



Sunday 15th February 2026

The Sunday Next Before Lent

A time of reflection and giving

Next Sunday, the 22nd February, is the first Sunday in Lent, a time when we reflect on Christ's sacrifice and his gift of life to us all. It is also the start of our stewardship campaign for 2026, a time when we reflect on our life together as a church. Part of that reflecting is thinking about our stewardship – how we contribute to the life of the Church both financially and with our gifts, skills, and time, and how we use the resources we have as a Church to further the work of the Kingdom of God in this place.

For the next 4 Sundays, we will be distributing letters and leaflets to those who are already part of the stewardship or 'pledged giving' scheme and to those who would like to join it. It is very helpful for church financial planning to have an approximate idea of what our income from giving may be over the next year. Please look out for the envelopes on the Welcome desk in church. Our Sunday for gathering in the pledge cards is 22nd March, but please feel free to return them to the Parish Office at any time.

Also in the envelope you will find a Church of England leaflet about the value of leaving a legacy to the church in your will. This is often a major source of income for charities and under present legislation, if at least 10% of an estate is left to charity, then the rate of inheritance tax (if due) is reduced from 40% to 36%.

Finally, a big thank you to everyone for all they give to St Helen's in time, money, skills and prayer.

Margaret Horton, Church Warden

WELCOME to St Helen's this Sunday. 8.00 am *Holy Communion*. 10.30 am *Sung Eucharist*. 5.30 pm *Choral Evensong*. The 10.30 am service at St Helen's today can be accessed on Zoom from 10.15 am on: Meeting ID: 865 5159 6523; Passcode: 626891.

FOR TODAY'S SERVICE

Readings: Exodus 24.12-end; 2 Peter 1.16-end; Matthew 17.1-9

Service Setting: Aston

Hymns:

Processional: 2 Christ whose glory fills the skies

Gradual: 248 Tis good Lord to be here

Offertory: 278 Alleluia sing to Jesus

Anthem: Tallis, O nata lux

Post Communion: 396 Christ is the word's true light (T Nun danket)

Collect:

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.**

Psalm: 2

Response: Happy are all who take their refuge in him.

Why are the nations in tumult,
and why do the peoples devise a vain plot?
The kings of the earth rise up, and the rulers take counsel together,
against the Lord and against his anointed:
let us break their bonds asunder
and cast away their cords from us. **Response**

He who dwells in heaven shall laugh them to scorn;
the Lord shall have them in derision.
Then shall he speak to them in his wrath
and terrify them in his fury:
yet have I set my king
upon my holy hill of Zion. **Response**

I will proclaim the decree of the Lord;
he said to me: you are my Son; this day have I begotten you.
Ask of me and I will give you the nations for your inheritance
and the ends of the earth for your possession.
You shall break them with a rod of iron
and dash them in pieces like a potter's vessel. **Response**

Now therefore be wise, O kings;
be prudent, you judges of the earth.
Serve the Lord with fear, and with trembling kiss his feet,
lest he be angry and you perish from the way,
for his wrath is quickly kindled.
Happy are all they who take refuge in him. **Response**

5.30 PM CHORAL EVENSONG

Readings: 2 Kings 2.1-12; Matthew 17.9-23

Responses: Forbes L'Estrange

Psalm: 84

Office hymn: 532 O for a closer walk with God

Canticles: Harris in A minor

Anthem: Wood, Hail gladdening light

Final hymn: 424 Fill thou my life, O Lord my God

THE COMING WEEK AT ST HELEN'S

ON WEEKDAYS 9.10 am *Morning Prayer*.

ON TUESDAY 6.00 pm *Parish Pancake Party* in the Parish Centre Hall.

ON WEDNESDAY 10.30 am *Holy Communion with imposition of ashes*. 7.30 pm *Parish Eucharist with imposition of ashes*.

ON THURSDAY 6.30 pm *Life Drawing Class* in the Parish Centre Hall.

ON FRIDAY 4.00 pm *Abingdon School Bell Club* in the church. 5.00 pm *Young Ringer's Practice* in the church. 5.30 pm *Choir Practice* in the church.

ON SATURDAY 9.00 am *Oxon Ringing School (silent)* in the church tower. 10.00 am *Wedding Workshop* in the Parish Centre Hall and church.

ON SUNDAY 8.00 am *Holy Communion*. 10.30 am *Sung Eucharist*. 5.30 pm *Service for Healing and Wholeness*.

PROGRAMMES, EVENTS & NOTICES

AKMA will be giving four brief **Spiritual Snacks** on 'Inside the Liturgy: Action and Meaning' after the 10.30 am service on each of the first four Sundays of Lent.

Please join Alexandra Green in the south aisle after the 10.30 am service for cava and cake to celebrate her 60th birthday.

Shrove Tuesday. We are having a pancake party on 17th Feb at 6 pm in the Church Centre, All welcome. Pancakes, choice of toppings, tea/coffee/squash and very friendly company. For tickets (so we know how many pancakes to cook) contact Pat Hudson, patricia.a.hudson16@gmail.com.

