

**GIVE UP
YOUR STUFF
FOR LENT.**

**I'M DECLUTTERING WITH
40 BAGS IN 40 DAYS THIS YEAR!**

WHITEHOUSEBLACKSHUTTERS.COM



MARCH 2019 Newsletter

Sarah's message

March is the month of madness – or it is considered so if you are a hare! During the breeding season, hares display what is perceived as 'mad' behaviour. This includes 'boxing matches' between male hares who are competing with each other for the chance to mate. It also includes long chases, as the females and males demonstrate their fitness.

We live in a society where there is a lot of stigma over mental ill health, despite the fact that between a quarter and a third of adults will experience an issue with poor mental health at some point in their life. It seems odd that whilst society recognises that the wrong kind of pressure at the wrong time might cause a physical injury, like a bone fracture (for example, after a fall or car accident) yet there is a difficulty accepting that the wrong kind of pressure at the wrong time might cause a mental injury, like depression or anxiety (for example, after having a baby or being laid off).

When we think of how Jesus dealt with those potentially struggling with mental illness (the man healed after being told he was forgiven, or the man living amongst the tombs and bound with chains), we see that God is just as compassionate over this ill health as He is over physical ill health. How lovely to think that church might be a refuge for those too often despised and denigrated by society.

Of course, some people believe that any person who believes in God has a mental illness. A famous book by an atheist describes faith as 'The God Delusion'! For all the wrong reasons, they may be right, however. If you use the pew Bible, look up 2 Corinthians 5:13. You might be surprised!

Rev.Sarah Bingham



TAKE WITH LENTEN PLEDGE

**LENT 2019 BEGINS ON
WEDNESDAY 6th MARCH
AND ENDS
SATURDAY 20th APRIL**

Are you up for a 40 day challenge? Can you give up something you most rely on, or you enjoy eating? Choose something that will stretch you for 40 days. E.g.: going without meat, or alternative forms of transport, bus, bike or walking, give up electricity for an hour a day during Lent or even don't buy anything new. Something that would change your daily habit?

You are invited to take a Lent Pledge challenge and get people to sponsor your pledge for the 40 days of Lent. Will you commit to your pledge? Obtain a sponsorship form from Robert Silvera and take the 40 day Lenten Pledge Challenge ..
Come on! Give it a go!!

QUIZ NIGHT

**Saturday 30th March from 5pm–8pm
fun family and friends quiz night.
£2 entry fee per person. Each team
must consist of 5 people, choose your
team on the night.. Questions will
range from, general knowledge, films,
music, religion, Science etc;
Light refreshments will be available on
sale from 50p. To register a team or for
more information Please see, Richard
Timmis, Peter Hardiman or Robert**

**CLOCKS GO FORWARD 1 HOUR
ON SATURDAY 30th MARCH**

