



## Week of Prayer

Sunday 1<sup>st</sup> March~Saturday 7<sup>th</sup> March

Pray at home using the prayer points below:

1. For our work and witness as church communities, praying that we may have courage and confidence in our shared life of discipleship.
2. For our villages, for all those who live, work and visit the Kent Estuary, that they might know more of God's love for them.
3. For all those uncertain about change and fearful of that which is unknown, that we may look to Christ and find afresh our hope in him.
4. For the renewal of God's Church across the Kent Estuary, that we may know the power and inspiration of the Holy Spirit as we follow together in the way of Jesus Christ.

**Pray in most churches using prayer stations.**

**Pray with others daily at the following KEMC Churches**

Sun 1 <sup>st</sup>	Special prayer used in all church services
Mon 2 <sup>nd</sup>	12.00 noon–12.15 pm at St John's Levens
Tue 3 <sup>rd</sup>	12.00 noon–12.15 pm at St Michael & All Angels Beetham
Wed 4 <sup>th</sup>	12.00 noon–12.15 pm at St Peter's Heversham
Thu 5 <sup>th</sup>	12.00 noon–12.15 pm at Arnside Methodist Church
Fri 6 <sup>th</sup>	11.45 am–12.00 noon at St Thomas' Milnthorpe
Sat 7 <sup>th</sup>	12.00 noon–12.15 pm at Storth Village Church

**Notices for Sunday 15<sup>th</sup> March** to Diane.  
Deadline Tuesday 10<sup>th</sup> March, 6.00 pm.

## Welcome to the Parishes of St Peter and St Thomas

### Services for today, Sunday 1<sup>st</sup> March 2026

#### St Peter's Heversham

- 9.30 am Parish Communion at St Peter's.  
*PCC person on duty: Peter Clarke.*  
Followed by coffee and a short discussion (see notice).

#### St Thomas' Milnthorpe

- 8.00 am Holy Communion (BCP).  
11.15 am Morning Praise with Sunday School.  
Join us afterwards for coffee.

### Services for next Sunday, 8<sup>th</sup> March

- 8.00 am Holy Communion (BCP) at St Peter's  
10.30 am **KEMC Gathering at St Peter's (see notice).**  
*PCC person on duty: Jane Fell.*  
There are no other Services in the KEMC at this time.  
Everyone welcome. Refreshments will be served afterwards.

### This week in our parishes

- |  |   |
|--|---|
| Sun 1 <sup>st</sup> –Sat 7 <sup>th</sup> | KEMC Week of Prayer (see notice).   |
| Tue 3 <sup>rd</sup>                      | 3.15–4.15 pm Story Time with Bryan at St Thomas'.<br>6.15–7.00 pm Rest and Reset at St James, Arnside.<br>Christian meditation.   |
| Wed 4 <sup>th</sup>                      | 2.00 pm Mothers' Union at St Thomas'. Everyone welcome.<br>Mike Warren, on '40 Years of St John's Hospice'.   |
| Thu 5 <sup>th</sup>                      | 10.00 am Bible Study at St Thomas'.<br>Also on Zoom; link from Ellie or Bryan.  |
| Fri 6 <sup>th</sup>                      | 10–11.30 am Coffee @ St T's.<br>12.00–1.00 pm Lent Soup Lunch at St Thomas' (see poster inside).<br>11.45 am Come and pray at St Thomas'. All welcome.<br>(Earlier time throughout Lent ... and please wrap up warm as we will be in church!) |
|  | 7.00–8.00 pm KEMC Gathering ~ Choir practice at St Peter's  |
| Sat 7 <sup>th</sup>                      | 7.00 pm Parish Quiz at St Thomas' (see notice).   |

## Notices

### Direction of Travel discussion at St Peter's

Today, Sunday 1st March, approx 11.00 am at St Peter's

Parish Communion will be followed by a short informal discussion with the congregation about the KEMC Working Group's Report, ahead of the PCC meeting on **Wednesday 11th March at 5.30 pm**.

### KEMC Week of Prayer

Sunday 1st–Saturday 7th March

While church councils meet during February and March to discuss and reflect on the Working Group's proposals for a way forward for churches in the KEMC, it's so important that we commit it all to God in prayer. See the back page of this notice sheet for ways in which you can do this.



**St Thomas' chosen charity: South Cumbria Breastfeeding Support**

To find out more, visit <https://cumbriabreastfeeding.org.uk>.

### Parish Quiz at St Thomas'

Saturday 7th March, 7.00 pm at St Thomas'

Teams of up to four people, £10 per team for the Building Fund. Prizes to be won! Bring your own snacks.

### KEMC Gathering

Next Sunday, 8th March. 10.30 am at St Peter's

A Service for all KEMC Church members. Please arrange to share transport. Refreshments will be served afterwards.

If you'd like to be in the choir, email Geoff. Rehearsals will be held at St Peter's:

- Friday 6th March 7.00–8.00 pm, and
- Sunday 8th March, 9.15–10.00 am.

Anthem: Handel's *Lord, I trust thee*.

### Food Bank trolley

The Food Bank trolley is in St Thomas' for the six weeks of Lent. We're very grateful for any donations of tinned meat, vegetables, tinned fruit, pasta, rice, pasta sauces, puddings and toiletries. At the moment, we're very short of toilet rolls, tinned fruit, tinned custard and tinned rice pudding. A box is in St Peter's Dallam Chapel for food bank donations.

Thank you for your continued support.

More info at <http://www.milnthorpefoodbank.org/>

### St Peter's soup lunch

We regret that the soup lunch on Tuesday 10th March has been cancelled because there's a funeral in St Peter's on that day. There will be a soup lunch with coffee and cake on Tuesday 24th March. More details soon.

## Dates for your Diary

### St Thomas' PCC Meeting

Tuesday 10th March, 3.30 pm at St Thomas'

One of the items on the agenda will be consideration of the KEMC Working Group's Report.

### Launch of the Guide to the KEMC Pilgrimage Way

Saturday 14th March

Bishop Rob will start the afternoon with a short act of worship on Heversham Head, before coming down to St Peter's and then setting off at 2.45 pm for the St Peter's to St Thomas' leg of the Pilgrim Way. A short act of worship at St Thomas at 3.30 pm will be followed by tea and cakes and the opportunity to buy the Guide (£6). Walkers will leave around 4.15 pm to complete the circular route back to St Peter's. Everyone is invited to join for any part of the afternoon, walking or not. More details are on the bookmark-style flyers in churches and on the KEMC website