



for St Mary's, Burwell with St Etheldreda and the Holy Trinity, Reach

Holy Habits for Life

One of the most influential books on my life is 'Celebration of Discipline', by Richard Foster, which I first read in the early 1980s. It has since become a classic, exploring the ancient 'spiritual disciplines' and their relevance for Christians today. These are basically the holy habits that we may adopt, which help us grow in character and Christ-likeness. It has long been recognised that when we do something regularly, it changes us, for good or ill. These practices don't make us right with God, but help us live as faithful followers of Jesus, and grow more like him. During Lent, we will be focussing on some of these holy habits, as we reflect on our readings, the Collects, and hear from those who have made these their own. I would love to hear from anyone who would be willing to share their own experience, either writing something for the service leader to read out, or coming forward to speak. The themes are here, not an exhaustive list of holy habits, but should give us enough to be going on with!

With love and prayers for a holy Lent.

Eleanor Williams

05/03/25	Ash Wednesday	Fasting & giving - hidden holy living
09/03/25	1 st Sunday of Lent	Worship - the orientation of the heart (also Bible study)
15/03/25	Quiet Morning	Silence and contemplation - finding the still centre
16/03/25	2 nd Sunday of Lent	Discipleship and sacrifice - following the Way
23/03/25	3 rd Sunday of Lent	Prayer - waiting and seeking
30/03/25	Mothering Sunday (early service)	Repentance - turning back
06/04/25	5 th Sunday of Lent	Generosity - the outpouring of the heart (also Community)



**Ash Wednesday
March 5th**

**10.30am Holy Communion
at St Mary's, Burwell**

**7.00pm Holy Communion
at St Mary's, Burwell**

*Begin the Lent Journey together
as we share Holy Communion
and our foreheads are marked in ash
with the sign of the Cross*

**LENT
FOR ALL**

**Sunday 9th March
4.00 - 5.30pm
at St Mary's Burwell**



A chance for families to have fun
explore faith & share a meal
All Ages, All Welcome

**What is Lent?
How can families join in?**

Come along to
'Lent for All' Messy Church
with games, challenges
arty crafty
and other activities



**Connect Café @ St Mary's
Wednesday 12th March
3.30 - 5.00pm**



A Connecting Place for Families

From the Parish Registers



Funerals

Rest in peace
Lindsay Hancock
Ian Hewitt
Ann Calder

CentrePeace



38a The Causeway, Burwell

We are now open every morning except Sunday and Monday and Wednesday afternoon, but we are no longer open on Thursday afternoon.

New Opening Times

Tuesday 10.00am—12.30pm
Wednesday 10.00am—12.30pm
2.00pm—4.00pm
Thursday 10.00am—12.30pm
Friday 10.00am—12.30pm
Saturday 10.00am—12.30pm



The Knitted Bible is set to return soon! Can you help us?

It was wonderful to have the Knitted Bible on display at St Mary's in November 2023, and will be hosting the exhibition again from early April, leading up to Easter. It doesn't currently have a Noah's ark. If you can help with knitting or crocheting animals & figures please speak to Dee Smith.

More progress on the churchyard wall at Reach



Thank you to Cambridge Stonecraft

**Mothering Sunday
Café Church**

at St Mary's Burwell
Sunday 30th March
Refreshments from 10.00 am
Followed by short service
All very welcome to join us



Flower posies to be given out

Milestones on the journey

We're all on a journey through life, and many of us are also on a journey of faith. Some people can look back and point to a single decisive moment when they made a decision to follow Christ, rather like St Paul on the road to Damascus, who had a vision of the risen Jesus, which brought about a complete turnaround of his life. His was a sudden and dramatic, one-off, life-changing encounter. For others, like the two who met the risen Jesus on the road to Emmaus, it's a much slower process - a gradual journey of discovering more about God, of growing faith and increasing awareness of the presence of Christ. A journey of eyes opening and hearts being warmed by the touch of the Spirit, as disbelief and fear give way to trust and confidence.



We're all different, but as we reach out to him, God meets each of us where we are, and takes us further on into deeper relationship. You can read more about the Damascus Road in Acts 9 and the Emmaus Road in Luke 24.

Taking the plunge!

For all of us on the journey of faith, there will be milestones - times when we make a deeper commitment to follow Jesus, and want to mark that in some way. Would you like to find out about **Christening** or **Baptism** for your child, or perhaps for yourself? Or for children who over 7, the next step might be to prepare to receive **Holy Communion**. As a young person or adult, you may be ready to affirm your baptism promises for yourself in the service of **Confirmation**.

