



The Revd Canon Sally Lodge Rector

Dear Friends,

Ash Wednesday falls this year on 5th March and with it Lent begins, the season of the church year which leads up to Holy Week and Easter. It's a season which is often associated with sacrifice, self-denial and "giving things up". A season, maybe, where the common expression "no pain, no gain" comes to the fore.

What is it all about, this feeling that we need to give something up? After all, God doesn't want us to be miserable; his desire is that we have life in

March 2025 the online newsletter from the Parish of Central Windsor

abundance (*John 10.10*). And I doubt he wants us to be all pleased with ourselves for feeling miserable, in a self-indulgent kind of way. "Keeping a holy Lent" doesn't mean going round with a long face complaining that we have given up chocolate or alcohol or biscuits. Giving up something for Lent is not about feeling miserable about it or indulging in a warm glow of inner holiness because we are so good at resisting Cadbury's Crème Eggs!

If we give up something it needs to be with a purpose. So, perhaps, if we give up chocolate, we do it in order to eat more fruit so that we are better nourished. Or we do it in order to put the money we have saved to a better use – donating to Windsor Foodshare for example.

The same applies of course to giving up cakes or alcohol or biscuits. What is the purpose behind our abstinence? Is it serving a greater good? If we decide to give up meat, we could do this in order to discover new vegetables or new ways of cooking our traditional vegetables. If we decide to give up watching Reality TV or TV "soaps", we could do this in order to read more or to learn a new craft or hobby. We might even decide to give up social media in order to spend more time with our friends face to face.

Of course the reality is that when Lent ends in 40 days' time we haven't actually "given up" anything; we have simply not done it for a while. We have "laid it aside" for a period. But that's not necessarily a bad thing. Perhaps it has given us a new way of appreciating something we have too easily taken for granted. That first glass of wine after an alcohol-free Lent always tastes especially good! As does the first bite of Easter egg if we haven't tasted chocolate since before Ash Wednesday!

So, maybe, one purpose of Lenten fasting is to help us to appreciate the

continued on next page



11am

Holy Communion (BCP) with ashing Holy Trinity Church Claremont Road & Trinity Place

7.30pm

Sung Eucharist with ashing St Stephen & St Agnes Church Vansittart Road

All welcome

continued from previous page

many good gifts around us. All those little treats and indulgences we reward ourselves during the week which we "give up" for Lent as well as the gift of creation itself. We can't give up or even temporarily lay aside the glory of a sunrise, the warmth of the first sunny day of spring, the sound of birdsong or the beauty of cherry blossom. Thanks to God's great goodness they will continue to appear. Perhaps Lent can be a time when we appreciate them more.

And in appreciating God's gifts, perhaps this Lent might also be a time to set aside a period of each day for prayer. One way of doing this which many people find helpful is to get into the habit of saying Morning or Evening Prayer, maybe daily or perhaps once or twice a week. It is so easy to do this either with others or on your own. The Daily Prayer app is free to download and gives you everything you need. If you would like the company of others, why not join our Morning Prayer group. We meet on zoom every weekday at 9am (and in church as well on Monday, Wednesday and Friday). All you have to do is ask me for the zoom link and whether you join every day, once a week or just once during Lent, you will be very welcome!

May I take this opportunity to wish everyone a peaceful and holy Lent.

Every blessing

Sally

The Reverend Canon Sally Lodge Rector, Parish of Central Windsor

MothersUN

February's Mothers' Union was held without the Presiding Member Estlyn Davies as she was recovering from 'flu and pneumonia. Members were pleased to hear she was making good progress.

We were fortunate in having as our speaker the Revd Jeremy Hurst, with the subject Coleridge and the Rhyme of the Ancient Mariner. He started with a dramatic reading of some of the poem, leading to a study of his Coleridge's life and habits which may have been responsible for some of the imaginative content. We also heard of other poets, including William Wordsworth. We had some interesting discussion and questions. Jeremy ended by exhorting members to go home and bring poetry to life by reading aloud. Our next meeting will be on 13th March, when the Revd John Quick will speak of his life supporting Eileen (Dee), his late wife, during her office as Mayor, when we hope Estlyn will be with us, fully recovered. All meetings are open to all, so why not join us at 3.30pm on 13 March at All Saints' Church?

