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<p>Rev'd Ann serves on a 0.6 basis, working Saturdays to Wednesday mornings. Outside of those days please leave a message or email which she will attend to as soon as possible. In an emergency, please contact an Elder or Church Warden.</p> <p>The Orebeck Benefice News (OBN) will be emailed monthly to all who request it, and printed copies are available in each church building. To be added to the mailing list please email <a href="mailto:peter.marett@hotmail.co.uk">peter.marett@hotmail.co.uk</a>. Data protection regulations are applied.</p> <p>Items for inclusion should be emailed to Peter by the 20<sup>th</sup> of each month.</p>			

Website: [www.orebeck.org](http://www.orebeck.org)



From Rev. Ann

We are now well into the season of Lent which many people think of as a time to give things up—to deprive themselves of something they enjoy.

Over the years I've taken on, with varying success, different disciplines during Lent. I gave up alcohol, I gave up chocolate. For a few years in a row I gave up buying any personal possessions and then gave one item away each day.

But this year, I'm just not sure.

This year I am not giving up small pleasures in hopes of re-orienting my heart to God. Plus, I could really use chocolate right now! Instead, I'm going to give up thinking I am someone who could ever successfully give up chocolate for Lent. That's a good start.

Maybe I'll give up some resentments I've been holding on to a bit too much and just gently let the story I tell myself about that person go.

Perhaps more than anything, I should give up the failed notion that what I read and see in the media is a complete and accurate depiction of the world—and instead actively look for how beautiful it can be.

So instead, I am going to note down something beautiful I notice in my day—like how the light comes through our windows in the morning, or a warm interaction with a stranger, or something helpful someone says to me.

I'm not doing this just to make myself feel good, but also to make myself pay attention to the good in my life and in the world. In this way, I will be making myself pay attention to God and his daily blessings, and in that context, to genuinely practice thankfulness.

Thankfulness helps us to turn ourselves to God and place ourselves within his boundless generosity, which is open to all, does not discriminate, and should lead us into generosity and humility within our own lives.

So, if you, like me, need something to help you change the direction of your gaze, then perhaps you too could give this a try and see where the practice of thankfulness can take us.

Go well.

Ann (with thanks to Nadia Bolz-Weber for the inspiration)

The Orebeck Benefice serves the villages of Brandeston, Campsea Ashe, Easton, Hacheston, Kettleburgh, Marlesford and Parham in East Suffolk.

## Orebeck Benefice Calendar March 2026

March 2026		
1	Sun	<b>Lent 2</b>
2	Mon	2.30 pm Lent Course at Hacheston Village Hall. 4 pm Eve Prayer
3	Tue	
4	Wed	5 pm Compline at Marlesford
5	Thu	
6	Fri	
7	Sat	
8	Sun	<b>Lent 3</b>
9	Mon	2.30 pm Lent Course at Hacheston Village Hall. 4 pm Eve Prayer
10	Tue	
11	Wed	5 pm Compline at Marlesford
12	Thu	
13	Fri	
14	Sat	
15	Sun	<b>Lent 4 / Mothering Sunday</b>
16	Mon	2.30 pm Lent Course at Hacheston Village Hall. 4 pm Eve Prayer
17	Tue	
18	Wed	5 pm Compline at Marlesford
19	Thu	
20	Fri	
21	Sat	
22	Sun	<b>Lent 5 / Passion Sunday</b>
23	Mon	2.30 pm Lent Course at Hacheston Village Hall. 4 pm Eve Prayer
24	Tue	
25	Wed	5 pm Compline at Marlesford 7 pm Book Circle at Station Ho CA.
26	Thu	
27	Fri	
28	Sat	Benefice Big Breakfast at Hacheston Village Hall 9 am to 11 am.
29	Sun	<b>Palm Sunday</b> <span style="color: blue;">BST begins</span>
30	Mon	2.30 pm Lent Course at Hacheston Village Hall. 4.30 pm Eve Prayer
31	Tue	7 pm Taize Service at Easton

**Lent Course**—every Monday through March—reflecting on the Psalms with help from Paula Gooder's *Journalling The Psalms* and Malcolm Guite's *David's Crown*

<b>Sunday</b>	11 am Benefice Holy Communion at <b>Easton</b>	<b>Romans 4: 1-5, 13-17</b> <b>John 3: 1-17</b>
<b>Sunday</b> <b>8 March</b>	9.30 am Holy Communion at <b>Brandeston</b> . 11 am Morning worship at <b>Campsea Ashe</b> . 4 pm Evening Prayer at <b>Parham</b> .	<b>Romans 5: 1-11</b> <b>John 4: 5-42</b>
<b>Sunday</b> <b>15 March</b> <b>Mothering</b> <b>Sunday</b>	9.30 am Holy Communion at <b>Marlesford</b> <i>with Parham and Campsea Ashe.</i> 11 am Morning Worship at <b>Kettleburgh</b> <i>with Easton and Brandeston</i>	<b>Colossians 3: 12-17</b> <b>Luke 2: 33-35</b>
<b>Sunday</b> <b>22 March</b>	9.30 am Holy Communion at <b>Easton V Hall</b> 11 am Holy Communion at <b>Parham</b> 6 pm Evening Prayer at <b>Kettleburgh</b>	<b>Romans 8: 6-11</b> <b>John 11: 1-45</b>
<b>Sunday</b> <b>29 March:</b> <b>BST—clocks</b> <b>forward 1 hr</b>	<b>11 am</b> Holy Communion with Liturgy of Palms at Hacheston followed by Hot Cross Buns and Coffee at the Village Hall.	<b>Psalms 118: 1-2, 19-29</b> <b>Matthew 21: 1-11</b> <b>Dramatised Gospel</b> <b>Reading from Matthew</b>

### Holy Week 2026

Monday 30 March	2.30 pm Lent Course (final session) at Hacheston VH followed by Evening Prayer at 4.30 pm.
Tuesday 31 March	7 pm Taize service at Easton
Wednesday 1 April	7 pm Compline at Marlesford with music for reflection.
<b>Maunday Thursday</b> 2 April	7 pm Bring & Share Agape Supper Kettleburgh VH then 9.30 pm in the church—stripping of altar and lighting of seven candles.
<b>Good Friday</b> 3 April	10 am Family Service at Brandeston 2 pm Service for the Final Hour at Campsea Ashe.
<b>Easter Sunday</b> 5 April	5.50 am Sunrise service at Brandeston / Breakfast at VH 8 am Said Holy Communion at Marlesford 10 am Benefice Eucharist for Easter at Parham.