If the answer is **YES** to any of these, I would love to arrange a time to talk more with you about what might be the next step for you and your family. You can find out more under 'Life Events' on the Church of England website www.churchofengland.org.

Got questions?

Do you have questions about life, the universe, God, faith? Or wonder how to answer the questions your children ask? Would you like space to ask questions, and explore what the Bible might have to say? Please do let me know if you would like to join a group with others to talk about the questions you have.

Eleanor Williams

When and How?

BAPTISMS take place in our main 10.00am Sunday services, usually 1st or 3rd Sunday of the month.

CONFIRMATION SERVICES are led by the Bishop, and there is a deanery Confirmation on Saturday 14th June at 4.00pm in St Vigor's, Fulbourn, There are also regular services at Ely Cathedral.

ADMISSION TO COMMUNION can take place in any service of Holy Communion, but it is lovely to be able to do this at festivals like Easter.

SMALL GROUPS for prayer and Bible study meet regularly, and we also have special courses during eg Lent.

Lent Course

Starts Thursday 13th March

2.30pm

An hour a week for 6 weeks
for study, prayer
and friendship

Contact Virginia for information





Save the date!

**St Mary's Church Fete
Saturday 7th June
2.00 - 4.00pm**

In the church and churchyard

Plans for the church fete are now progressing nicely and so we can confirm, the Church fete will return this year! It will be an afternoon of fun with lots of stalls, games and children's activities. There will be all the usual stalls along with cream teas and a BBQ for those looking for something more substantial! Please be thinking of how you can help make this fete a success.

Over the next few months, we will be asking for many items. For example, items for the tombola and bric-a-brac so as you do your spring-cleaning (!) keep hold of any items that you may be tempted to get rid of and donate to these stalls.

We also need gazebos, so if you have one you could lend us, that would be very helpful. We are hopeful for a sunny afternoon!

We would like to put on a number of children's activities, therefore if you or someone you know has a talent for face-painting, balloon modelling or any other children's activity we would love to hear from you.

We will also host some local craft stalls, therefore, if you have items you would like to display or sell and would like to join us on the 7th June, please do get in touch.

Nearer the time, we will be asking for volunteers to help on the day, doing anything from helping to set up the stalls along with manning the games. If you think you could help in any way, please do get in touch.
Jo Proctor llm@stmarysburwell.org.uk

Environment Matters

This month's column is a version of Kathy's Eco Living tips first published in March 2022.



Have you considered how much energy is used for lighting and the extent to which it adds to light pollution? The Campaign to Protect of Rural England says "Light pollution wastes energy and money, has negative effects on wildlife and more recently has sparked major concerns about the harmful effects it can have on people, not only by disrupting their sleep but the human ability to naturally produce hormones."

Psalm 19 starts 'The heavens declare the glory of God; the skies proclaim the work of his hands'. Too much light outside stops us from seeing what God created – stars, moon, planets, etc.

If you have lights in your garden, remember to turn them off when you are not there. Night time lighting has been shown to disrupt wildlife's natural patterns, by drawing migratory birds off course, and distracting insects from their job of pollinating flowers. Wildlife is better equipped than humans to see in the dark and does not need artificial lighting.

Close your curtains to keep light (and heat) inside your home, rather than allowing it to spill out into the night, and remember to turn lights off as you leave a room, to save energy.

If you have tips or ideas you'd like to share, please send them to pat@patchtcs.co.uk



Both St Mary's and St Etheldreda's have attained Silver Eco Church awards, and we would love to move onto the Gold Award. If you would be interested in getting together with others to help us make progress towards this, please speak to Eleanor.



Do you want a say about what happens in this parish now and in the future?

If the answer to this question is 'Yes', then please consider joining the church's Electoral Roll, or register of electors. In the same way that being on the civic Electoral Roll allows you to vote in parliamentary and local elections and referenda, joining the Church Electoral Roll means that you can vote on the Parish Church matters. All Church of England parishes have to completely renew their Electoral Rolls every 6 years and this renewal is due this year. Everyone who wishes to be on the Electoral Roll will therefore have to re-register. For more details of what it means to be on the Electoral Role, see the February edition of Contact. The forms are now available in church, together with a box for completed forms, which must be returned by 23rd March.

Parish of St Mary's, Burwell, with St Etheldreda's, Reach Annual Parochial Church Meeting (APCM)

**Sunday 27th April
In St Mary's Church
Approx. 11.15am**

After the 10.00am service

The APCM is very much like the Annual General Meeting of any organisation. We receive reports on the year past and vote for our Churchwardens and members of the Parochial Church Council (PCC).

In this parish, the APCM is usually very brief because all the reports from The Vicar, The Churchwardens, the Secretaries and the Treasurer are circulated in advance in our Annual Report, copies of which will be available in church two weeks before the meeting and also on line. More details nearer the time.

