

Church Essentials

What's on this week



Weds 5th March 10.30am **Wednesday Midweek Communion**
Ash Wednesday
Luke 4:1-13
Celebrant: Revd Andrew Attwood
Doors open 10am and the service will begin at 10.30.

Sun 9th March 8am **Morning Prayer (Book of Common Prayer)**
2 Corinthians 3:12-4:2; Luke 9:28-36
Speaker: Phil Swards

10am **Hearing God's Word**
Hosting Jesus as a church temple together
1 Corinthians 3:16-17 and 6:19-20; Ephesians 2:21
Leader: Heather Homes; Speaker: Roger Homes

6pm **Holy Communion**
Psalm 139
Celebrant: Revd Rob Latham

Weds 12th Mar. 10.30am **Wednesday Midweek Communion**
Words from the Cross:
Invitation to forgiveness – 'Father forgive them'
Luke 23:32-38; Ephesians 4: 29-32
Celebrant: Revd Mary Rai; Speaker: Jane Mullaney
Doors open 10am and the service will begin at 10.30.

Next CHIT Curry Night

Our next curry night will be on **Saturday 8th March** at 7pm in St. John's Church. Cost £15 for 3 courses. Vegetarian/vegan options & non-curry option. Take-aways available too. Please contact Mary Rai to reserve a place by midday on Friday 7th March. Many thanks.
Kal



Ash Wednesday service: 5th March, 10:30 am



Christians Against Poverty Zoom Prayer Meeting - 12th March

Everyone is invited to pray for CAP on Zoom with Andrew, Darren, Adrian and others. Do come along for the 30 minute prayer time. Ask the church office (admin@stjohn316.co.uk) for the login details.



Mothers' Union news

Thank you to everyone who donated towards the homeless project in Coventry. The box is still under the stairs if you have anything further. Paul Morris was delighted with the boxes of clothes and tinned food, and £42 in donations which MU gave him on 20th. If you would like more information about what is required, or about getting more involved, please get in touch and I can email you a list.

The next MU meeting is our AGM on **20th March** at **2pm**. If you would like to find out more about Mothers' Union and what we do, you are very welcome to come along. Our theme for 2025 is Join Us, Join In!

Felicity

PCC Meeting – 13th March

The next PCC meeting will take place on **Thursday 13th March**. If you have any questions you would like the PCC to consider at this meeting, please contact the PCC Secretary at pcc@stjohn316.co.uk by close of play on **Tuesday 11th March**.

Work on the vestry roof

Work to re-felt the vestry roof is due to take place shortly with scaffolding going up week commencing **17th March** and the work starting on **Monday 24th March**. The work should only take a few days and should not have any impact on access to the church building or car park.

Preparation of new Electoral Roll

Every six years we are required to prepare a completely new electoral roll. This year is one of those years. Even if you have been on the church electoral roll previously, you will still need to apply in order to be included in the new electoral roll. Benefits to being on the church electoral roll include being able to have a say in decisions made in church, being able to participate in the Annual Parochial Church Meeting (APCM) and to stand for the PCC and Deanery Synod. Application forms for the electoral roll can be found on the welcome desk in church or can be obtained from the church office (admin@stjohn316.co.uk). Please return completed forms to Sue in the office by **29th March**.

Annual Parochial Church Meeting – Sunday 27th April @ 10am

The 2025 annual church meeting (APCM) will take place at the beginning of the **10am** service on **Sunday 27th April**. It will involve the election of any new PCC members or any wardens, and will review the previous 12 months of church life. There will be space for questions and comments.

There are currently 3 vacancies on the PCC. If you have applied to be on the electoral roll of this church and would like to stand to be a member of the PCC or a churchwarden, please contact Sue in the church office (admin@stjohn316.co.uk) for an application form or speak to any PCC member or the church warden, Phil Swards, to learn more about the roles available. A list of current PCC members can be found on the wall in church.

Church Weekend Away 16th - 18th May


Red Hill Christian Centre, near Snitterfield

Join St. John's for a weekend away. A time to draw closer together, to spend time with God, to relax and have fun as a church family. Cost from £75 pp, Under 16s £40.



