

Ascension Lutheran Church



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We're on the web ...

www.ascensionlutherans.co.uk



ELCE Announcements

For details about the ELCE go to www.lutheran.co.uk

- ◆ The ELCE COVID-19 Update has been distributed. If you do not have a copy please contact Pastor.
- ◆ The ELCE Retreat (24th - 26th April) at Launde Abbey is CANCELLED.
- ◆ The ELCE One Day Synod scheduled for Saturday 2nd May at Luther-Tyndale is UNDER REVIEW.
- ◆ The Lutheran Women's League of Great Britain's Convention of Saturday 9th May at Christ Church, Petts Wood is UNDER REVIEW.

Remember that for all things ELCE Youth check out the following:

www.youth.lutheranchurch.org.uk

Email address: youth@elce.org.uk



Lutheran Radio UK broadcasts the Daily Office each day at 7:00am, 9:00am, 5:00pm, 7:00pm, and 11:00pm.

And now each Sunday the Daily Offices will also include a sermon and

a prayer. The prayer will use the ELCE Prayer Rota. Now is the time to listen in to Lutheran Radio UK - online and on your phone.

A Pilgrimage for Christian Unity to the Holy Land, Lent 2021

Next year a group from Brandon and Mildenhall Catholic Parish are joining other local Christians on a pilgrimage to the Holy land to pray for Christian Unity. Fr Luke Goymour, Roman Catholic parish priest of Brandon and Mildenhall, is co-leading the ten-day pilgrimage with retired Anglican Priest from Mildenhall Rev. David Everett. The pilgrimage takes place between 15th - 24th March 2021 and is based in Jerusalem and Galilee. Full details of the trip including a booking form can be downloaded from www.mccabe-travel.co.uk

You can also book online at <https://www.mccabe-travel.co.uk/book-now/?tourid=3654> or contact Rev David at david.j.everett@gmail.com or 01638 718801



ASCENSION LUTHERAN CHURCH

Meeting at the Methodist Church
London Road - Brandon IP27 0EL

The Fifth Sunday in Lent 29th March 2020

Lord, I want COVID-19! Yes, give it to me right now! I want it so I can get it out of the way.

Oh, Lord, ... um, I don't want to die I'm not doubting the resurrection, mind you, it's just that I'd rather live a bit longer – see the grandkids grow, you know ... and keep working.

And ... er, by the way, Lord, about getting COVID-19, ... any chance of me having mild symptoms?

Hi again, I know you're listening, you always listen and I was thinking about the mild symptoms ... can that be mild symptoms without anything permanent lingering ... that is, if anything permanent is possible? Just covering all bases, you understand.

Lord, I ...

I wonder how often is it really 'Lord, I want to control my life'?

In Lent we observe Jesus ...

Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." Again, for the second time, he went away and prayed, "My Father, if this

cannot pass unless I drink it, your will be done." And again he came and found them sleeping, for their eyes were heavy. So, leaving them again, he went away and prayed for the third time, saying the same words again. (Matthew 26:36-44 ESV)

Living is about choices in environments. A lot of the time we don't think much about our choices – we just do, live, behave, choose according to all sorts of reasons. We live our lives. We want to live. We'd rather not die. But sometimes our choices and our behaviour come into focus because death has entered the environment. We all know death's around but prefer it over the horizon and out of sight. But now it is invisibly close. And there is concern and anxiety around. What should be done?

The same things that we can do every day! We choose responsibly how to live each moment following Jesus who himself prayed that no matter what we desire – and ask away! – what we seek above all is that 'Your will be done' – for ourselves and for others. Can we trust the one to whom we call out? Well that depends, I suppose, on the nature and character behind the name we cry.