What's Involved in Helping at Church?

There are over 20 different ways in which you can help at our churches and we always welcome more volunteers to spread the load! To help you decide whether a particular job is for you, we will run a number of articles over the next few months explaining what different jobs involve, including the time commitment and the training you have to do.

Each of us has interests and talents. All can be involved, perhaps in new or unexpected ways, to support and strengthen the church community. If you have recently joined the congregation, and are not yet sure how you can contribute, please speak to Eleanor

Burwell Community Forum

Presents

Burwell at Large 2025



Bringing the Community Together

Exhibitions and displays of activities in Burwell for all ages



Saturday 22nd March 1-5pm
Sunday 23rd March 1-4.30pm

Entry Free
Mandeville Hall

Can you help with our stall at Burwell at Large?

We will need people to help set up and clear away, and to be on the stall during the event. There will be a sign-up sheet in St Mary's or speak to Eleanor or Virginia.

Reflection by Philip Baker

Have you noticed how frequently the number 40 crops up in the Bible? Moses spent 40 days on the mountain being prepared to lead the Israelites out of Egypt (Exodus 24:18), culminating in the second set of stones bearing what we refer to as the 10 Commandments (Exodus 34:28 – the first set of stones Moses destroyed, see Exodus 32:15-20). The earth was flooded for 40 days to rid the earth of creatures except those saved in the ark (Genesis 7:12), and there are many more. On Ash Wednesday (which falls this year on 5th March) we enter the 40 days of Lent, which many suggest recalls the 40 days Jesus spent being tempted in the desert (Matthew 4:1-11) and is a period of contemplation culminating in the deeply contrasting events, emotions and ultimate glory of Easter.

Traditionally we mark our 40 days of Lent by denying ourselves something, such as chocolate, but I have a suggestion. The Bible is interesting and reading it helps us to understand our faith so, for a change from the usual, how about giving up a little time each day to think of God and read the Bible? There are lots of plans available on line, although I use a completely free app on my phone (YouVersion) which offers several plans to choose from, including reading the whole Bible in 365 days (that is what I do and it takes around 15 minutes a day).

Alternatively, try to read the first 24 chapters from the book of Exodus (which includes the 40 days Moses spent on Mount Sinai) and all 28 chapters of the Gospel of Matthew (which is the story of Jesus up to His Resurrection at the end of our 40 days of Lent). That should be an easy read in 40 days. taking about 15 minutes each day for a chapter from each. If that is not enough (or instead), for a lovely story of faith and love read Ruth, which is really short.

Whatever we do, let us make sure we remember God's amazing love for us as shown by the sacrifice He made on the Cross, followed by His example of rising to life again.



Burwell Branch News

By the time you read this we will have had our February meeting in which we will be planning the Mothers' Sunday service. Our January meeting went well, with Virginia presiding over a service of Holy Communion at Mill Bungalow after we had held our AGM – no changes and no surprises! There will be a Commissioning Service for Diocesan Officers on Saturday 22nd March in Ely presided over by Bishop Dagmar – all are welcome, contact me for details (and lifts if required).

Our next fellowship lunch after Holy Communion in St Mary's will be on Wednesday 12th March and, as is usual, it is open to all our friends in St Mary's but it is essential that you let me know by Saturday 8th March if you would like to join us. There were 18 of us again last month and we enjoyed a very pleasant time together, but it was oversubscribed and I had to turn late hopefuls away, so don't leave it to the last moment to book! If you are not a member, but interested in the work of the Mothers' Union here in the UK and around the world, and would like to know more, please contact me (or Hazel). We welcome men and women who support our aims, which relate to the Christian support of families and family life.

Philip Baker

Mothers' Union Subscriptions.

For 2025 the subs are £24.50 per person, all of which goes to Mary Sumner House, our headquarters, and is used to support worldwide projects.

While many of our members do attend our regular meetings, or lunch together at the Day Centre some support us by paying their membership and just receiving MU information showing what is happening across the diocese as well as other areas. please get in touch with Hazel Williams if you would like to pay subs. to join MU. hwill66@icloud.com