Details below. Please let Sue (admin@stjohn316.co.uk) if you are coming. The deadline for requesting self-catering accommodation has already passed.

If accommodation is not required, the deadline is 27th March.

Friday 16th May	Sunday 18th May
From 4.30pm Arrive	9am Breakfast (coffee & pastries provided)
6.30-7.30pm Jacket potato supper (outside caterers)	10.30-12.30pm Worship and Teaching Ministry
8pm Worship and introduction to weekend	12.30pm Free time
9pm Free time around the fire pit	1.30pm Lunch (outside caterers)
Saturday 17th May	2.30-4.30pm Clear up and departure
9am Breakfast (coffee & pastries provided)	Our guest speaker Caroline Hammond will be talking about 'intimacy with Jesus'
10.30-12.30pm Worship and Teaching Ministry	
12.30pm BYO Packed Lunch	
1.30-5.30pm BBQ (outside caterers)	
7-9pm Worship and Teaching Ministry	
9pm Free time around the fire pit	

Breakthrough Fasting: An invitation to the whole Church

Dear all,

After a term or so with Co-leaders experimenting with a call from God to start fasting, I'm now inviting the whole church to join us in a monthly rhythm (appropriate to your circumstances and health – see *below for guidelines*). This Rhythm recommenced on Saturday 1st March after lunch.

Do have a look at the short video from Andrew here:

<https://www.youtube.com/watch?v=3DFwg7On-Is>

We want everyone to feel included and safe as we learn to fast together.

If you are unsure because of health reasons or other circumstances, you might consider fasting something other than food - like screen time, or anything that you normally give attention to.

Here are some guidelines to help you think it through.

Fasting Guidelines

Helpful links

<https://www.desiringgod.org/articles/fasting-for-beginners>

<https://buildfaith.org/guide-christian-fasting/>

Should everyone Fast?

It depends on your health situation, so fast using common sense, judgment and above all faith. Fasting is an excellent spiritual exercise to get our minds and spirits in tune with God's purpose and plan for us. If you are asking because your health issues may cause some sort of painful or health-threatening reaction if you were to deny yourself food and water for an extended period of time, then I would advise caution. Nothing in this response should be construed as medical advice. The physical act of fasting is also a spiritual exercise to focus our thoughts on the change of heart and mind that should be taking place within us.

Each person's case is unique. Many who have forms of diabetes, or hypoglycemia, anemia, chemo etc. worry about the potential for fasting to cause them to pass out or end up in the doctor's office. If you are unsure, ask your doctor for advice.

Pregnant or nursing mothers should never fast all food and/or drink, as fasting could be very dangerous to their baby's development and health, and their own personal health. Pregnant or nursing mothers could engage in types of fasting such as giving up certain kinds of food. However, women who are nursing or pregnant must always maintain a balanced diet. Any kind of fasting which leads to detoxification could be dangerous to the baby as the toxins can affect the baby via the mother's milk or her bloodstream.

People who have struggled with eating disorders in the past should undertake any fasting with wisdom and caution. Fasting should not be used as a motive for weight-loss; it is important to enter back into "normal" healthy eating after a long fast (as described in the previous section).

If you are worried about fasting here are a couple of things you might want to try:

1. Experiment with a half day fast rather than a full day. This way you can gauge the effect fasting has on your system and make appropriate adjustments.
2. Allow yourself hot drinks and milk.
3. When you do try fasting, keep a bottle of water handy along with some quick snacks so you are able to take them quickly if necessary.
4. Be careful about eating too fast or too much after your fast.
5. Ask God in prayer to help your body cope with fasting.

Church Ceilidh 2025 – Sat. 18th October 7-10pm – Save the Date!

For all church members and any of your family and friends.



Dates for the diary

Saturday 8th March	CHIT curry night
Sunday 27th April	APCM
Fri. 16th – Sun. 18th May	Church weekend away
Saturday 18th October	Church Ceilidh
Fri. 7th – Sat. 8th November	Learning Community 6

For more information, please go to the home page of our website www.stjohn316.co.uk and click on [Forthcoming Events](#).

