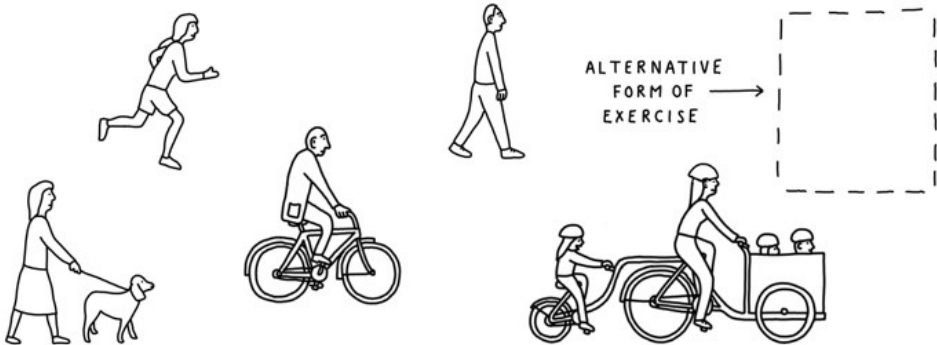


NAME: \_\_\_\_\_

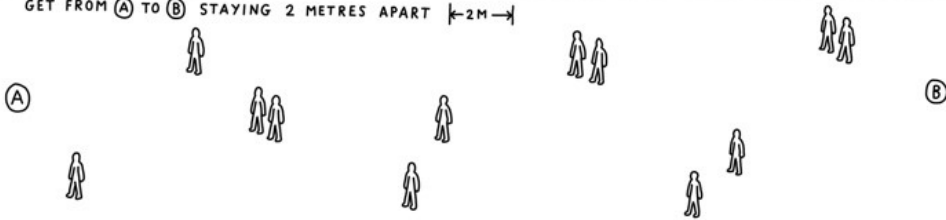
# EXERCISE

STEPS  
TODAY:  
(MAKE THIS UP)  
[ ]

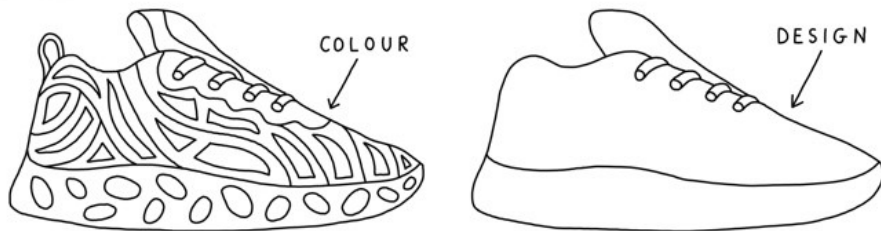
DRAW / COLOUR / FILL IN THE GAPS



GET FROM (A) TO (B) STAYING 2 METRES APART ←2M→



SPORTS SHOES



TREASURE FOUND  
WHILST EXERCISING

PEOPLE I'M MISSING (PORTRAITS  
OR LIST)

THINGS TO BE THANKFUL FOR

## St Cross Newsletter February 2021

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The Curate writes.....

As I write this note news has just broken of my forthcoming appointment to the combined Parishes, of Holy Trinity, Rainow, with Saltersford and Forest, where, subject to all legal formalities being fulfilled, I am to be the Vicar. We do not have a date for the induction yet but know it will not take place until sometime after Easter, so it is not farewell just yet, and when that time comes it will in any event be au revoir rather than goodbye as Liz and I do intend to stay very much in touch!

We have received many kind messages of support from people for which we are most grateful. A number of people have said that it is nice to hear of some positive news for a change! I understand that sentiment very well; I know lots of people are finding this third lockdown the hardest.

This has made me think about what it means to be a Christian in a difficult situation, and this has in turn made me think of St Paul, and particularly his imprisonment. How was Paul able to remain so positive to the churches he was writing to with encouragement? He gives a clue when he says in his letter to the Philippians "for I have learned to be content with whatever I have" (Phil 4: 11).

Speaking for many of us who have not lived through a world war, this pandemic has affected us in a way that nothing has before. We have been used to living in a land where there are complaints if there is no economic growth year on year, and one where advances in medicine

have become expected to increase continually so that we might live longer and remain healthier into old age.

So how do we come to accept such a difficult situation? Well, perhaps that search for a simpler life is part of the answer, but also trust in our Lord; St Paul continues “and my God will fully satisfy every need of yours according to his riches in glory in Christ Jesus” (Phil 4:19).

Whether we are continuing to miss family or struggling to educate children at home, we can see both the light at the end of the tunnel which science provides with the vaccine and that brighter light still which is Christ. I look forward to seeing you all as and when we can and in the meantime, I pray for your safety and wellbeing.

Yours in Christ,

*Simon*



### Occasional Offices

There were no occasional offices in St Cross during January.



Readings for Services - Sundays and Wednesdays		
	Morning	Evening
<b>MP</b> = Morning Prayer <b>SE</b> = Said Eucharist <i>(in church 10am)</i> <b>CE</b> = Celtic Evening Prayer <i>(on Zoom)</i>		
<b>Wednesday 3 February</b>	<b>MP</b> Isaiah 52.7-10 <i>or</i> Romans 10.11-15 <i>or</i> Mark 6.7-13	
<b>Sunday 7 February</b> <b>2nd Sunday before Lent</b>	<b>MP</b> Proverbs 8.1,22-31 <i>or</i> Colossians 1.15-20 <i>or</i> John 1.1-14	<i>(Psalm 65</i> <i>Luke 8.22-25)</i>
<b>Wednesday 10 February</b>	<b>MP</b> Genesis 2.4b-9, 15-17 <i>or</i> Mark 7.14-23	
<b>Sunday 14 February</b> <b>Sunday Next before Lent</b>	<b>MP</b> 2 Kings 2.1-12 <i>or</i> 2 Corinthians 4.3-6 <i>or</i> Mark 9.2-9	
<b>Wednesday 17 February</b> <b>Ash Wednesday</b>	<b>MP/SE</b> Joel 2.1-2,12-17 <i>or</i> 2 Corinthians 5.20b-6.10 Matthew 6.1-6,16-21	
<b>Sunday 21 February</b> <b>Lent 1</b>	<b>MP/SE</b> Genesis 9.8-17 1 Peter 3.18-end Mark 1.9-15	
<b>Wednesday 24 February</b>	<b>MP</b> Jonah 3 <i>or</i> Psalm 51.1-5,17-18 Luke 11.29-32	
<b>Sunday 28 February</b> <b>Lent 2</b>	<b>MP/SE</b> Genesis 17.1-7,15-16 Romans 4.13-end Mark 8.31-end	

*The Eucharist services indicated above are provisional.*

*To access the Online Services from St Cross*

<http://www.stcrossknutsford.org.uk/media/>

<http://www.stcrossknutsford.org.uk/video/>