

### Lent Course 2026

Come and join us for our Benefice Lent Courses. We will be following a 'cover to cover' lent study guide based on the prayers of Jesus by Amy Boucher Pye.

**Day Lent Course** This will take place on Tuesdays, starting on Tuesday 24<sup>th</sup> February, and on the following Tuesdays; 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> March. This course will be held in the Tower Room, St Andrew's Church, Hingham at 10am, with coffee, tea and cake available. Each week a member of the Ministry Team will lead the session, discussing a favourite passage from the Bible.

To help us plan for the Lent course session please email Caroline to let us know if you are coming to this course; [admin@standrewshingham.org.uk](mailto:admin@standrewshingham.org.uk)

**Evening Lent Course** This course will take place on Wednesday evenings, 7 - 9pm, starting on Wednesday 25<sup>th</sup> February, and on the following Wednesdays; 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> March, finishing on 1<sup>st</sup> April. This course will be held at Swan's Meadow, Rocklands, NR17 1XG and all are welcome.

Please email Victoria ([victoriajanegraham@gmail.com](mailto:victoriajanegraham@gmail.com)) if you would be interested in attending any of the sessions.

**Quiet Reflection** Each Wednesday during Lent at 10am, there will be a period of quiet reflection, with tea and coffee available. This will be held at St Andrew's Church Hingham, and will follow the mid week shortened Holy Communion service. This will begin on Wednesday 18<sup>th</sup> February and the last one will be on Wednesday 1 April.

### Events this week

#### Saturday 14<sup>th</sup> February

- 10.00am-12.00pm Coffee Morning in Little Ellingham church
- 10.00am-12.00pm Paws for Coffee in Hingham church

#### Sunday 15<sup>th</sup> February Services, Sunday next before Lent

*Readings year A:*      *Exodus 24.12-18*      *Psalms 2 or Psalm 99*  
    *2 Peter 1.16-21*      *Matthew 17.1-9*

- 8.00am      Hingham      Holy Communion
- 10.30am      Hingham      Methodist Covenant Service
- 10.30am      Great Ellingham      Morning Prayer
- 10.30am      Rockland St Peter      Holy Communion
- 11.00am      Woodrising      Holy Communion
- 4.00pm      Little Ellingham      Prayer and Praise

#### Tuesday 17<sup>th</sup> February

- 3.30pm      Great Ellingham Pancake race starting at the Methodist Church, bring your own pan and pancake to toss. Followed by pancakes to eat in the church.
- 4.30pm      Pancake Supper in Hingham church until all the batter is gone.

#### Wednesday 18<sup>th</sup> February, Ash Wednesday

- 9.30am      Hingham      Holy Communion followed by 30min Lent reflection
- 7.00pm      Little Ellingham      Holy Communion with imposition of ashes

#### Friday 20<sup>th</sup> February

- 7.00pm      Choir practice in Great Ellingham church

## Sunday 22<sup>nd</sup> February Services, First Sunday of Lent

Readings year A:      *Genesis 2.15-17; 3.1-7*      *Psalm 32*  
                                 *Romans 5.12-19*                              *Matthew 4.1-11*

10.00am	Hingham	Morning Prayer
10.00am	Morley St Botolph	Holy Communion
10.30am	Little Ellingham	Shellrock Benefice Holy Communion

A request has been made to provide notice of future events further than one month so here is the known list for two months ahead.

### *Looking forward.....*

24 February	Day Lent course starts
25 February	Evening Lent course starts
28 February	RAS/RSP joint Coffee Morning in Rocklands Village Hall
7 March	Great Ellingham Spring Fair
14 March	Little Ellingham Coffee Morning
14 March	Hingham Paws for coffee
14 March	Luke Wallace workshop and concert
11 April	Great Ellingham Pop-up Café
11 April	Hingham Paws for Coffee
11 April	Rocklands Cheese and Wine evening
18 April	Little Ellingham Coffee Morning

## Contacts

### *Shellrock Ministry Team*

Priest in Charge:	Revd Tori Venmore-Rowland	01953 573377	email; revdtori@outlook.com
	<i>Thursday is Tori's usual day off</i>		
LLM	Carol Bennett	01603 441508	

Benefice admin:	email	<a href="mailto:shellrockbenefice@gmail.com">shellrockbenefice@gmail.com</a>
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