Margaret Parsons

Service of Welcome for the new Bishop of Reading The Bishop-Designate Mary Gregory's Service of Welcome is planned for Sunday 2nd March at 3pm in Reading Minster. All welcome

From the Rector

Ash Wednesday 5th March

This year Ash Wednesday falls on 5^{th} March.

Like Maundy Thursday and Good Friday, Ash Wednesday is a Principal Holy Day which means its place in the church calendar is as important as Christmas Day and Easter Day. Under Church Law, Holy Communion must be celebrated in every parish or benefice and, as such, it is a day when traditionally all Christians are expected to attend church.

Ash Wednesday marks the start of Lent which for centuries has been a time of self-examination, penitence, self-denial and preparation in readiness for the great festival of Easter. The 40 days of Lent reminds us of the 40 days which Jesus spent in the wilderness before he took up his public ministry.

Church services on Ash Wednesday often include the ancient practice of the imposition of ashes. Ash has been a sign of penitence since the Middle Ages when it became customary to begin Lent by being marked in ash with the sign of the cross, signifying Christ's victory over sin and death. The practice of "ashing" has in recent years seen something of a revival and often attracts the attention of the press who seem to like photographs of Church of England bishops imposing ash on the foreheads of passers-by in shopping centres and at railway stations! Attending church on Ash Wednesday is a wonderful opportunity to reflect, repent and prepare. We all need time out of our hectic lives to listen to God and to think about the way in which we live personally, in community and globally.

Whether you are an Ash Wednesday regular, whether you have in the past attended on Ash Wednesday but have fallen out of the habit or whether you have never attended an Ash Wednesday service, you are very welcome to come along this year and experience God's love, that great love which passes all understanding. We would love to see you.

Our two Ash Wednesday services are at Holy Trinity Church at 11am and St Stephen & St Agnes' Church at 7.30pm.

The service at 11am will last about 30 minutes and the service at 7.30pm will be about an hour. Both services will include the optional extra of "ashing".

Please do be in touch if you would like any further information.

Lent Study Course

Jeremy Hurst will be leading a Lent course on 'The Psalms'. on Thursdays beginning March 6th from 11.00 - 12.00 in All Saints church vestry. All are welcome. Please bring a copy of the psalms and be ready to join in discussion.



A WARM, FRIENDLY WELCOME AWAITS

At Rivermede Court, every aspect of our luxurious care home has been planned to bring people together, there is never a dull moment. A thriving community, where friendship and companionship flourish. All combined with luxury care at affordable prices.

Rivermede Court is close to local amenities and only a stone's throw from Windsor, we would be delighted to show you or a loved one what we have to offer.

For more information or to book a personalised tour of Rivermede Court call Nicky on 01784 614 416 or email rivermede.enquiries@cinnamoncc.com

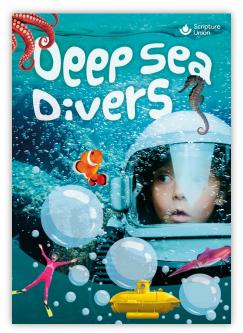
RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

Luxury Care Home in Egham Rivermede Court Care Home, The Avenue, Egham, Surrey, TW20 9AD www.cinnamoncc.com/rivermedecourt

Holiday Club

Surfing, singing, flappy fish relay and our sea creature hunt were all enjoyed by the children who attended our holiday club this February half-term. Sixteen children attended our 3-day offering as we reflected upon the birth and baptism of Jesus, the healing and forgiveness of sins of a man who couldn't walk, and the death and resurrection of Jesus. Children from 4-9 years of age became deep sea divers as we used resources from the Scripture Union to dive into the life of Jesus.

Eleven parishioners gave their time and energy to support our two teams of 'Starfish' and 'Turtles' as they explored the themes within the bible stories. Some parishioners dressed in 1st Century clothing to act out the bible story as well as helping the children with the crafts that reflected the images conjured up by the bible stories. Some children were initially booked in for one day, but such was their enjoyment they returned the following day. The energy of the children was infectious, and their engagement with



the stories moving. More than once, children answered questions with a transparency and wisdom that moved the heart and mind. We look forward to future events as we reflect upon how to build upon this faith filled venture.