If you are new to church or want to find out more, please go to our Facebook page: www.facebook.com/StJohntheEvangelist or our website: www.stjohn316.co.uk

Community News

tastelifeuk charity - Administrator



We are looking for an enthusiastic person to join our small but highly motivated team, and work with us to change the story of eating disorders in the UK for the better. Administration plays a vital role in enabling us to offer help and hope to as many people as possible. We are poised for some big steps forward as a charity, and would be delighted to welcome someone to take them with us. Could that be you?

See [here](https://docs.google.com/document/d/130zKde0Yg1XHCa5bcsqlR1kV-VP0yBKW) [https://docs.google.com/document/d/130zKde0Yg1XHCa5bcsqlR1kV-VP0yBKW] for job description, and do get in contact with Di at di.archer@tastelifeuk.org 07845089400 if you have questions. Apply with covering letter and CV by **Friday 7th March**.

Lent Study groups at Abbey Hill URC

Commencing on **Thursday 6th March** at **11.30am** for one hour, immediately after our regular coffee morning, we will be holding a regular Lent Group. As usual, friends from other churches will be welcome to join us. In past years one or two have taken up the opportunity.

The subject this year is, 'Prayer.' A pamphlet is available. If you wish to join in please email George Jones ([georgejones43\(at\)hotmail.com](mailto:georgejones43(at)hotmail.com)) and he will forward the information. The meetings will be in the Vestry at the back of the church.

Kenilworth Youth for Christ – ‘Why I Believe’

Kenilworth Youth for Christ is hosting the first of several ‘Why I believe’ events which will take place throughout the year at Abbey Hill URC Church on **Friday 21st March at 8pm.**

This event is designed as a resource for local churches to support evangelism—ideal for inviting friends or family members who are seekers, sceptics, or simply curious about faith.

Tickets are free and can be booked [HERE](https://www.eventbrite.com/e/why-i-believe-tickets-1247113894229) [https://www.eventbrite.com/e/why-i-believe-tickets-1247113894229]. There is a maximum capacity of 120.

Kenilworth Youth for Christ is covering the costs for these events, but if you find them valuable and would like to help make them possible in the future, please consider making a donation.



WHY I BELIEVE

With Dr Sharon Dirckx

Am I Just My Brain?

Sharon Dirckx is a neuroscientist and author tackling big questions on faith, science, and suffering. She has spoken internationally and appeared on BBC Radio 2 & 4, as well as in The Times. Her books include Why?, Am I Just My Brain?, and Broken Planet (2023).

 Kenilworth
**YOUTH
FOR CHRIST**



An Evening with Rob Parsons – various venues

All events 7.30pm

Early bird £6, Group rate £8, Standard tickets £11
cff.org.uk/robparsons. 029 2081 0800

A Christian initiative to strengthen family life, offering support to everyone. Care for the family is a registered charity.

