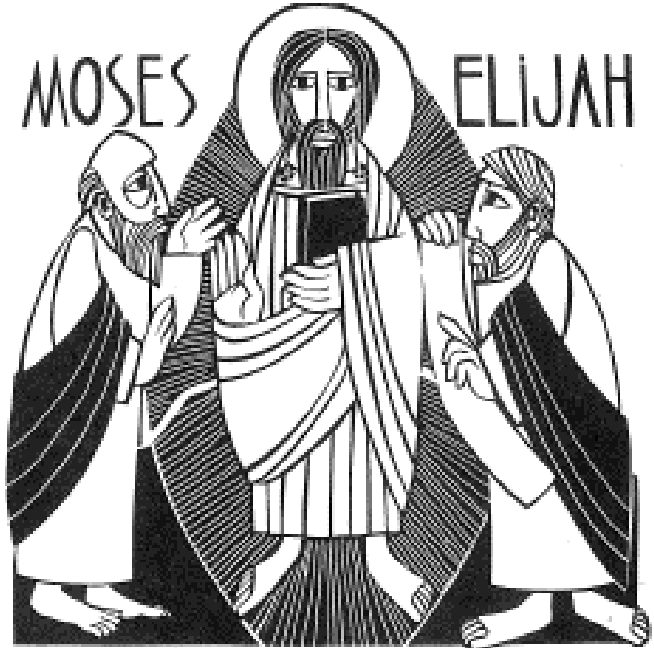


Worship for the Week

Praying, learning, serving, sharing

Sunday 11 February

Sunday next before Lent



From the cloud there came a voice, 'This is my Son, the Beloved; listen to him!'

Mark 9.7



Oakham Team Ministry contacts

Please contact one of the Ministry Team if you would like a chat or a visit. Visit our website www.oakhamteam.org.uk or keep up with news on our Facebook page **Oakham Team Ministry**.

Team Clergy

Revd Stephen Griffiths *Team Rector (Oakham & Langham)*

01572 869483 stephen@oakhamteam.org.uk

Revd Deborah Marsh *Team Vicar (Whissendine, Teigh, Ashwell & Market Overton)*

01664 474652 deborah@oakhamteam.org.uk

Revd Jenni Duffy *Team Vicar (Braunston, Brooke, Hambleton & Egleton) 07507*

442539 jenni@oakhamteam.org.uk

Revd Shakeel Nurmahi *Team Curate - 01572 812147*

shakeel@oakhamteam.org.uk

Ordinands

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Mrs Alison Long alison.long@oakhamteam.org.uk

Lay Ministers

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Mr John Feehally *Reader* john@oakhamteam.org.uk

Mr David Pattinson *Reader* 01572 723884 david@oakhamteam.org.uk

Mr David Perril *Reader* 01664 452117 david.perril@oakhamteam.org.uk

Mr Alan Rudge *Reader* 01572 755570 alan@oakhamteam.org.uk

Canon Vyv Wainwright *Reader* 01572 755752 vyv@oakhamteam.org.uk

Mrs Gail Rudge *Parish Evangelist* 01572 755570 gail@oakhamteam.org.uk

Director of Music

Harry Jacques BA(Hons), PGCE, ARCO directorofmusic@oakhamteam.org.uk

Oakham Team Office

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Office hours are Monday – Friday 9am – 1pm.