Fr Richard

Regular midweek services

Mondays 9am Morning Prayer - All Saints' Church

Wednesdays 9am Morning Prayer - St Stephen & St Agnes Church 11am Holy Communion (BCP) - Holy Trinity Church

> **Fridays** 9am Morning Prayer - Holy Trinity Church

This month it was...

250 years ago, on 23rd March 1775 that Patrick Henry, a Founding Father of the United States, gave a famous speech at the Second Virginia Convention. He called for America's independence from Britain, saying "Give me liberty or give me death!"

175 years ago, on 5th March 1850 that the Britannia Bridge linking Anglesey and mainland Wales across the Menai Strait was officially opened. Designed and built by railway engineer Robert Stephenson, it had to be replaced after a disastrous fire in 1970.

150 years ago, on 7th March 1875 that the French composer Maurice Ravel was born. Best known for *Bolero*. 125 years ago, on 28th March 1900 that the British archaeologist Arthur Evans began excavating the ancient city of Knossos, capital of the Minoan civilisation, in Heraklion, Crete. Knossos is regarded as the oldest city in Europe. It was abandoned (unknown reasons) more than 3,000 years ago.

100 years ago, on 21st March 1925 that Murrayfield Stadium in Edinburgh was officially opened.

90 years ago, on 16th March 1935 that driving tests were first introduced in Britain. Three days later, on 19th March, a speed limit of 30 mph in built-up areas was also introduced, under the Road Traffic Act of 1934. 80 years ago, on 24th March 1945 that Operation Varsity took place in Wesel, Germany. The USA, Britain and Canada carried out the largest single-day airborne landing operation in history, involving more than 16,000 paratroopers and thousands of aircraft. Allied victory.

70 years ago, on 11th March 1955 that Sir Alexander Fleming, Scottish bacteriologist died. Joint winner of the 1945 Nobel Prize in Physiology or Medicine for discovering penicillin.

60 years ago, on 8th March 1965 that the first US troops arrived in Vietnam. This marked the beginning of the USA's main involvement in the war.

Also 60 years ago, on 18th March 1965 that Soviet cosmonaut Aleksei Leonov became the first person ever to make a spacewalk.

50 years ago, on 26th March 1975 that the Biological Weapons Convention came into effect. This multilateral disarmament treaty banned the development, production and stockpiling of all biological and toxin weapons.

40 years ago, on 3rd March 1985 that British miners voted to return to work after a year-long strike over pit closures and job losses.

30 years ago, on 2nd March 1995 that the 'rogue trader' Nick Leeson was arrested for his role in the collapse of Barings, Britain's oldest merchant bank.





Please click to book or email **windsor**. **churchbookings @gmail.com**, to let us know you are coming

Children must bring an adult

OUR LIVE-IN SERVICES

H Hamilton

George

HOUSEKEEPING

Companionship and help around the home

CLINICAL CARE

Varying levels of clinical and personal care

COMPLEX CARE

Condition led; ie nursing, palliative and rare conditions

REHABILITATIONShort term care

(four weeks or more) hamiltongeorgecare.com

0330 470 2866

HIGH-END CARE IN YOUR OWN HOME

At **Hamilton George Care**, we only work with the very best live-in carers. We take the time to understand the unique clinical and lifestyle needs of our clients and their families. Our outstanding carers and dedicated in-house team provide around-the-clock support, all from the comfort of your own home.



CLIENT TESTIMONIAL

'Hamilton George are not 'just a safe pair of hands', they are proactive rather than reactive. Cannot recommend highly enough.'

continued from previous page

Four days later, on 6th March, the Dutch bank ING purchased Barings, for the nominal price of £1.

Also 30 years ago, on 26th March 1995 that the Schengen Treaty came into effect in the European Union. Seven nations (Belgium, France, Germany, Luxembourg, the Netherlands, Portugal and Spain) eliminated their internal border controls and tightened their external borders.

20 years ago, on 10th March 2005 that Dave Allen, Irish comedian, died.