What's on in our churches this month

Date	St Mary's Burwell	St Etheldreda's Reach
Sunday 2 nd March Next before Lent	10.00am Café Church	8.30am Holy Communion
Wednesday 5 th March Ash Wednesday	10.30am Holy Communion 7.00pm Holy Communion	
Thursday 6 th March	9.00am Morning Prayer	
Friday 7 th March	10.00am Refresh Café and Lunch	
Sunday 9 th March 1 st Sunday of Lent	10.00am Holy Communion	
Wednesday 12 th March	10.30am Holy Communion 3.30pm Connect Café	
Thursday 13 th March	9.00am Morning Prayer	
Friday 14 th March	10.00am Refresh Café and Lunch	
Saturday 15 th March		11.00am - 1.00pm Quiet Morning (coffee from 10.30am)
Sunday 16 th March Lent 2	8.30am Holy Communion 10.00am Holy Communion	
Wednesday 19 th March	<i>10.30am Holy Communion at Ness Court</i>	10.30am Holy Communion
Thursday 20 th March	9.00am Morning Prayer	
Friday 21 st March	10.00am Refresh Café and Lunch	
Sunday 23 rd March Lent 3	10.00am Holy Communion	
Wednesday 26 th March	10.30am Holy Communion	
Thursday 27 th March	9.00am Morning Prayer	
Friday 28 th March	10.00am Refresh Café and Lunch	
Sunday 30 th March Lent 4 Mothering Sunday	8.30am Holy Communion 10.00am Mothering Sunday service	
Wednesday 2 nd April	10.30am Holy Communion	
Sunday 6 th April	10.00am Café Church	8.30am Holy Communion

Please check the weekly news sheet for updates or our website. Refreshments are served after the 10.00am Sunday service and our Wednesday midweek service. Café Church is usually on first Sunday of month, beginning with refreshments, themed activities for all ages, then a short service.

OPENING OF OUR CHURCH BUILDINGS: Both of our churches are open to the public every day, except when there is another event, such as a wedding or a funeral.

WEEKLY GATHERINGS: We have a number of small groups meeting during the week, including Saturday 9.00am The Prayer Group at Village Green Coffee Shop.

WORSHIP AT HOME ONLINE: *Join us to pray, to worship, to share together.* Most weeks, we aim to live stream the Sunday 10.00am service on Facebook, apart from Café Church and when there is a baptism.

Burwell Food Support Group
Pop-up Pantry & Ely Foodbank
working together
to support our local community
at Burwell Day Centre
Fridays 2.00 - 3.00pm

Pop-up Pantry is working towards reducing waste and offers short life food and more as is available.

Donations towards the Pantry are gratefully received and can be dropped off at the Day Centre.

A voluntary contribution of £2 is helpful towards running costs.

Ely Foodbank provides food for 3 days and can help with issues such as benefit changes, low incomes and more.

Citizens Advice join the team on 1st Friday of month.

If you require help from the Foodbank please ring 01353 468626

or email info@ely.foodbank.org.uk

Burwell Food Support Group links individuals and groups working to support those in need in our community, and includes Burwell Help Group, Open Arms, St Mary's Church, Burwell Baptist Church, Burwell & District Day Centre, Burwell Co-op



Supporting St Mary's and St Etheldreda's

Could you support the work of our church by making a donation? There are various ways to do this.

At one of our services or events, you can give cash or a cheque, made payable to 'Burwell PCC' or use the card reader.

Alternatively, go to our website www.stmarysburwell.org.uk/donate

for information about how to make a single or regular donation by credit or debit card.

You can also download forms to set up a Standing Order or a Gift Aid declaration.

For more details, please see our website or speak to our Gift Aid Officer, Ian Richards or Email:

administrator@stmarysburwell.org.uk

Vicar

Rev'd Canon Dr Eleanor Williams

22 Isaacson Road 01638 741262

vicar@stmarysburwell.org.uk

Associate Priest

Rev'd Paula Spalding 07849 936085

associatepriest@stmarysburwell.org.uk

Duty days Wednesday, Friday and Sunday

Curate

Rev'd Virginia Moggridge 07566 773020

curate@stmarysburwell.org.uk

Day off Tuesday

Priests in retirement

Rev'd David King

Rev'd Dr Roger Williams

Licensed Lay Minister

Jo Proctor

Churchwarden

Wendy Smith 01638 741888

Churchwardens' Assistants

Stephen Martin 01638 742667

Caroline Smith

We're also on Facebook

<https://www.facebook.com/stmarysburwell>

<https://www.facebook.com/messychurchburwell>

<https://www.facebook.com/centrepeaceburwell>

Keeping in Touch

We send the weekly pew sheet and monthly Contact magazine by email. There are usually a few spare paper copies in church.

Both the pew sheet and Contact are also available to download from our website:

www.stmarysburwell.org.uk/about-us/newsletters/

QR code for church website home page



We welcome your contributions to Contact. Please do keep sending them!
 Send to Pat Chalmers, Contact Editor at pat@patchtcs.co.uk

To join the circulation list please fill in a Keeping in Touch form available in our churches or on our website