Jesus said to [Martha ... and to us], "I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, and everyone who lives and believes in me shall never die. Do you believe this?" (John 11:25,26 ESV)

[Jesus said] "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." (John 16:33 ESV)

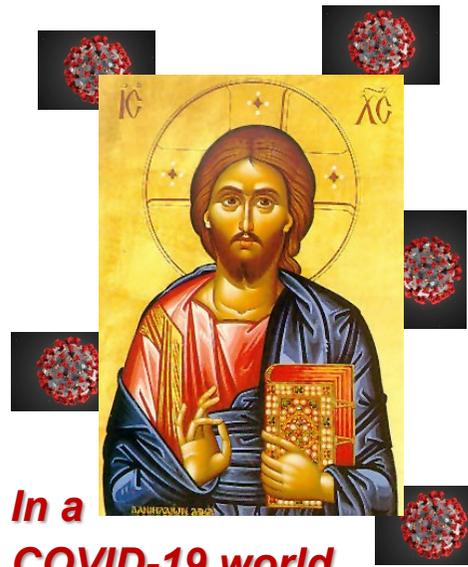
Lord, I believe, help my unbelief! (Mark 9:24 ESV)

Let us pray ... suggested intercession topics (Colossians 4:2)

- For Resurrection, Cambridge and Pastor Jaime Kriger
- For all affected by COVID-19 - the list is so long! Start with those you know!
- For the work that needs to be done about the ELCE restructure
- For eyes to see and hands to help the vulnerable at this time
- That the world will discover how best to work together
- For the Church to speak clearly and people to hear clearly Law and Gospel
- For all who are ill - physically and mentally - and for those who care for them
- For more and more people to meet Jesus
- For Lutheran Radio UK and *The British Lutheran*
- For the people of Thetford
- For the people and situation in Israel and Palestine
- For the people and churches of the Central African Republic
- For peace and justice in the trouble spots of the world



Please be security aware!



In a COVID-19 world we are Christ centred!

Anxiety weighs down the human heart; but a good word cheers it up. (Proverbs 12:25 NRSVA)

Cast all your anxieties on God for he cares for you. (1 Peter 5:7 ESV)

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. (John 3:16 ESV)

Our Mid-week Lenten time is now online on Wednesday 1st April (no April Fool ;-)) at 7:00pm. Click on the link in the email sent out and join in. All welcome!

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



The financial side of things is going to get tricky ... if you wish to financially support Ascension through **direct debit** you need to inform your bank. Your bank will request our sort code and account number. Sort code: 208593; A/c N^o: 80609854.

You can also support Ascension **on-line** – **www.ascensionlutherans.co.uk** – and click on Support. Please be sure to select Ascension from the menu. Thanks!

giftaid it If you're a British tax payer, please consider designating your offerings for 'Gift Aid' whereby the British Government adds to your offering 20% which is then given to Ascension.

Please see our Treasurer, John, or Pastor if you have any questions about finances and supporting Ascension. Thank you.

If you have an idea about what we can do online - what will help you and support you - please share it! Thank you.

Ascension Calendar

..... a work in progress

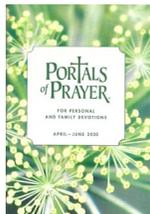


All our time is in God's hands and at the moment we are unsure of some the details as we do all we can to delay this virus spreading.

Sunday	29 Mar	11:00am	Online Service
Wednesday	1 Apr	7:00pm	Online Bible Study
Sunday	5 Apr	11:00am	Online Service

Holy Week details are unknown but presuming the current government rules are in place or further restrictions are in place, the following is the current thinking.

Wednesday	8 Apr	7:00pm	Online Bible Study
Maundy Thursday	9 Apr	7:00pm	Online Service
Good Friday	10 Apr	3:00pm	Online Service
Easter Sunday	12 Apr	10:00am	Online Service



Portals of Prayer (April - June) have arrived (early!). If you don't have one yet, please tell Pastor and he'll mail as many as you want to you.

Readings for Sunday 5th April -

Palm Sunday

Isaiah 50:4-9a

Philippians 2:5-11

John 12:20-43