Mrs Sue Willetts *Finance Assistant* 01572 724007 finance@oakhamteam.org.uk

Ann Blackett *Parishes Support Officer* 01572 724007 psa@oakhamteam.org.uk

Notices or reports for inclusion in *Worship for the Week* and website should be sent by Tuesday evening to psa@oakhamteam.org.uk

Safeguarding Officers

Mrs Cally Griffiths *Oakham Parish Safeguarding Officer* 01572 869483

safeguarding_oakham@oakhamteam.org.uk

Mr Derek Cullen *Oakham Deputy Parish Safeguarding Officer* 01572 490760

derek.cullen@oakhamteam.org.uk

Mrs Jessica Blight *Langham - 07557 333513* jessica.blight@oakhamteam.org.uk

Letter from the Team Rector

Dear friends,

We find ourselves on the verge of Lent, about to begin 40 days of preparation before Easter. But before we get to Ash Wednesday we have what is known as Transfiguration Sunday. At our church services we will read the story of Jesus going up a mountain with three of his disciples. They witness the glory of God shining in Jesus, and see two ancient heroes of the Old Testament, Elijah and Moses. It is a truly remarkable scene which defies any easy explanation or interpretation. Two things are clear though. Jesus is strengthened by a word of encouragement from his Heavenly Father 'This is my son, the beloved'. And the disciples are told by the same voice to listen to Jesus.

As Jesus sets his face towards Jerusalem this word of encouragement must have spurred him on when he felt dejected. The experience of being transformed in glory must have been deeply reassuring. This foretaste of the resurrection perhaps gave him hope in his suffering. This is an attitude that can help us all. Our present troubles are framed by the knowledge of God's love for us in Christ and by the promise of redemption. No circumstances in life can change the love God has for us, though we can feel more distant from God from time to time. And no tragedy, whether on a personal or global scale, can change God's plan to transform our world into the new creation. Hope is not wishful thinking, but a Christian attitude based on what God has done and is doing and will do. Hope is confirmed as we glimpse, as they did on the mountain, God's glory breaking into to everyday things of life.

King Charles has recently announced his cancer diagnosis. This is a way of helping others with cancer to be open and honest about their needs and to seek support and treatment. It raises awareness of the condition. Can hope break through in such a situation? If we take to heart the promises of God then yes hope can still be part of the journey through a cancer diagnosis. There will be signs of God's glory even on that hard road, as there was for Jesus on his journey. Sometimes this will be obvious, sometimes more subtle.

Please join in with as much as you can during Lent and, when it arrives, Holy Week and Easter. It is an important time of year for growing in faith, for learning to live in hope and for looking for the transforming glory of God.

With love in Christ,
Stephen

February-March service plan for Oakham and Langham

***Services in Langham are in the Village Hall at present**

	Oakham 8am	Oakham 10.30am	Langham 10.30am	Oakham 6pm
Ash Wednesday 14 February	10am SSJA Holy Communion with ashes 12.00 All Saints Oakham Holy Communion with ashes			
Sunday 18 February <i>Lent 1</i>	Holy Communion	Holy Communion	Morning Prayer	Evensong
Sunday 25 February <i>Lent 2</i>	Holy Communion	All Age Holy Communion	Holy Communion	Holy Communion with Healing Prayer
Sunday 3 March <i>Lent 3</i>	Holy Communion	Holy Communion	Morning Prayer	No service (Bishop Debbie's installation at Peterborough, 3pm)
Sunday 10 March <i>Lent 4</i>	Holy Communion	Holy Communion	4pm Afternoon Tea	Queen Edith Choral Evensong

Online Services

- The Oakham Team Ministry Facebook page, where one of the ministry team leads a live stream of **Morning Prayer at 8.30am** from Monday-Friday and **Holy Communion or All-Age Service at 10.30am on Sundays**. These are also available on the Team website, together with the *Worship for the Week* and *Praying Alone Praying together* booklets
 - **Compline** David Perril continues a weekly service of **Compline every Wednesday at 8.30pm** on the Oakham Team Facebook page. Please use the Compline booklet, available from the team office or ps0@oakhamteam.org.uk
- Live services can be found on the bottom right-hand side of the homepage of the Team website www.oakhamteam.org.uk