Spring Tour 2025

Orpington
18th March

Wimbledon
19th March

Stratford, London
20th March

Early bird offer ends
11th Feb

Bedworth
6th May

Bedford
7th May

Halesowen
8th May

Early bird offer ends
8th April

Preston
20th May

Huddersfield
21st May

Leeds
22nd May

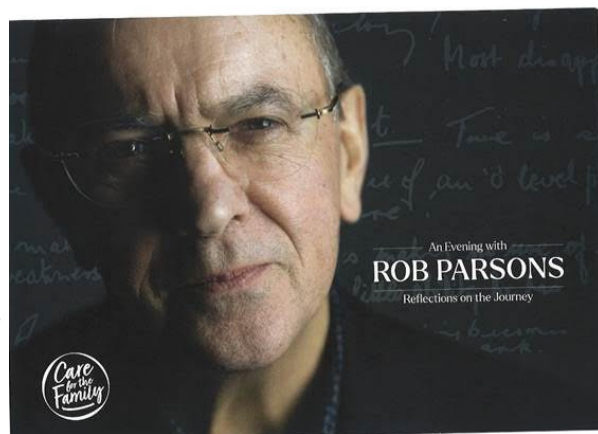
Early bird offer ends
8th April

Aberdeen
10th June

Glasgow
11th June

Dunfermline
12th June

Early bird offer ends
13th May



Warwickshire Singers celebrate 55 Years of Song

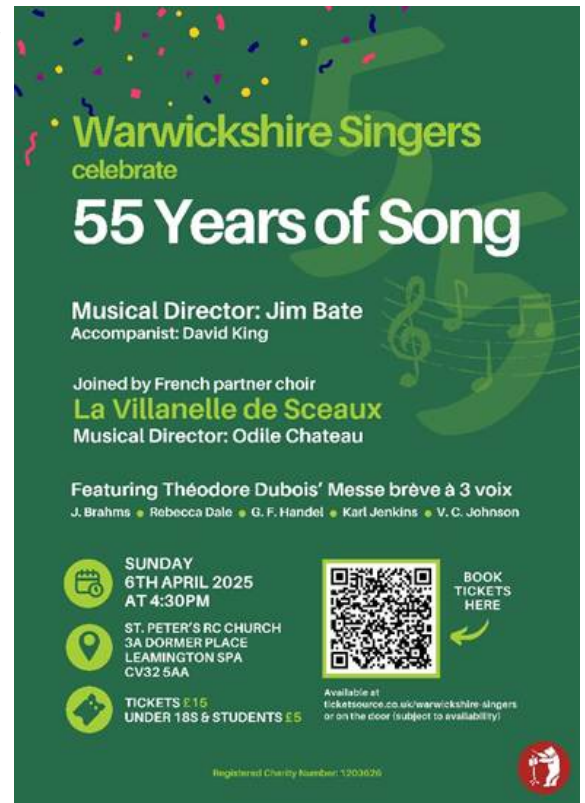
Musical Director: Jim Bate;
Accompanist: David King

Joined by French partner choir
La Villanelle de Sceaux
Musical Director: Odile Château

Featuring Théodore Dubois' Messe brève a 3 voix
also music by J. Brahms, Rebecca Dale, G.F. Handel,
Karl Jenkins and V.C. Johnson

Sunday 6th April 2025 at 4:30 pm
St. Peter's RC Church, 3A Dormer Place,
Leamington Spa, CV32 5AA

Tickets £15, Under 18s and Students £5
www.ticketsource.co.uk/warwickshire-singers
or on the door (subject to availability)



Warwickshire Singers
celebrate
55 Years of Song

Musical Director: Jim Bate
Accompanist: David King

Joined by French partner choir
La Villanelle de Sceaux
Musical Director: Odile Chateau

Featuring Théodore Dubois' Messe brève à 3 voix
J. Brahms • Rebecca Dale • G. F. Handel • Karl Jenkins • V. C. Johnson

SUNDAY
6TH APRIL 2025
AT 4:30PM

ST. PETER'S RC CHURCH
3A DORMER PLACE
LEAMINGTON SPA
CV32 5AA

TICKETS £15
UNDER 18S & STUDENTS £5

Available at
ticketsource.co.uk/warwickshire-singers
or on the door (subject to availability)

BOOK TICKETS HERE

Registered Charity Number: 1203629

Warwick District Foodbank – Give in Lent Calendar



Donate food for the 40 days of Lent. We are able to collect directly from your organisation or deliveries can be made to our warehouse. Please call to arrange. You can find our food bank details here: warwickdistrict.foodbank.org.uk

5th March

1 Tinned fruit	2 Long-life milk	3 Squash	4 Long-life sponge pudding
5 Jam	6 Sandwich meat	7 Tinned vegetarian meals	8 Pasta n sauce sachets
9 Microwaveable rice	10 Coffee (instant)	11 Nappies size 4	12 Ladies' deodorant
13 Long-life fruit juice	14 Tinned tomatoes	15 Toilet roll	16 Powdered milk
17 Custard	18 Cup Soup	19 Men's deodorant	20 Tinned meat
21 Chocolate bars	22 Crackers	23 Tinned sweetcorn	24 Cooking oil
25 Instant mashed potato	26 Angel Delight	27 Nappies size 6	28 Mug Shots
29 Crisps	30 Washing up liquid	31 Laundry detergent	32 Tinned mixed veg
33 Tissues	34 Mayonnaise	35 Pot noodles	36 Shampoo
37 Tinned peas	38 Conditioner	39 Coffee (instant)	40 Toilet roll

17th April

Give in Lent

Help support your food bank this Lent

In the six weeks of Lent, the food bank will provide emergency food parcels for local individuals and families facing hardship

Donate food

Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community

Donate money

Help to cover the costs of storing and distributing food, as well as developing sustainable projects.

