All victims of human trafficking
- Thurs** St Peter's Toddler Group  
Looked-after children and children in care
- Fri** St Peter's Sunday Lunch Club  
Rough sleepers and the homeless
- Sat** Alan Garrow, *Vicar of St Peter's*  
Harrogate School of Theology & Mission

**Daily Readings**

*Morning Prayer is at 8:00 am and Evening Prayer at 5:00 pm daily. These are the Bible readings we will be using in Church each morning this week. Why not read them at home if you are unable to come to the service?*

- Mon** Psalm 71  
2 Chronicles 9 v 1 - 12  
John 19 v 1 - 16
- Tues** Psalm 73  
2 Chronicles 10 v1 – 11 v 4  
John 19 v 17 - 30
- Wed** *George Herbert, poet*  
Psalm 77  
2 Chronicles 12  
John 19 v 31 to end
- Thurs** Psalm 78 v 1 - 39  
2 Chronicles 13 v 1 – 14 v 1  
John 20 v 1 - 10
- Fri** *David, patron of Wales*  
Psalm 55  
2 Chronicles 14 v 2 to end  
John 20 v 11 - 18
- Sat** Psalm 76  
2 Chronicles 15 v 1 - 15  
John 20 v 19 to end

**The Collect for the Second Sunday before Lent**

Almighty God, you have created the heavens and the earth and made us in your own image:

teach us to discern your hand in all your works and your likeness in all your children;

through Jesus Christ your Son our Lord, who with you and the Holy Spirit reigns supreme over all things, now and for ever.

**or**

Almighty God, give us reverence for all creation and respect for every person, that we may mirror your likeness in Jesus Christ our Lord.

# What's on This Week

*Morning Prayer is at 8:00 am and Evening Prayer at 5:00 pm daily*

**Make Care Matter** – an exhibition in the Glass Foyer by North Yorkshire County Council to raise awareness of adult social care and to advertise job opportunities available in this growing sector, supporting people in North Yorkshire to live longer, healthier, more independent lives. Daily from 22<sup>nd</sup> February to 1<sup>st</sup> March.

**Mon 25<sup>th</sup>** 10:00 am **The Knitter's Yarn Community Knitting Group** in the Brostoff Hall

2:00 pm The Singing Folk group

**Tues 26<sup>th</sup>** 10:00 am – 1:00 pm *The Seasons Art Class* in the Brostoff Hall  
12:30 pm Healing Service

1:30 – 4:30 pm *The Seasons Art Class* in the Brostoff Hall

7:00 pm Bi-Polar Support Group

**Wed 27<sup>th</sup>** 9:30 am Bible RefleXions

10:30 am Café RefleXion

12:30 pm **St Peter's Ladies who Lunch** are meeting in the Palm Court Café

6:00 pm Alpha: **Why and how should I tell others?**

**Thurs 28<sup>th</sup>** 9:30 am St Peter's Parent and Toddler Group

11:00 am Holy Communion

12:00 pm Lunchtime RefleXions

2:00 pm St Peter's Handbell Ringers at Wesley Chapel

7:30 pm Choir Practice

**Fri 1<sup>st</sup>** *St David's Day*

9:30 am AA Meeting

10:00 am St Peter's Cleaning Team

7:00 pm Bell Ringers

**Sat 2<sup>nd</sup>** 9:00 am – 2:00 pm **Alpha Youth Day: Spirit: The Holy Spirit and what does he do? Fill: How can I be filled with the Holy Spirit? New Life: How can I make the most of the rest of my life?**

10:00 am – 4:00 pm **The Harrogate Fairtrade Group** are holding a Refreshment Day to coincide with *Fairtrade Fortnight!*

**Who is this? He commands even the winds and the water, and they obey him.**



## THE NET is coming out next week!

The next edition of our Parish Newsletter, THE NET, is coming out next Sunday 3<sup>rd</sup> March in time for the beginning of Lent. The focus this time is on **improving health and wellbeing** by reconnecting - showing that St Peter's is a place that builds community and fosters meaningful, face-to-face connections between people. Also, there are details of all our Lent and Easter services.