The Week Ahead at All Saints, Oakham

Tuesday 13 February 2024

8.30am Morning Prayer

9am Holy Communion

Wednesday 14 February ASH WEDNESDAY

12.00 Holy Communion with Ashing

No Music at Lunchtime this week – half term

3.45pm Rutland Junior Choirs

Thursday 15 February

8.30am Morning Prayer

9.45am Tiny Tots

Friday 16 February

10am Holy Communion

10.30 Oasis Coffee Morning

11am Stations of the Cross at All Saints (*next week at St Joseph's*)

7.30pm Choir Practice

Next Sunday 18 February – The First Sunday of Lent

Readings Psalm 25.1-9; Genesis 9.8-17; 1 Peter 3.18-22; Mark 1.9-15

All Saints Oakham 8am Holy Communion; 10.30am Holy Communion;

6pm Evening Prayer

St Peter and St Paul Langham (Langham Village Hall) 10.30am Morning Prayer

Common Worship and New Patterns of Worship, material from which is included in these services, is copyright © The Archbishops' Council 2005. The Scriptures quotations contained herein are the New Revised Standard Version © 1989, Division of Christian Education of the National Council of Churches of Christ in the USA. Used by permission. All rights Reserved. Langham Church is a member of the CCL scheme, no.245730, and of OneLicense, no.740714. Illustration by Martin Erspamer OSB/Liturgy Training Publications, Chicago.

10.30am Holy Communion

Opening Hymn *Christ is the world's true light*



1. Christ is the world's true light,
its captain of salvation,
the daystar clear and bright
of every land and nation;
new life, new hope awakes,
where people own his sway:
freedom her bondage breaks
and night is turned to day.

2. In Christ all races meet,
their ancient feuds forgetting,
the whole round world complete,
from sunrise to its setting:
when Christ is throned as Lord,
lands shall forsake their fear,
to ploughshare beat the sword,
to pruning-hook the spear.

3. One Lord, in one great name
unite us all who own thee;
cast out our pride and shame
that hinder to enthrone thee;
the world has waited long,
has travailed long in pain;
to heal its ancient wrong,
come, Prince of Peace, and reign!

Words: George Wallace Briggs (1875-1959)

Music: Melody in Johann Crüger Praxis Pietatis Melica, 1647.

(Ancient & Modern – 754)

Collect for the Sunday next before Lent

Almighty Father,
whose Son was revealed in majesty
before he suffered death upon the cross:
give us grace to perceive his glory,
that we may be strengthened to suffer with him
and be changed into his likeness, from glory to glory;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen.

First Reading 2 Kings 2.1-12

A reading from the book of Kings..

When the LORD was about to take Elijah up to heaven by a whirlwind, Elijah and Elisha were on their way from Gilgal. Elijah said to Elisha, 'Stay here; for the LORD has sent me as far as Bethel.' But Elisha said, 'As the LORD lives, and as you yourself live, I will not leave you.' So they went down to Bethel. The company of prophets who were in Bethel came out to Elisha, and said to him, 'Do you know that today the LORD will take your master away from you?' And he said, 'Yes, I know; keep silent.'

Elijah said to him, 'Elisha, stay here; for the LORD has sent me to Jericho.' But he said, 'As the LORD lives, and as you yourself live, I will not leave you.' So they came to Jericho. The company of prophets who were at Jericho drew near to Elisha, and said to him, 'Do you know that today the LORD will take your master away from you?' And he answered, 'Yes, I know; be silent.'

Then Elijah said to him, 'Stay here; for the LORD has sent me to the Jordan.' But he said, 'As the LORD lives, and as you yourself live, I will not leave you.' So the two of them went on. Fifty men of the company of prophets also went, and stood at some distance from them, as they both were standing by the Jordan. Then Elijah took his mantle and rolled it up, and struck the water; the water was parted to the one side and to the other, until the two of them crossed on dry ground.