Shopping list

Milk (long-life)
Tinned fruit
Tinned veg
Coffee (small jars)
Cup soup
Custard
Fruit juice (long-life)
Deodorants m & f
Toilet rolls
Laundry powder

07850 293383

warwickdistrict.foodbank.org.uk

Registered charity in England and Wales 1160705

Easter eggs appeal

Help our food bank provide Easter eggs in the parcels we'll be giving out this Easter.

All chocolates and Easter eggs can be delivered to our CV34 warehouse. Please call 07850 293383 to arrange.

Thank you!



Upcoming events at The Well

<p>March Dates</p> <ul style="list-style-type: none"> 6th March 13th March 20th March 27th March 	<p>well Come and Be</p> <p>Thursdays, 10am to 12pm at The Well</p> <p>A safe, warm, wellbeing space where all are welcome to meet with others for:</p> <ul style="list-style-type: none"> Cuppa & Cake Creative Time (optional) Companionship Comfortable space to sit and be <p>Everyone is welcome!</p> <p>For more info, Email: office@wellhealing.org</p>	<p>Streams Breakfast Rest and Receive Online</p> <p>Thursday 20th March 7pm to 8pm</p> <p>Saturday 22nd March 9am to 10.30am Cost: £7</p>   <p>Forthcoming events at the Well Christian Healing Centre</p>	<p>Rest and Receive In Person March Dates</p> <p>Wednesday 12th March Monday 24th March</p> <p>2pm to 3.30pm</p> 
 <p>THE well CHRISTIAN HEALING CENTRE</p>	<p>Quiet Morning (When I Survey the Wondrous Cross)</p> <p>Thursday 27th March</p> <p>10am to 1pm Cost: £15</p> 	 <p>THE well CHRISTIAN HEALING CENTRE</p>	<p>Encounter Evening</p> <p>Friday 28th March</p> <p>7.30pm to 9pm</p> 

The Kenilworth Centre (Abbey End) Youth Club

Years 5, 6, 7 – All Welcome

Term Time Fridays 6pm – 7.15pm

- Arts & Crafts
- Pool
- Table Football
- Outdoor Sports
- Podcast Recording

Registration Required -

<https://qrco.de/bdKIVN>



The Kenilworth Centre (Abbey End) Board Game Hub

3rd Sunday of Every Month

3pm – 5pm

Jan, Feb & March – Free Soup

Enjoy – board game instruction, BYO board game, free play

Pay What You Can Café

No booking required, just turn up and play

supported by Compassionate Kenilworth and Rotary in Kenilworth



The Omega Course – Holy Trinity Church Hall Leamington Spa

Booking and enquiries

The Omega Course experience offers participants a safe space to consider death and learn how to support others. In the friendly environment many laughs are heard.

The course is inter-active and each week's experience builds into the next. Much of the benefit comes from discussion with others. You will benefit most if you come each week.

TO BOOK A PLACE

scan the Eventbrite QR code:

or click or type:

<https://www.eventbrite.co.uk/e/the-omega-course-tickets-1109281333329?aff=oddtcrator>



or email: Courses@omegacourse.co.uk

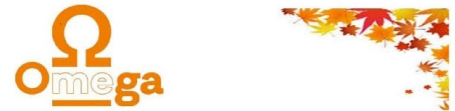
www.omegacourse.co.uk

Led by experienced + knowledgeable facilitators, with clinical, counselling and education backgrounds, The Omega Course will provide a space for questions, thoughts and discussions, held in a supportive environment.

The content will cover living life fulfilling your wishes; preparations and planning for the future; opportunity to discuss choices for end of life; Mental Capacity Act; Lasting Powers of Attorney; how to talk to people who are sick or bereaved; as well as topics raised by participants. The informal format will help open discussion.