## Sanctuary update

Over the last couple of weeks as I have been reflecting on our youth group, **Sanctuary**, the parable of the mustard seed has repeatedly become the focus that succinctly describes where we are now and where we want to be (*Matthew 13 v 31 - 32*). **Sanctuary** started as a small group, a small seed. But as a seed slowly germinates and roots, a stem develops and we are seeing the same with this group of amazing young people. In a relatively short time individual friendships, trust in one another and a sense of identity is developing. We are still at a very delicate stage as any young plant which is establishing itself goes through - but the signs of life and growth are encouraging.



Learning to abseil at Ripon 2, 2018

Looking to the future and developing that sense of growth, so we become *the largest tree in the garden*, we will be leading the Church in worship at the 9:30 am service next Sunday 3<sup>rd</sup> March. We also continue to promote the Ripon CPAS Ventures Summer Camp ([www.riponventure.co.uk](http://www.riponventure.co.uk)), which is an amazing opportunity for our youth to develop their faith, skills and friendships.

As a leadership team we are currently thinking about increasing the frequency of meetings and maybe changing the start time so we can be accessible for even more of our young people. But to enable this we are seeking more volunteers to support this vital work and we continue to seek your prayer support.

Chris Clayton, Curate of St Peter's

The Breakfast Club provides a free, hot breakfast from Monday to Saturday (8:15 – 8:45 am) for all those who are hungry or in need. A hot Sunday lunch is also served at the Wesley Centre each week at 1:00 pm, except for the third Sunday of the month when it is here at St Peter's.

Food parcels are available from 4:45 pm every day, except for Sundays, when it's 5:30 pm.

### Next Sunday 3<sup>rd</sup> March

#### The Sunday next before Lent

8:30	Holy Communion
9:30	Service of the Word led by <b>Sanctuary</b> , our youth group
11:00	Choral Communion
4:15	Afternoon Church – <i>Holy Communion</i>
6:30	Choral Evensong

Refreshments are served after each of our Sunday morning services from the kitchen area at the front of Church. Please come and join us.



## Next Week's Deadline

The deadline for the next edition of the Weekly News (3<sup>rd</sup> March) will be noon on Wednesday 27<sup>th</sup> February. Please send any items (including photos) to Alan Garrow or to Marian Chambers (addresses below)



St Peter's gives out food parcels every day to those in need. Please, when you do your shopping this week, remember to pick up something extra - toiletries, tinned food, a packet of tea or biscuits - to bring to Church next Sunday to put in the hamper.

## Key Contacts

### 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)

### Curate:

The Revd Chris Clayton,  
[chris.clayton@leeds.anglican.org](mailto:chris.clayton@leeds.anglican.org)

### Parish Administrator:

Carole Raw,  
tel: 07425 161425 or 568218  
[stpeters.office@ntlbusiness.com](mailto:stpeters.office@ntlbusiness.com)

### Churchwarden:

Paul Medforth tel: 07710 195834  
[paul.medforth@medforth.com](mailto:paul.medforth@medforth.com)

### Acting Churchwarden:

Patricia Stableford  
tel: 01423 526767

### St Peter's Safeguarding Officer:

Sian Lockwood tel: 07889 616755  
[sian.lockwood54@gmail.com](mailto:sian.lockwood54@gmail.com)

### Churchwardens Emeriti

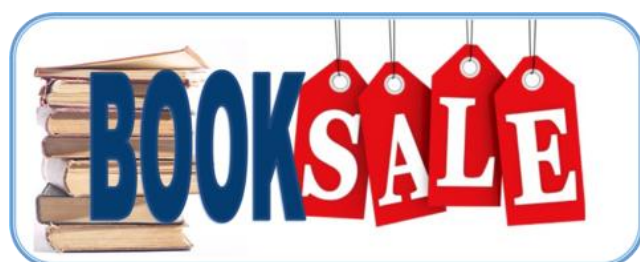
John & Patricia Stableford  
tel: 01423 526767

### Weekly News and Parish Newsletter Editor

Marian Chambers  
[marian.chambers41@gmail.com](mailto:marian.chambers41@gmail.com)



**ST PETER'S CHURCH**  
**SUNDAY 3<sup>rd</sup> MARCH 2019**  
**9:30 am SERVICE of the WORD**



Do you have any unwanted books for a book sale at Church in March in aid of Church funds?  
Please contact Hannah Beck on  
**07503 186455.**