

Collect for Today

Merciful Lord,
absolve your people from their offences,
that through your bountiful goodness
we may all be delivered from the chains
of those sins
which by our frailty we have committed;
grant this, heavenly Father,
for Jesus Christ's sake, our blessed Lord
and Saviour,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen

Readings for This Week (may vary)

1 Samuel 16.1-13
(Psalm 23)
Ephesians 5.8-14
John 9.1-41

Readings for Next Week (may vary)

Ezekiel 37.1-14
(Psalm 130)
Romans 8.6-11
John 11.1-45

Verse for the Week:

'Have nothing to do with the fruitless deeds of
darkness' **Ephesians 5:11**

Prayer & Reading Diary

Exbourne

Monday

Read: Ezekiel 37.1-14

Prayer: As the world goes through tumultuous times
with War, Flood, Famine, Disputes and total destruction
please Dear Lord lay your calm and healing hand on all
disputes, horrors and despots and bring back peace and
sanctity for us all.

Tuesday

Read: Psalm 130

Prayer: Pray for all our Young folk at School and
Colleges, and for the Staff who guide and educate them, let
them work together with Harmony and Respect.

Wednesday

Read: Romans 8.6-11

Prayer: We pray and think especially for all involved in
bringing the Promise School in Okehampton back to life as
quickly as possible.

Thursday

Read: John 11.1-45

Prayer: We pray for all Clergy and Readers in the area,
thanking them for their involvement and guidance, grant
them strength and fortitude in dealing with so many
Parishes and situations.

Friday

Read: Jeremiah 31.27-37

Prayer: For all those suffering in so many ways, health;
financial strain; bereavement; mental suffering; general
malaise, we ask your gentle healing and love to enter their
lives.

Saturday

Read: John 12.20-33

Prayer: We thank you Lord for all the Wonderful Ladies
in our lives, past and present: this Mothering Sunday
weekend we place them into your special care and pray you
will ensure they are blessed and loved.

Notices:



* **Wednesday March 18th: Deanery meeting**
7.00pm at Whiddon Down Village Hall; Speaker,
Danny Semorad from Devon Historic Churches Trust.
All are welcome.

* **All Saints Lent Groups:**
2pm at the Rectory (07858 313677) and 7.30pm at
the home of Phil Bush (07508 686689) All welcome
& not too late to join in.

* **Okehampton All Saint's Parish Church** is open
every Tuesday morning between 10am and 12 noon
for prayer. This is an opportunity to meet and pray
with others, or just to sit quietly. Refreshments will be
available.

* **St James Chapel**, in the centre of Okehampton, is
open all day, every day. **Every Thursday:** 10am
Communion at St James, Okehampton.

Dates for your Diary:



* **All Saints Lent lunches:** (homemade soup and bread) Every Wednesday during Lent from 12-1.30 in the Hall. All proceeds to Christian Aid.

* **Friday 27th March: All Saints Quiz night.**

7 for 7.30 start in Church Hall. Licensed bar, refreshments, raffle. £6pp, teams of 4-6. Booking essential, contact Ruth on 07551 655424 (if you don't have a team we will find you one)

Contact Details:



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Church Services:



Sunday 15th March

(4th Sunday of Lent/Mothering Sunday)

8:30am

Sticklepath – Holy Communion

9:30am

Belstone – Holy Communion

Inwardleigh – Morning Prayer

Bratton Clovelly - Mothering Sunday Service

Northlew – Morning Prayer

Exbourne – Holy Communion

Sourton - Mothering Sunday Service

11:00am

Okehampton - Holy Communion

Hatherleigh – Family Service

Lydford - Morning Prayer

Bridestowe – United Service @ Chapel

Meeth – Morning Prayer

7:00pm

Hatherleigh – Prayer & Praise

Sunday 22nd March

(5th Sunday of Lent)

9:30am

Belstone – Morning Prayer

Inwardleigh – Holy Communion

Northlew – Morning Prayer

Jacobstowe – Holy Communion

Bridestowe – Holy Communion

Bratton Clovelly - Holy Communion

Sourton – Morning Prayer

11:00am

Okehampton - Holy Communion

Hatherleigh – Morning Service followed by
APCM and Bring & Share Lunch

Lydford - Holy Communion

Meeth - Family Worship

Exbourne – Morning Prayer

6:00pm

Hatherleigh – Evensong

Grapevine

4th Sunday of Lent

15th March 2026



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Lent can seem like the grumpy older brother to 'Advent', the happy go lucky one who's always cheerful. But this just isn't true. Self-control in our lives, whether used to stop or start behaviours, is listed as a fruit of the spirit that is also: Love, Joy, Peace, Patience, Kindness, Goodness, Gentleness, Faithfulness. Sounds good to me!

Lent is about having the courage, and intentionality, to take hold of what we know deep down are essential to a life that embraces the fullness of God. When entered with a right heart, it's radically joyful and courageously optimistic. It's not about giving anything up. Lent is about refusing to give up our truest, deepest, sense of self in Christ. Giving up instead anything that gets in the way of us living in Spirit and Truth, and taking up anything we've neglected to the same end. But we are reminded today that these things, anyway, are 'fruitless deeds of darkness'. So we are not giving up anything of any true value.

We live in an age of habits that control us. Our phones, our TV's, our treats, our drinks, our shopping habits, our gaming habits. And sex, power and money are as challenging as ever. It will be different for every one of us, but don't let Lent pass by without exercising self-control. It is a gift and fruit of God's own Holy Spirit in you, for the good of you and the world, and for His glory. It's worth fighting for!

Jonathan Cook