



February 28th 2021

**Greetings in the name of our
Lord Jesus Christ.
In this time of uncertainty,
we declare: Jesus is Lord!**

Why Lent is Good (2)...

Last week I wrote about the gift of Lent as a time of reflection. But Lent is also a time when Christians over the centuries have traditionally fasted to develop self-discipline and endurance. Is that outdated? Or still relevant for today? J John writes:

Our modern culture is fixated not simply on having things, but on having them now. Advertisements encourage us not to save but to buy on credit and have what we want immediately: instant food, instant messaging, real-time meetings and instant downloads of music, films or books. We don't 'do' waiting anymore. Whether it is food, pleasure or possessions, we expect to have them all now. Yet there is something very dangerous about this demand for 'instant gratification' and it's not just Christians who say so. The reality is that all good things (whether food, pleasure or possessions) are truly at their best when they are taken at the right time. Intentionally delaying a pleasure (and that's what fasting in Lent is all about) is a wise thing. The ability to postpone our gratification may actually be critical to making us fulfilled human beings. After all, if we want our pleasures now, we are going to struggle with things like learning to play the piano or learning a new language where it may be months before we can tap out a tune or engage in a meaningful conversation on holiday.

Postponing a pleasure may even have been fundamental in making the human race what it is. A great breakthrough in history was when people realised that instead of eating grains of wheat or rice, they could plant them and wait a few months until the crops sprang up. The discovery of cultivation allowed settlements, farms and ultimately civilisation to flourish.

It's not just history that teaches us about the disadvantages of instant gratification; there is also some hard psychological evidence on the subject. In the Stanford Marshmallow Experiment in the 1970s a group of four-year-old children took part in a psychological study. Each child was given one marshmallow and promised that, if they could wait twenty minutes before eating it, they would be given a second one. Some children could wait the twenty minutes and others couldn't. Records were kept and sixteen years later the children were revisited; those who had been able to delay eating were found to score significantly higher in academic tests. The ability to say 'no, not now' seems to be vital to both civilisation and education.

Lent helps us to learn to say 'no, not now'. It teaches us self-control and an expectation and an anticipation of what God may reveal to us. Lent isn't just a human exercise but a sacred discipline. (J. John www.canonjohn.com)

With my prayers and love, *Anita*

Fairtrade Fortnight 2021

When is Fairtrade Fortnight 2021? 22nd February to 7th March

What is Fairtrade Fortnight? During the two weeks of Fairtrade Fortnight, thousands of companies, groups and individuals in the UK come together to celebrate the people who grow our food, who are often exploited and badly paid.

What is Fairtrade Fortnight's Focus This Year? The focus this year is on climate change, and the impact of this on Fairtrade farmers and producers around the world.

What is Fairtrade?

"Fair trade means so many different things to so many different people.

For landless **women in Honduras** whose husbands have all fled north to avoid the drug cartels, it means an economic alternative to decamping to the slums where they and their children risk human and/or sex trafficking.

For a **concerned consumer in Britain**, it offers one small, anonymous opportunity to show solidarity with poorer communities in the developing world.

For an **international trader** moving hundreds of containers of raw materials a day, it means yet another certification process that needs to be completed.

For the **small indigenous community** picking wild tea in the golden triangle around Thailand and Laos, it is an alternative to harvesting opium.

For the **committed volunteer** trying to explain that international trade is unjust, it is a handy tool to make very complex issues approachable and understandable.

To many individual **children, particularly girls**, who have grown up with the benefits of education in their communities, it offers an escape from grinding poverty.

For some **communities**, it has meant the chance to invest in alternative money-making schemes to minimize the risk of 100% reliance on cash crops.

For **me**, it means having a purpose." *Robin Roth, Traidcraft Mission Lead*

A Prayer for Fairtrade Fortnight

O Lord, You revealed your Kingdom in parables

That spoke of simple things –

yeast in a loaf of bread,

a woman sweeping her home.

Grant that the simple choices we make –

what tea to drink, what fruit to eat –

may honour your Name

and reveal your Kingdom present among us.

Through Jesus Christ our Lord. Amen.

Lent Project 2021

Our Lent Project this year will be launched next week and will support two projects, one international and one in Derby. Watch this space for further details!