When they had crossed, Elijah said to Elisha, 'Tell me what I may do for you, before I am taken from you.' Elisha said, 'Please let me inherit a double share of your spirit.' He responded, 'You have asked a hard thing; yet, if you see me as I am being taken from you, it will be granted you; if not, it will not.' As they continued walking and talking, a chariot of fire and horses of fire separated the two of them, and Elijah ascended in a whirlwind into heaven. Elisha kept watching and crying out, 'Father, father! The chariots of Israel and its horsemen!' But when he could no longer see him, he grasped his own clothes and tore them in two pieces.

This is the word of the Lord.

Thanks be to God.

Second Reading *Corinthians 4:3-6*

A reading from the letter to the Corinthians.

Even if our gospel is veiled, it is veiled to those who are perishing. In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, 'Let light shine out of

darkness,' who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

This is the word of the Lord.

Thanks be to God.

Gradual Hymn *Christ, whose glory fills the skies*



1. Christ, whose glory fills the skies,
Christ the true, the only Light,
Sun of Righteousness, arise,
triumph o'er the shades of night;
Dayspring from on high, be near;
Daystar, in my heart appear.

2. Dark and cheerless is the morn
unaccompanied by thee;
joyless is the day's return,
till thy mercy's beams I see,
till they inward light impart,
glad my eyes, and warm my heart.

3. Visit then this soul of mine,
pierce the gloom of sin and grief;
fill me, radiancy divine,
scatter all my unbelief;
more and more thyself display,
shining to the perfect day.

Words: Charles Wesley (1707-1788) Music: Ratisbon, melody from Werner's Choralbuch Leipzig 1815, harmonised by William Henry Havergal (1793-1870) and William Henry Monk (1823-1889) (Ancient & Modern – 2)

Gospel Reading *Mark 9.2-9*

Hear the Gospel of our Lord Jesus Christ according to Mark.

Glory to you, O Lord.

Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, 'Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.' He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, 'This is my Son, the Beloved; listen to him!' Suddenly when they looked around, they saw no one with them any more, but only Jesus.

As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead.

This is the Gospel of the Lord.

Praise to you, O Christ.

Offertory Hymn *We cannot measure how you heal*



1. We cannot measure how you heal
or answer every sufferer's prayer,
yet we believe your grace responds
where faith and doubt unite to care.
Your hands, though bloodied on the cross,
survive to hold and heal and warn,
so carry all through death to life
and cradle children yet unborn.

2. The pain that will not go away,
the guilt that clings from things long past,
the fear of what the future holds
are present as if meant to last.
But present too is love which tends
the hurt we never hoped to find,
the private agonies inside,
the memories that haunt the mind.

3. So some have come who need your help
and some have come to make amends
as hands which shaped and saved the world
are present in the touch of friends.
Lord, let your Spirit meet us here
to mend the body, mind and soul,
to disentangle peace from pain
and make your broken people whole.

Words: From Love From Below, John L. Bell (b 1949) and Graham Maule (1958-2019)
Music: Ye Banks and Braes (The Banks o'Doon), Scottish folk melody, harm John L. Bell
© 1989 WGRG, Iona Community (Ancient & Modern – 522)

Anthem *One bread, one body*
John Foley SJ (b.1939)

Prayer after Communion

Holy God,
we see your glory in the face of Jesus Christ:
may we who are partakers at his table
reflect his life in word and deed,
that all the world may know his power to change and save.
This we ask through Jesus Christ our Lord.

Amen.

Final Hymn *Jesus, restore to us again*



1. Jesus, restore to us again
the gospel of your holy name,
that comes with power, not words alone,
owned, signed and sealed from heaven's throne.
Spirit and word in one agree;
the promise to the power wed.

*The word is near,
here in our mouths
and in our hearts,
the word of faith;
proclaim it on the Spirit's breath:
Jesus!*

2. Your word, O Lord, eternal stands,
fixed and unchanging in the heav'ns.
The Word made flesh, to earth came down
to heal our world with nail-pierced hands.
Among us here you lived and breathed,
you are the message we received.

3. Spirit of truth, lead us, we pray,
into all truth as we obey.
And as God's will we gladly choose,
your ancient pow'r again will prove
Christ's teaching truly comes from God,
he is indeed the living Word.