10 years ago, on 12th March 2015 that Terry Pratchett, British fantasy novelist best known for his Discworld series, died of Alzheimer's, aged 66.

Also 10 years ago, on 24th March 2015 that the Germanwings Flight 9525 crashed in the French alps, killing all 150 people on board. An investigation found that the co-pilot had deliberately caused the crash.

adapted from Parish Pump



The Alma Beacon (Windsor Christian Action) is looking to appoint a trustee to support the charity on Human Resources matters. You can find out more about the charity and the role <u>here</u>. The closing date is 7 March.

Walter Hilton of Thurgarton - commemorated on 24 March

Born in 1343, Walter Hilton studied Canon Law at Cambridge but after a period as a hermit, he joined the community of Augustinian Canons at Thurgarton in Nottinghamshire in about 1386. Highly regarded in his lifetime as a spiritual guide, he wrote in both Latin and English and translated several Latin devotional works. Controversy with 'enthusiasts' and with the Lollard movement gave a sharper definition to his exposition of the aims, methods and disciplines of traditional spirituality. Amongst his major works, Ladder of Perfection (Book Two) declares that contemplation, understood in a profoundly Trinitarian context as awareness of grace and sensitivity to the Spirit, may and should be sought by all serious Christians. He died on this day in the year 1396.

from Exciting Holiness

You can read more about Walter Hilton on the <u>Thurgarton History website</u> which says that "he was evidently concerned that his writing should be widely accessible" and chose to write frequently in English rather than in the more usual Latin and also addressed his books to women and laymen. It also reports that "In 1535 Sir Thomas More was a prisoner in the Tower for resisting Henry VIII's claim to supremacy of the church and recommended Hilton's work to his gaoler." Some of his work is available to order from <u>Waterstones</u>. Morning Prayer A small group of us meet to say Morning Prayer at 9am on weekdays on Zoom and some days also in a church. Please contact <u>Revd Sally</u> if you'd like a Zoom invitation. You can download the Daily Prayer app with the order of service <u>here</u> (there are also books available in churches).



Loving Care

Do you care for a loved one or friend?

Would you like to meet up with others in a similar situation?

Join us for tea and biscuits on the second Thursday of each month from 1.30pm to 2.30/3.00pm in the Mountbatten Room (opposite the Car Park) at Holy Trinity Church in Claremont Road

All welcome



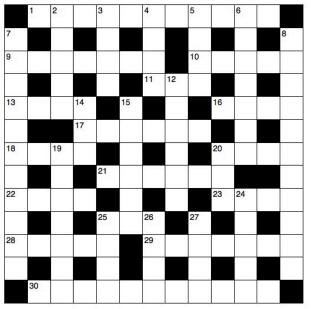
Connect with other parents and bring your little one for nursery rhymes, sensory play, books and more.



For Ages 0-3 years books a at Holy Trinity Church, 10am-11.30am on Tuesdays, during termtime

<u>Contact</u> Richard: windsor.hfdpriest @gmail.com

Puzzle Fage



Across

- 1 These letters come between Romans and Galatians (11)
- 9 'You will not me to the grave' (Psalm 16:10) (7)
- 10 King of Moab to whom the Israelites were subject for 18 years (Judges 3:14) (5)
- 11 Town possessing mineral spring (3)
- 13 Mede (anag.) (4)
- 16 High-fidelity (abbrev.) (4)
- 17 He succeeded his father Rehoboam as king of Judah (1 Kings 14:31) (6)
- 18 A son of Simeon (Genesis 46:10) (4)
- 20 Controversial religious book of the 1970s, The of God Incarnate (4)
- 21 'He has received from the Father the promised Holy Spirit and has poured out what you — — and hear' (Acts 2:33) (3,3)
- 22 'You me together in my mother's womb' (Psalm 139:13) (4)

- 23 Edit (anag.) (4)
- 25 'Who has believed our message and to whom has the of the Lord been revealed?' (Isaiah 53:1) (3)
- 28 Abraham's brother (Genesis 22:23) (5)
- 29 'When Mordecai learned of that had been , he tore his clothes' (Esther 4:1) (3,4)
- 30 Sympathetic (Proverbs 11:16) (4-7)

