

SERVICES

THIS WEEK—3rd March

"God's Framework For Living"

9:00am, Morning Worship, St. Mark's
9:30am, Holy Communion, St. Luke's
10:45am, Informal Worship, St. Mark's
10:45am, Holy Communion, St. Michael's

NEXT WEEK—10th March

"Mothering Sunday"

9:00am, Holy Communion, St. Mark's
9:30am, Morning Worship, St. Luke's
10:00am, Honduras Stall, St. Mark's
10:45am, Informal Worship, St. Mark's
10:45am, Holy Communion, St. Michael's

Please pray for the grieving families and friends of: Dorothy Strowger

Team Rector—Helen Jary

561546—or—07397 707110
revhelenjary@gmail.com

Team Vicar—Andy Bunter

816021—or—07425 154454
andy.bunter@gmail.com

Parish Safeguarding Officer

Gill Williams

01502 731325

purplegill96@gmail.com

Team Office: Mandy Marler—514774

stmarks.oultonbroad@gmail.com

Mon, Tue, Thurs, Fri, 9:00am to 1:00pm

Wed—Work from Home 9am-1pm

www.stmarksob.org

www.stmichaelsoulton.org

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facebook.com/StMichaels.Oulton

DIARY RED WEEK

Mon 4th (Rest day for Harry & Debbie)

9:30am, Ducklings Toddler Group, St. Mark's
12:30pm, Daily Prayer, St. Mark's
2:00pm, St. Mark's Ladies Group
7:00pm, Sanctuary Course, St. Luke's

Tues 5th (Rest day for Harry)

2:00pm, Open Church, St. Michael's
5:30pm, Daily Prayer on Zoom
ID: 879 9317 3242 Code: 520220
7:00pm, St. Michael's Standing Committee

Wed 6th

8:30am, Quiet Time, St. Mark's
9:30am, Holy Communion, St. Mark's
12:30pm, St. Luke's Lent Lunch
2:00pm, St. Luke's Council
4:00pm, St. Luke's Pantry
5:30pm, Daily Prayer on Zoom

Thurs 7th (Rest day for Jo, Harry & Marilyn)

2:00pm, Knit & Natter, St. Mark's
5:30pm, Daily Prayer on Zoom
7:00pm, St. Mark's Railway Group

Fri 8th (Rest day for Helen & Jo)

12:30pm, Daily Prayer, St. Mark's
2:00pm, Open Church, St. Michael's

Sat 9th (Rest day for Andy)

11:00am, CONTACT, St. Mark's
2:00pm, Cuppa, Cake & Chat, St. Luke's
3:00pm, Worship Band Practice, St. Mark's

Thank you kindly for observing our ministry team's rest days. Your thoughtfulness and patience is appreciated.

Our churches depend on donations to fulfil Christ's mission. If you would like to give, please visit:

<http://stmarksob.org/giving>

There you will find options to give to all three of our Churches.

The BROADSHEET

The Weekly Newsletter for the Oulton Broad Team Ministry

3rd, March, 2024

stmarksob.org—stmichaelsoulton.org



A LENT REMINDER

This image stands as a powerful reminder of the meaning of Lent and its call to reflect and examine our hearts. It was created at the Ash Wednesday service at St Michael's. Helen poured a tray of ash over a white

cloth and on returning from Communion people were invited to draw a cross or fish shape in the ash with one of their fingers. After the service the ash was scattered in the churchyard and the cloth bundled up.

On reopening the cloth, this image remained.