Ash Wednesday. On Wednesday 18th February a Parish Eucharist with imposition of ashes will take place at St Helen's at 7.30 pm. All welcome.

StHelens@lunch - Thursday 19th February 12.30 pm at Peachcroft Farm. If you need or can offer a lift pleaser contact Susan Scott 01235 522960.

Faith Forum: Our February Faith Forum will be on Sunday 22nd February in the Parish Centre. Continuing our series on liturgy, the Revd Dr Phil Cooke will be speaking on How Music Works in Worship.

Silent Reflections will be held on Tuesday 24th February at 7.30-8.30 pm at St Michael and All Angels. Peter Sumner will provide material for our reflections on the theme: *Lamb of God*. We meet initially in the church room. Parking permits are available for use in Park Road.

Church Twinning Barn Dance. Fancy a knees-up, a ploughman's dinner and fun company? Abingdon Church Twinning is organising a Barn Dance fundraiser on Saturday the 28th of February in Trinity Church Conduit Centre. Alan Fisher from Abingdon Baptist will be the caller, and all proceeds will support church twinning. Limited spaces! Put on your dancing shoes, and get your tickets from your Church Twinning reps:

anne.dodd28@gmail.com or Elizabeth Simpson; simpsonem123@gmail.com.

Parish Lent/Newcomers Lunch. There will be a Bring & Share Parish lunch on Sunday 1st March in the Parish Centre at 12.15 pm. It would be especially good to welcome new/recent comers to our congregations. Sign-up sheets will be available in all three churches, please add your name and the type of food you will be bringing, both to give us an idea of numbers and to ensure that we have a balanced spread of food. Drinks will be provided. If you have any questions or can help with set-up, serving, or clear-up, please contact Sue Pemberton, suepem@tiscali.co.uk.

Stations of the Cross at St Michael and All Angels will be held on Tuesday evenings at 7 pm (for about 40 minutes) on 3rd, 10th, 17th March; these will be lay led. If you park in Park Road or Crescent, come in to get a parking permit, otherwise the parking is free in the surrounding streets.

Moving into Stillness: circle dancing to Taizé chants with silent interludes at St Michael and All Angels on Thursday 5th March in the **church room** from 9.45 – 10.45 am before the regular circle dancing session at 11 am. Elizabeth Mitchell will be the teacher. No prior experience/partner needed. Tea and coffee will be provided between the two sessions. Parking permits are available for use in Park Road.

Quiet Garden Day at Aston Tirrold and Upthorpe Village Hall, Thorpe Street, Aston Upthorpe, Didcot OX11 2EQ on Saturday 7th March 2026, 10 am - 4 pm. Leader: Josie Midwinter on a Lenten theme. Refreshments are provided, but please bring a packed lunch. A donation of £10 would be welcome. To attend it would be helpful to email: atquietgardendays@gmail.com in advance. All are welcome.

Photos for 2027 calendar: Take a snap of St Helens' church and send with a suggested caption to Mary Anderson at Mary.fulani@gmail.com by the end of the month.

The February edition of the Parish Magazine is available to download from https://abingdonparish.org.uk/P_window.php.

For your thoughts and prayers:

- We thank God for the ways in which we can support our church - with our skills, our time, our friendship, our money.
- We remember those who are in need of support, who face financial challenges, who feel alone in the world.
- We ask that our eyes may be opened to ways in which we, as a church, can move to help those who are in need.

Please pray for the residents of South Quay, Spring Gardens, Spring Road and Spring Drive.

Intercessory prayer requests to clairembolton@googlemail.com.

For health, consolation & wellbeing: Sarah Stevens, Katie Stuart, Alli, David, Anne Smithson, Loelia Lyon, Vanessa Madden.

Next week's readings: Genesis 2.15-17; 31-7; Romans 5.12-19; Matthew 4.1-11

Team Rector	The Revd Dr Jennifer Brown jennifer.brown@sthelens-abingdon.org.uk
Team Vicar	Vacant
Associate Priest	The Revd Dr A. K. M. Adam (AKMA) akma@sthelens-abingdon.org.uk
Wardens	Ms Margaret Horton and Mr David Pope
Director of Music	Dr Peter Foster
Assistant Organist	Mr Andrew Shouler
Parish Administrator	Mrs Jackie Cunningham
Caretaker	Mr Robin Day
Parish Safeguarding	Mrs Pat Hudson safeguarding@abingdonparish.org.uk
St Helen's Safeguarding	Mr Emmanuel Chukwuma

The Parish Office is open Monday – Thursday, 10.00 am to 1.00 pm (closed on Fridays).

Phone: 01235 520144. Checked on Fridays, morning and afternoon.

E-mail: administrator@sthelens-abingdon.org.uk; Website: abingdonparish.org.uk/StH

A copy of this Newsletter is posted regularly on our website.