From Christian Aid: Give thanks for your vaccine

As more of our family, friends, and neighbours receive their COVID vaccinations, we rejoice and are glad that our loved ones are protected. We give thanks for all the NHS staff and key workers who continue to save lives across the UK.

For the poorest and most vulnerable communities across the world, there is little hope of a vaccine rollout. These people already face a lack of water, food, and healthcare.

Some are homeless. Some are living with underlying health issues such as HIV.

Christian Aid is already on the ground, helping keep people safe from coronavirus with practical support – but with your gift of thanks we can do more.

Have you or your loved ones had your vaccine?

Please give thanks with a donation to help protect our global neighbours while the vaccine is out of reach. Visit <https://www.christianaid.org.uk/give/ways-donate/give-thanks-your-coronavirus-vaccine> to donate.

Resources for Lent

i) Catching the Wave: Catching the Wave is a 40 day prayer guide encouraging us to pray. It can be used at any time. Some people like to use it in the run up to Easter (during Lent). Visit <https://thereishope.co.uk/40-days/> to sign up for a daily email to your inbox.

ii) LECTIO 365: LECTIO 365 is a daily devotional resource that helps you pray the Bible every day. Written by leaders from the 24-7 Prayer movement, this resource helps you engage with Scripture to inspire prayer and shape your life. Visit <https://www.24-7prayer.com/dailydevotional> to find out more.

iii) The Church of England's #LIVE LENT is also available to access via an app or email, and offers reflections and prayers based on the Archbishop of Canterbury's Lent book for 2021, *Living His Story* by Hannah Steele. Check out: <https://www.churchofengland.org/resources/livelent-2021-church-resources-gods-story-our-story>

Prayer ...

In this testing time, do not hesitate to ask for prayer for any concern you have. We all face difficulties and challenges, but prayer makes a difference. In an emergency, call Bren (07967 183601), and she will ask those on the prayer chain to pray for you.

Zoom Update

Zoom is starting a security certificate upgrade roll out on March 5th, and anyone using a Zoom client below version 5 will no longer be able to access Zoom. The current version is 5.5.2. Please check and upgrade your Zoom, particularly phone users!

Sunday Worship

10:15am Holy Communion: The PCC has made the decision to pause our 10.15am service to reduce social contact and the possibility of transmission of the new and highly contagious Covid strain. We continue to monitor the situation, and we will reopen when we feel it is safe to do so. Watch this space for more details. In the meanwhile, everyone is welcome to join us for our Zoom worship (see below).

11am Worship via Zoom: see below for joining details.

Joining Details for Zoom Worship

On a Computer, Laptop, Smart Phone or Tablet:

The easiest way is to click this link:

<https://us02web.zoom.us/j/450891605?pwd=czNCTTJuaUJpQ3VlOVlnUm1zS0tKQT09>

Alternatively:

1. Open Zoom and select 'Join' or 'Join a Meeting'
2. Enter the Meeting ID: **450 891 605**
3. Select 'Join'
4. When prompted for the Meeting Password, enter **73837**
5. Select 'Continue' or 'Join Meeting' and you will be connected

By Phone – these are the numbers you must now use:

1. Pick any one of the numbers below (doesn't matter which), if one doesn't work, pick another: 0203 481 5240 ; 0131 460 1196 ; 0203 051 2874 ; 0203 481 5237
2. Dial the number and when prompted for the Meeting ID press: **450 891 605#**
3. You will then be prompted for a Participant ID, just press **#**
4. Finally, you will be prompted for the Meeting Password, press: **73837#**
5. You will be connected and able to hear everything that is happening

If you have problems with accessing the service on Sunday, please call Anita

St. Peter's in the City Staff:

Acting Vicar/Associate Priest: Revd. Anita Matthews

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Vicar's PA and Church Administrator

Vacant

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Inside Out Project Worker: Wayne Haycock

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Building Manager: Melvyn Wood

Kitchen Supervisor: Gillian Wood

Church Wardens: Tim Benson, Liz Runcorn

We are a community of faith, hope and love in the heart of the city

Follow us on Twitter: [@stpetersderby](https://twitter.com/stpetersderby)

www.stpetersderby.org.uk

Parish Safeguarding Link: Revd. Anita Matthews

IN THE WEEK

The church office is closed until further notice, but telephone calls to the Office on 01332 360790 and emails to office@stpetersderby.org.uk will be monitored