(Anyone who would like a copy of the image created to reflect on, please speak to Jill Hunting)

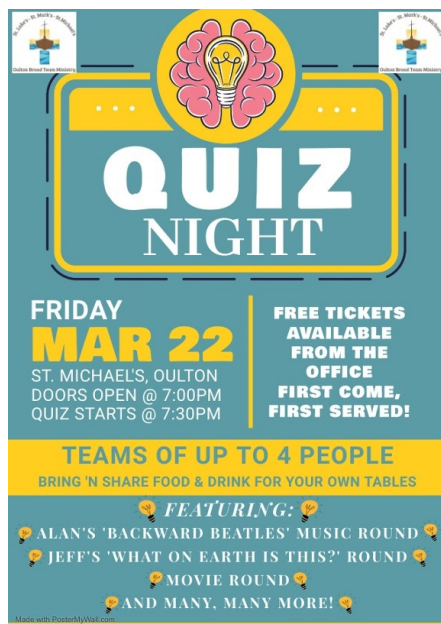


God's vision for us:

A growing,
Christ-centred community,
led by the Holy Spirit,
worshipping God and
making disciples.

St. Mark's is a
recipient of:





ST. MARK'S LADIES GROUP

Our next meeting is on Monday 4th March at 2pm in the Church Hall when our speaker will be the Revd. Roger Billings and his subject will be "Pass The Sandwiches". All ladies are most welcome to join with us on this occasion.

MOTHERING SUNDAY POSIES

will be put together for the three churches on Friday 8th March starting at 9am in St. Mark's Hall. All help welcome.

LOWESTOFT CHRISTIAN MEN'S NETWORK BREAKFAST

Saturday March 16th 7.45am for 8am Martello's, Sparrow Nest Speaker Simon Stokes (Rector of St Margaret's) Names to Peter Wood by 11th March please.

EASTER LILIES AT ST. MARK'S

If you would like to buy a lily in memory of a loved one, please speak to Val Waterman by 17th March. Due to the cost of flowers, it would be appreciated if you could make a minimum donation of £5 per lily.

HELP NEEDED

We need a few people to assist with preparing refreshments for the primary school children and staff who will be with us for 'Experience Easter'.

If you are able to help on either the morning of Tuesday, 26th March at St Mark's or Wednesday, 27th March at St Michael's, please let Helen know. Thanks.

FOODBANK REQUIREMENTS

Squash & fruit juice; Porridge; Jams & spreads; Small packets of rice; Crisps; Crackers; Tinned spaghetti; Kidney beans. Sturdy carrier bags always welcome.

SAVE THE DATE

Singalong Night at St. Mark's
Friday April 26th, 7pm
Watch the Broadsheet for more details closer to the date!

SEDER PLATE

Debbie Allsop needs one for Experience Easter to be used for 'The Last Supper'. If you have one or know someone who does and is willing to let her borrow it, please let Debbie know.

APCM REPORTS

We're coming up to APCM (Annual Parochial Church Meeting) season! If you've been asked to give a report for St. Michael's or for St. Mark's with St. Luke's, could you please have these to the office by the middle of March.



BARNABAS AID

FOOD.GIVES APPEAL

Many thanks go to The OBTM Men's Group for their recent donation of 60kgs (132 lbs) of sugar and 80kgs (176 lbs) of rice. Your kindness is much appreciated. If you would like to give, food.gives accepts donations of: dried chickpeas, dried lentils, rice, salt (preferably in bags), sugar, other dried pulses (beans, broad beans, peas). There are boxes at all of our churches to place your donations in.



LENT 2024: ECO CHALLENGES

Fast by Eating Alternatives

Father God, thank you for the wonder of your Creation. You have designed us to be dependent on you and on nature to survive and thrive. Please help us to consider carefully what we eat, and to make sacrifices in our diet to better care for creation. Lord, help us to be thankful for what we have and generous in sharing it.

Week 3 Challenge:

Choose to cut out either meat or dairy from your diet this week (eating more pulses, fruit and veg.). If you are vegan, choose to cut out coffee or dark chocolate (both have high emissions in production).

(Note: if you have health conditions or concerns, please talk with your GP before changing your diet).



NEXT SUNDAY @ ST. MARK'S BETWEEN MORNING SERVICES

HANDMADE CRAFTS ★ JEWELLERY ★ KNITTED ITEMS