4. Upon the heights of this dark land
with Moses and Elijah stand.
Reveal your glory once again,
show us your face, declare your name.
Prophets and law, in you, complete
where promises and power meet.

5. Grant us in this decisive hour
to know the Scriptures and the pow'r;
the knowledge in experience proved,
the pow'r that moves and works by love.
May words and works join hands as one,
the word go forth, the Spirit come.

*Words & Music: Graham Kendrick
© 1992 Make Way Music (Ancient & Modern – 280)*

Lent and Easter 2024

Ash Wednesday (14 February) 12 noon

Holy Communion with Ashing, All Saints Oakham

Easter Experience A visual display of the key moments of Holy Week and Easter. 18-20 March.

This is aimed at primary school children, but will be available for other visitors to see on those days.



Stations of the Cross A prayerful walk through the final journey of Jesus into Jerusalem. Hosted alternate weeks by All Saints and St. Joseph's on Fridays during Lent at 11am
Feb 16 All Saints; Feb 23 St. Joseph's; Mar 1 All Saints; Mar 8 St Joseph's; Mar 15 All Saints; Mar 22 St. Joseph's.

Churches Together study groups A series of four studies prepared by Revd Shakeel reflecting on the key moments in Holy Week. You are welcome to join the ecumenical group which will meet at All Saints at 7pm on Wed 21 Feb, Wed 28 Feb, Wed 6 March, Wed 13 March and Thu 21 March. If you prefer a daytime group please contact Patrick Wilson (Thursdays at 2.30pm) or Revd Shakeel.

Holy Week

Monday 25 March 7.30pm Compline at Braunston

Tuesday 26 March 7.30pm Compline, venue tbc

Wednesday 27 March 7.30pm Compline at Langham Parish Church

Maundy Thursday 28 March 7.30pm Holy Communion and the washing of feet at All Saints Oakham, followed by Vigil until 10pm

Good Friday 29 March

10am The Litany at St. John and St Anne

10.30am Churches Together Walk of Witness starting at St. John and St. Anne, concluding with an outdoor service 10.45am at the Buttercross in the Market Place

12noon-1pm Good Friday liturgy and devotions at All Saints

2pm-3pm Bible meditation and quiet

Easter Day at All Saints Oakham

6am Sunrise service with Holy Communion and breakfast

8am Holy Communion followed by coffee

10.30am Holy Communion followed by refreshments

6pm Churches Together service *at Oakham Baptist Church*

News from the Team

Prayer for the Sick

We pray to you, Lord Jesus Christ, for those suffering in body, mind or spirit, among them Georgina Siward. Jack Pearce's name is now in the book in the Trinity Chapel. We also pray for those we know, those who have no-one to pray for them and for all who care for and support them in any way.

Remembering the recently departed

We remember with thanksgiving those recently departed this life, among them Stanley Stubbs, Barbara Rudkin, Mabel Bevan and Audrey Hardy; and we pray for the families and friends of all who have died.

Please phone the Team office or email notices@oakhamteam.org.uk to add names to these lists.

The late Audrey Hardy

Audrey's funeral will take place at All Saints Oakham on Monday 19 February 11.30am. There will be a private cremation service later in the day. Please do come and join with Audrey's family in thanking God for her life.

Prayer for those with long term illness

Every week we update the list of those who are sick and have asked for prayer. This list is mainly for people with urgent or particular needs over the short term. Their names are mentioned in the intercessions. For those with ongoing health issues or who are in constant need of care, we keep a book of names.

This is kept in the Trinity Chapel at All Saints Oakham and you are encouraged to open the book and pray for those named in it whenever you pass by.

Ordinands

Please keep the ordinands from our team in your prayers: George Brett (Trinity College Bristol), Alison Long and Madeleine Morris (training with Stephen), Nat Stiles (training with Deborah).

