

Sutton on Sea Methodist Church Newsletter



March 2026

Minister:

Rev Graham Miles

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Weddings and Baptisms are arranged with the Minister.
Please respect the Minister's rest day which is usually Friday
but flexible

www.eastlincolnshiremethodistcircuit.org.uk/chapels/sutton-on-sea

Ministers Letter

I hope everyone has had their fill of pancakes on Shrove Tuesday, which is the eve of Lent. With Lent starting on Ash Wednesday where there is the tradition in some churches to hold a service to mark the beginning of Lent. The term Ash Wednesday come from the tradition to mark the sign of the cross on people's forehead during the service, the service can commence by the collecting up of palm crosses which were given out on the previous Palm Sunday, the Palm Crosses are burnt to provide the ashes for the service.

One of the aspects of lent is that of giving up traditionally this would be a time of fasting. From this we find many conversations around the giving up of luxury food items like chocolates or biscuits, items that we can usually do with out and by giving them up for lent can help reduce our waistline.

This year the Methodist Church Lent resources are encouraging us to give up or let go of other items that will help in our spiritual journey with God. With a different subject for each Sunday/week during Lent.

The first five Sunday themes are below;-

Let go of Idols, Make room for God, one way of looking at this is our bodies are vessels like a glass, image if you can a glass full of oil, the oil represents those things that fill your life that leaves no room for God. Now image pouring water into the glass, Oil floats and so makes room for water only the water is the water of life that Jesus speaks about

Let go of form, embrace spirit, quite often we put ourselves into Boxes, boxes can hold us in a certain form that prevents the Holy spirit from working within. Where in your faith life do you feel stuck in form – engaging with the Church's rituals, words and structures, without sensing the Spirit?

Let go of scarcity, embrace abundance, in Johns Gospel Jesus meets a woman at a well, Jesus offers living water, a source that will never run dry. How might you, like the woman at the well, leave behind something that once defined you and step into a new identity rooted in abundance?

Let go of appearance, embrace what's inside, how do we see 'others' who do we overlook because they do not fit in with our expectations. In 1 Samuel 16, Samuel is sent to anoint a new king. He is drawn to Eliab, who looks the part: tall, strong, kingly. But God intervenes: "Do not look on his appearance or on

the height of his stature... for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart.” (v. 7)

Let go of despair, embrace ‘repair’. In Ezekiel 37, the prophet is led into a valley of dry bones: a stark image of death, defeat and hopelessness. The people cry out, “Our bones are dried up, and our hope is lost.” Yet God commands Ezekiel to prophesy life: breath enters the bones, and they stand in a vast multitude. This shift from despair to repair is not about ignoring suffering or rushing to resolution. It’s about trusting that God is present in the valley, in the tomb, in the waiting – and that God’s Spirit still breathes life into what feels dead.

More of these will follow in the next newsletter, some of the material above was taken from www.methodist.org.uk

God bless

Graham Miles

As you probably know there are currently only two people at church who can operate the hymnal. As holidays and other commitments approach it would be nice to have someone in reserve who could step in if needed otherwise there may be a Sunday when we will have to sing acapella! It is really simple to operate, training will be given as well as some 'fool proof' written instructions! If anyone feels they could help please see Linda Hague

On Sunday 1st March at Trusthorpe Methodist Church 6pm there is a Churches Together celebration service. All are welcome.

Church Steward – Linda Hadfield 01507 442670

March 2025 CALENDAR: Sutton-On-Sea

Sunday 1 st March	at 10.30am :	Roger Maidens
Sunday 8 th March	at 10.30 am :	Sue Alldread (Holy Communion)
Sunday 15 th March	at 10.30am:	Local Arrangement (Mothering Sunday)
Sunday 22 nd March	at 10.30am :	Dot McMillan
Sunday 29 th March	at 10.30am:	Local arrangement (Palm Sunday)

Saturday 7th March 'Cleaning Saturday' from 10am. An hour of cleaning then coffee and biscuits and a natter! Please come and help if you can.

Saturday 14th March

Open house coffee morning 10am - 12 noon

Friday 6th March World day of prayer 10.30am at
The Evangelical church, Trusthorpe Road.

TUESDAY COFFEE MORNING SERVICES 10.15am
30 minute service followed by coffee and chat!!

Tuesday 3 rd March	Elaine Fox
Tuesday 10 th March	Trisha Johnson
Tuesday 24 th March	Rev Graham Miles
Tuesday 31 st March	Peter Orton