Down

- 2 'That was why his parents said, "He is —; ask him"' (John 9:23) (2,3)
- 3 Integrated Services Digital Network (1,1,1,1) 4
- 4 'Saul has slain his thousands, and David his of thousands' (1 Samuel 18:7) (4)
- 5 Concept (John 8:14) (4)
- 6 'Do we, then, the law by this faith? Not at all! Rather, we uphold the law' (Romans 3:31) (7)
- 7 Industrious (2 Timothy 2:6) (11)
- 8 'I pray also that the eyes of your heart may be in order that you may know the hope to which he has called you (Ephesians 1:18) (11)
- 12 'Out of the same mouth come and cursing' (James 3:10)(6)
- 14 This was how many of the Jewish leaders described Jesus (John 10:20) (3)
- 15 Vitality (Job 20:11) (6)
- 19 He urged David to kill Saul at Hakilah (1 Samuel 26:8) (7)
- 20 'So for a whole year Barnabas and Saul with the church and taught great numbers of people' (Acts 11:26) (3)
- 24 'Hear, O Israel: The Lord our God, the Lord — ' (Deuteronomy 6:4) (2,3)
- 25 Parched (Matthew 12:43) (4)
- 26 'In the image of God he created him; and female he created them' (Genesis 1:27) (4)
- 27 Disparagement (Psalm 15:3) (4)



The Bible used is the New International Version.

Puzzle solutions are on page 9

 e e f e p d n t l y r l g p i

 l c r t r r y f ami l y n u

 a a n e e i a g i e t e n u h

 c g u a d s h y n n e i i r e

 u s n t t i o r e i d w r s i

 o t n i i n w l d r n i t i t

 y r n r h r e d f w n r n n t

 k g d i s c i p l e s g a g u

 n o i t a r a p e r p r k e f

 a g g n i k e e s r o o r r l

 h l n t k t a h t i e w t u o

 t a h r i y s e t h l i n t w

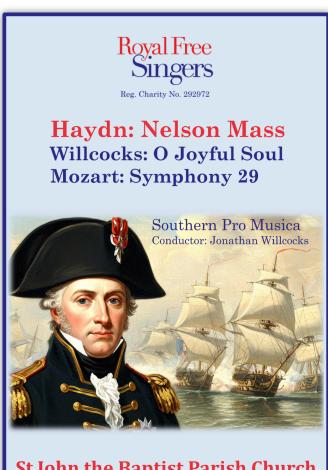
 a o e l e l t i a o c n a r e

 t i p t r e e v l mg d u r

 p i l d e t r e s e d m f n s

March brings us Lent and Mothering Sunday. Lent is a time of spiritual self-assessment as we prepare for Easter. It is a time to turn to God, and to grow closer to Him. Mothering Sunday reminds us of not only the mothers that have loved and raised us, but of Mother Church, who has spiritually loved and nurtured us throughout our Christian pilgrimage. How many words can you find on these themes in this month's Word Search?

care	finding	mothers	seeking
desert	flowers	nursing	selfdenial
disciples	growing	nurture	spiritual
easter	learning	prayer	teaching
family	Lent	preparation	thankyou
fasting	love	repentance	worldwide



St John the Baptist Parish Church 7.30pm **Saturday 29 March**

Tickets: £20, student/child 12-16 £5 royalfreesingers.org.uk or on the door (until sold out)



Last month our poem was written by Gerard Manley Hopkins, whose poems were edited and published after his premature death by his friend Robert Bridges. This month I have chosen one of Robert Bridges own poems, "London Snow". I like his description of the falling snow and reflect that it is some years since we saw a full seven inches depth of snow, which shows how our weather is changing.