Sunday Services in the Village Hall

A reminder that we will be holding our services in the Village Hall until 25 February.

Bible Study

4pm Mondays at 4 Melton Road. This term we are looking at the lives of the Apostles.

Wednesday Morning Prayer

Morning Prayer on Facebook on Wednesdays is back, with Chris Baker leading. If you would like to start joining in the online services please contact the office or the clergy who can provide the prayer booklet, and a copy of the NRSV bible which we use at Morning Prayer

Music at Lunchtime

1.30pm, All Saints Oakham

Wednesday 14 February – half term

Wednesday 21 February

Alex Forshaw *piano*

Wednesday 28 February

Maxim El-Sheikh *voice*

All Saints Concerts

All Saints Oakham is very blessed to have the Concerts Committee which organises the Wednesday lunchtime recitals when Oakham School is on holiday, plus evening concerts and the Bank Holiday organ recitals. Paul, who has been organising the Wednesday concerts, is having to take time off for health reasons, so we are looking for someone who might be able to help with this and to join the committee to support the work. If you would like to know more, please contact Ann in the Team office psa@oakhamteam.org.uk and she will put you in touch with the committee.

Friends Shrovetide Party

The Friends of All Saints are holding the annual Shrovetide Party and Quiz on **Tuesday 13 February** at 7pm in All Saints Church Hall. Please sign up in the usual way, with your phone number, by Sunday 11 February, at the absolute latest. We need accurate numbers for catering purposes. The cost is £6 and you will need to bring your own soft drinks, wine or beer with you. You may pay on the door or pay Liz Plummer in advance. 01572 720506.

February Church Walk

Thursday 22 February

The February walk will be based at The Plough, Greetham, LE15 7NJ. It will be a 4.3 mile circular walk via Exton Estate and Greetham Golf Club, returning to the Plough for lunch.

It will start at 10.30am and meals should be pre-booked from 10.15am. at the Plough. Parking is limited, so car sharing

is advisable if possible. Lunch should be served at approximately 12.45 - 1.00pm. Please contact Russell (07422950625) if you will be joining the walk in order to advise the landlord of expected numbers.

Washing machine needed

A young man, shortly to be moving into his own council flat and setting up home for the first time, needs a washing machine. If anyone is replacing one or knows of a spare one that could be given it would be gratefully received. Any information to Corinna Woods, 07758624658.

Volunteers wanted - Open the Book

Open the Book is a project run by the Bible Society which has the aim of bringing stories from the Bible to all children in primary schools. We have a small team of six in Oakham run by volunteers from the Baptists, Methodists and All Saints and we go into the two local schools which are not Church Schools (Catmose and Brook Hill) once a month. The materials we use are produced by the Bible Society and are very carefully written. We must keep to the script and not preach or evangelise. Children of all faiths and none enjoy the assemblies for the wonderful stories that they are - and on which so much of our art and culture is based. We all enjoy it as well - it's great fun! We would love to involve more people in the group. It is not very time consuming - once a month we meet together on a Tuesday to plan our

assembly and then deliver the story to each school on the next Thursday. The story is read by a narrator and any dialogue is simply repeated by the 'actor' - no learning lines! Basic costumes and simple props help to bring the stories to life and we try to involve children from the school as 'extras' - disciples, soldiers, bystanders etc. If you think you would like to be involved with the team or could offer to help with making props or costumes please have a word with me, *Helen Gammage, All Saints Oakham*

Could you be the missing link?

The small group of volunteers that produces the twice-yearly magazine *The Link* for parishes within Oakham Team Ministry, needs active help with the sale of advertisements to cover the cost of printing each edition. Support material and initial contacts provided. An essential role to ensure the continued distribution of this well-regarded magazine. Please ring Brian Chester, responsible for design and production of *The Link*, for more details. 01572 757600.