Benefits of attendance include:

- Ability to talk more freely about a taboo subject
- Information and ideas about planning for the future
- Increased confidence in talking to ill or bereaved friends or neighbours
- Decreased fear of the unknown



The Omega Course



Getting good at community involvement by being prepared yourself.

**Holy Trinity Church Hall
Leamington Spa**

Weekend and online formats also available



The Omega Course

Tea, Coffee and biscuits as well as all teaching materials will be provided. Please bring a snack supper for session 4 (see below).

Session	Time	Topic
5 th March	2pm-5pm	Facing mortality
12 th March	2pm-5pm	Living well
26 th March	2pm-8pm meal break	Listening skills for communication
2 nd April	2pm-5pm	Practicalities and planning
9 th April	2pm-5pm	Supporting other people

Concert of HOPE for the Holy Land at St. Chad's Cathedral Birmingham

Thursday 27th Feb, 7pm

Featuring classical folk and choral music by a range of musicians and singers, as well as dance displays.

There will also be a brief talk by Fr Mamdouh Abusada (a Melkite priest from Bethlehem who will be visiting the UK) about life and conditions in Bethlehem and the Holy Land.

The artists are supporting this charity to gain much needed funds for the region of the Holy Land.

Acts include OneLife Music, Elena Wilcox classical violinist and friends, Rosemary Robinson soprano and friends, DMJ folk, MacSiúrtáin Irish music, McCarthy/Felton Irish dance and other acts to be confirmed.

Tickets £25 via Eventbrite

Sponsored by Friends of the Holy Land.

<https://www.stchadscathedral.org.uk/2025/01/friends-of-the-holy-land-fundraising-concert/>



News from the Diocese

Diocese of Coventry eBulletin – In order to receive the weekly bulletin, register at www.equiphub.org.uk/register/

Deadline for Church Essentials topics

Church Essentials goes out every week on a Tuesday. If you have any items you would like to be included in the following week's edition, please email them to the Church Administrator at admin@stjohn316.co.uk by 12 noon on the previous Friday.

If you have any questions, concerns or comments about church matters, please do contact a member of the PCC or, failing that, the Church Administrator, the Churchwarden or the PCC Secretary on the contact details below:

Co-leaders: Michelle Harris, Roger Homes, Karen Mills, Mary Rai, Simone Royle

Contact Details

For any contact details not listed in this newsletter, please ask Sue at the church office, admin@stjohn316.co.uk.

Sue Dawson
Church Administrator
St John the Evangelist Church Office
205 Warwick Road
Kenilworth
Warwickshire
CV8 1HY
01926 853203

admin@stjohn316.co.uk
www.stjohn316.co.uk

Office Hours:

Tuesday: 09.00 – 12.30
Wednesday: 11.00 – 13.00
Friday: 11.00 – 13.00

We will try to reply to your email as soon as possible within working hours. If your query is urgent, please consider contacting another member of the Church Staff team, if this is appropriate (please see next column).

Vicar:

Revd. Andrew Attwood

Churchwarden:

Phil Swards
warden@stjohn316.co.uk

PCC Secretary:

Roger Homes
pcc@stjohn316.co.uk

Standing Committee:

The Vicar, the Churchwarden and the PCC Secretary

Youth:

youth@stjohn316.co.uk

Safeguarding Officer:

Charlie Palmer
safeguarding@stjohn316.co.uk

Domestic Abuse Awareness

The PCC has committed that we shall, as a church, pray for the victims of domestic abuse in the UK and worldwide, in support of the Mothers Union 'RISE UP' campaign. Please join us in praying regularly.

For more details on the Mothers Union campaign, go to the relevant page in the MU section on the Coventry Diocese Website

Respond
Inform Unite
Support Pray
Empower



[RISE UP Against Domestic Abuse | Mothers' Union \(www.mothersunion.org/riseup\)](http://www.mothersunion.org/riseup).

Please consider the environment before printing. As a Church, we have signed up to 'Eco Church' and would like to preserve the environment as much as possible.