Michael Bailey

London Snow

When men were all asleep the snow came flying, In large white flakes falling on the city brown, Stealthily and perpetually settling and loosely lying, Hushing the latest traffic of the drowsy town; Deadening, muffling, stifling its murmurs failing; Lazily and incessantly floating down and down: Silently sifting and veiling road, roof and railing; Hiding difference, making unevenness even, Into angles and crevices softly drifting and sailing. All night it fell, and when full inches seven It lay in the depth of its uncompacted lightness, The clouds blew off from a high and frosty heaven; And all woke earlier for the unaccustomed brightness Of the winter dawning, the strange unheavenly glare: The eye marvelled - marvelled at the dazzling whiteness; But even for them awhile no cares encumber The ear hearkened to the stillness of the solemn air; No sound of wheel rumbling nor of foot falling, And the busy morning cries came thin and spare. Then boys I heard, as they went to school, calling,

They gathered up the crystal manna to freeze Their tongues with tasting, their hands with snowballing; Or rioted in a drift, plunging up to the knees; Or peering up from under the white-mossed wonder, 'O look at the trees!' they cried, 'O look at the trees!' With lessened load a few carts creak and blunder, Following along the white deserted way, A country company long dispersed asunder: When now already the sun, in pale display Standing by Paul's high dome, spread forth below His sparkling beams, and awoke the stir of the day. For now doors open, and war is waged with the snow; And trains of sombre men, past tale of number, Tread long brown paths, as toward their toil they go: Their minds diverted; the daily word is unspoken, The daily thoughts of labour and sorrow slumber At the sight of the beauty that greets them, for the charm they have broken.

Robert Bridges (1844 – 1930)

THE CHURCH KITCHEN







Baptisms Hallie-Mae Probert (Holy Trinity) Phoebe Black (All Saints') Jedidiah Dodd (St John the Baptist)

Funerals Anthony Padfield (Holy Trinity) John Sherwin



Claremont Road - Wed, Thu & Fri, 10am-12pm

New Pathways

An informal bereavement group for anyone who has lost a loved one

We meet for tea, cake and conversation on the last Thursday of each month (except December) 2.30pm—3.30pm in the Mountbatten Room at Holy Trinity Church

Everyone welcome

Puzzle Solutions







Windsor Decorating Services All aspects of interior/exterior Domestic and Commercial Property repairs & maintenance Telephone: 01753 867920 Mobile: 07961 949969



10am Sung Eucharist All Saints' Church Frances Road

Please join us to give thanks for all who love and care for us.

Families and children of all ages are welcome and Mother's Day flowers will be distributed during the service.



- 1 David, Bishop of Menevia, Patron of Wales, c.601
- 2 The Sunday next before Lent
- 10am Sung Eucharist Holy Trinity Church
- 5 Ash Wednesday (Principal Holy Day)
- 11am Said Communion (BCP) Holy Trinity Church
- 7.30pm Sung Eucharist St Stephen & Agnes Church
- 7 Perpetua, Felicity and their Companions, Martyrs at Carthage, 203
- 8 Edward King, Bishop of Lincoln, 1910 Felix, Bishop, Apostle to the East Angles, 647 Geoffrey Studdert Kennedy, Priest, Poet, 1929
- 9 The First Sunday of Lent
- 10am Sung Eucharist All Saints' Church
- 12 Ember Day
- 14 Ember Day
- 15 Ember Day
- 16 The Second Sunday of Lent
- 10am Sung Eucharist St John the Baptist Church
- 17 Patrick, Bishop, Missionary, Patron of Ireland, c.460
- 18 Cyril, Bishop of Jerusalem, Teacher of the Faith, 386
- 19 Joseph of Nazareth
- 20 Cuthbert, Bishop of Lindisfarne, Missionary, 687
- 21 Thomas Cranmer, Archbishop of Canterbury, Reformation Martyr, 1556
- 23 The Third Sunday of Lent
- 10am Sung Eucharist St Stephen & Agnes Church
- 11.30am Special Annual Parochial Church Meeting St Stephen & St Agnes Church
- 24 Walter Hilton of Thurgarton, Augustinian Canon, Mystic, 1396 Paul Couturier, Priest, Ecumenist, 1953 Oscar Romero, Archbishop of San Salvador, Martyr, 1980
- 25 The Annunciation of Our Lord to the Blessed Virgin Mary
- 26 Harriet Monsell, Founder of the Community of St John the Baptist, 1883
- 30 Mothering Sunday (Fourth Sunday of Lent)
- 10am Sung Eucharist All Saints' Church
- 31 John Donne, Priest, Poet, 1631