Rutland Foodbank Wish-List Spring 2024



Pot noodles
Tinned carrots
Jars of jam & spread (not marmalade)
Porridge
Washing-up liquid
Deodorants for women & men
Pump handsoap
Non-bio washing pods/tablets



Not Needed at the Moment

We are well stocked with soups, tinned peas, tinned fish, cereals and squash so please do not donate these at the moment

Please note we cannot accept alcohol, fresh, homemade, open or out of date foods



Registered Charity in England & Wales Number 1158460

07582 783363 or email us info@rutland.foodbank.org.uk

36 Melton Road, Oakham, LE15 6AY (next to Domino Pizza)

We are open to receive donations Mon-Fri 10.00 – 12.00



Queen Edith Festival 1024 – 2024 A.D



Anglo-Saxon re-enactment - why not join in and come dressed as an Anglo Saxon?



Displays from leading learning centres including Leicester University.



Exhibition and Book launch: 'Royal Rutland - the Story of Queen Edith.'



Meet Queen Edith (actor) the last Anglo-Saxon Queen who owned most of Rutland.



See talented Artisans at work - Mia Hansson and her Bayeux tapestry.



Activities, Crafts, Games, Performances. Try the Anglo Saxon game of Kubb and Tafl. Can you solve Queen Edith's Town Treasure Trail?

Saturday 9th March 09:30 – 13:00
All Saints Oakham

10:30 HM Lord Lieutenant of Rutland



The High Sheriff of Rutland's
Charity Concert Series

Rutland
Sinfonia

Honorary President
Sir Laurence Howard KCVO OBE

Musical Patrons
Eduardo Vassallo Robert Markham

Music Director Paul Hilliam
Associate Conductor David Calow
Leader Katherine Collison



Conductor David Calow



Violin Katherine Collison

Movies & Musicals!

Saturday 9th March
2024 7.00pm
Oakham School Chapel

David Calow - Conductor
Katherine Collison - Violin

Star Wars
The Sound of Music
How to Train Your Dragon
Evita
Schindler's List
Send in the Clowns
Harry Potter
Star Trek
Out of Africa
James Bond *and more!*

follow us on   

www.rutlandsinfonia.org.uk

Event produced by Rutland Sinfonia Productions Limited Company Number 11570959
and commissioned by Rutland Sinfonia Charity Number 1191301

Tickets on the door: £15
(£14 in advance)
Concessions on the door: £13
(£12 in advance)
Children & Students under 18: £5
Students in full time education: £5

Buy your tickets in advance from:
www.ticketsource.co.uk
0333 666 3366

£1.80 fee applies to telephone bookings

Or in person from:

Oakham Wines
3 High Street,
Oakham,
Rutland.
LE15 6AH

The Oundle Bookshop
13, Market Place,
Oundle,
Peterborough.
PE8 4BA

Prayer and action for the Holy Land

A few things to consider:

If you can give a donation you might like to support Christian Aid's relief operation christianaid.org.uk. There is a specific web page for the Middle East Crisis Appeal. We can also process cash donations in yellow envelopes marked **Christian Aid**. Christian Aid is considering how to support the Israeli communities devastated by Hamas as well as the needs of Palestinians in Gaza and the West Bank. Their work is done in the context of the entire Middle Eastern region.

A prayer for each day

God, hear our prayers for peace in the Middle East.

May all people in the region be protected, safe from harm.

We pray that this crisis will end now, with no further loss of life.

God, may the injured and distressed know your healing presence.

May the powerful and the decision-makers follow the paths of justice, mercy and peace.

We pray for recognition of the dignity and value of every life.

May the clamour of violence cease,
replaced by the beating of swords into ploughshares.

In the name of Jesus, Amen.



Neighbourhood Mental Health Cafés offer local support for people who need immediate help with their mental health. The cafes are drop-in centres for anyone to come and talk about their mental health – no appointment needed.

A project funded by the NHS and hosted by Pepper's – A Safe Place

- Neighbourhood Mental Health Café
- Open Thursdays 5.30-8.30pm and Sundays 4-7pm
- Open to all who are aged 18+ - no referral needed, simply come along

The café will offer one-to-one listening and help clients develop future support plans. For anyone struggling with their mental health and needing immediate support, please come along. We provide a welcoming drop-in centre for anyone to come and talk, have a cup of tea or coffee in a relaxed and safe space. Experienced listeners on hand and transport options available.

All Saints Pastoral group

If you or someone you know is feeling lonely or isolated, or is struggling to get out and about at the moment, please get in touch with the new Pastoral Group at All Saints Oakham. We provide Pastoral Visiting to those in need, whatever the reason. We can bring Holy Communion to you in your home, or just come for a chat, All volunteers are fully DBS cleared and safeguarding trained. For more information, please contact pastoralsupport@oakhamteam.org.uk or telephone All Saints Church on 01572 724007. The office is usually staffed from 9am-1pm, Monday to Friday. Please note this is not a professional counselling service.

Bereavement Support

The next **Drop-In** for people looking for help and comfort after a bereavement (no matter how long ago) will be on **Friday 26 January** in All Saints Church Hall, Church Street, Oakham, from 10.30am -12 noon. All are welcome, no charge, no booking required. Members of the All Saints Bereavement Support Group will be there to listen, provide tea and coffee and can signpost to other services if needed.

One to one support. We have some limited capacity for one to one support, whether in people's homes, in Church or on the phone. We can only offer this to people who live in the parishes of the Oakham Team but you do not have to be part of the church or have a faith. For help or information, please contact bereavementsupport@oakhamteam.org.uk

There are also three *Bereavement Help Points* (BHPs) in Rutland, drop-in groups set up with the support of local hospices. They are open to all, free of charge and do not need to be booked in advance. More information on 01733 225927 or www.bhprutland.com

- Oakham BHP opens every Monday (not Bank Holidays) 2-4pm in the Fire Station on South Street.
- Uppingham BHP is every Thursday 3-5pm in The Falcon Hotel.
- Ketton BHP is on Mondays (not BHs) 2-4pm in Ketton library.



We are here to make life easier

We sell or hire Manual Wheelchairs & Accessories

Commodes, Toilet Frames and Seats

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Everything to help mobility in & outside the home

As a Charity we offer very competitive prices

at

RUTLAND HEALTHCARE SUPPORT

Oakham Grange Annex

Wheatfield Way

Oakham

Rutland LE15 7UD

Tel: 07936 552464

Opening Hours: 10.00am - 12.30pm Tuesday to Friday

Praying Alone

Praying Together



Daily Prayer

Morning Prayer is streamed on the Oakham Team Ministry page on Facebook at 8.30am from Monday-Friday. There is also a service of Compline at 8.30pm on Wednesdays.

The services are available after that on Facebook and on the OTM website.

Service booklets are available from the Team Office or online at [Online services – Oakham Team Ministry](#)

Readings and Collect Prayer for this week

Next before Lent	Morning Prayer	Evening Prayer
Monday 12 February	Psalm 30 Galatians 1	Psalm 38 Genesis 37.1-11
Tuesday 13 February	Psalm 36 Galatians 2.1-10	Psalm 33 Genesis 37.12-end
Wednesday 14 February <i>Ash Wednesday</i>	Psalm 38 1 Timothy 6.6-19	Psalm 51 Daniel 9.3-6, 17-19
Thursday 15 February	Psalm 77 Galatians 2.11-end	Psalm 74 Genesis 39
Friday 16 February	Psalm 3 Galatians 3.1-14	Psalm 31 Genesis 40
Saturday 17 February	Psalm 71 Galatians 3.15-22	Psalm 73 Genesis 41.1-24

**Holy God,
you know the disorder of our sinful lives:
set straight our crooked hearts,
and bend our wills to love your goodness
and your glory
in Jesus Christ our Lord.
Amen**