

## Newsletter: February/March 2026

*To all members of the Abbey community*

Christmas seems a distant memory now, doesn't it! In fact the whole Christmas season only officially ended on February 2<sup>nd</sup>, Candlemas, when we took the crib down and packed it away till next year. But to all of you who took part in Christmas activities, to all who helped in so many ways, a huge thank you. We had record numbers at most of our main services, so it was an important time for making the people of Wymondham feel particularly welcome at the Abbey. Your role in that is really appreciated. Thanks to what you do, more and more when I talk to local people – when I'm doing funeral visits for example – there is definitely a sense that the Abbey is for everyone in the town, where they can find warmth, sanctuary and real hospitality.



*Dismantling the Crib*

### **Lent**

It will soon be Lent, with Ash Wednesday on February 18<sup>th</sup>. That means pancakes the night before (I hope you've signed up!). We have Eucharist services with the 'Imposition of Ashes' at 10.30 and 7, the latter with choir.

Thus begins what is a really important and potentially rewarding period in which we can reflect on our lives, maybe do a bit of personal spring cleaning (Lent comes from an old word for spring). This is not about self-abasement, but just some honesty in the privacy of our own contemplative time. Traditionally we do three things: fasting, prayer and acts of mercy. That translates as giving something(s) up, some extra prayer and doing something that helps others. I know someone who, one Lent, quietly gave a few pounds online to a different charity every few days. I remember them saying how moving it was to find so many organisations doing wonderful work.

There is a leaflet in the Abbey with all the details, but here are a few highlights:

#### **Mondays in Lent: Godly Reading**

Feb 23, March 2 and 9 at 7.30pm *In the Lady Chapel: followed by hot chocolate and fruit loaf.*

#### **Fridays in Lent: Stations of the Cross**

Feb 20, 27, March 6, 13, 20 and 27 at 12 noon *Followed by soup lunch*

## Social gatherings

We have started three regular social events, partly to deepen our sense of Abbey community, but also to invite friends and neighbours who might appreciate some company.

**'The Healing Power of Soup'** : every Monday in St Benedict's 12.30-1.30. Homemade soup, nice crusty bread and a chance to chat.

**Abbey High Tea** : every third Wednesday of the month at 3pm in the Abbey Hall. This is a proper high tea, with both savouries and cakes, and even some singing! As the 3<sup>rd</sup> Weds is Ash Weds this month, it's actually on Feb 25<sup>th</sup>. There will be an extra element that day, as it's Chinese New Year, so there will be special delicacies to try. Suggested donation £3. Call the Abbey office (01953 605671) to book a place.

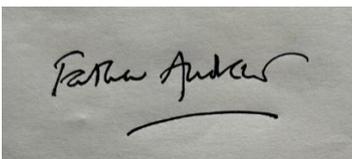
**Dads & Kid Breakfast** : every second Saturday at 9.30am in the Abbey Hall. This is for dads, grandads and male carers to bring their young children for a couple of hours 'stay and play'. The next is this Saturday, Feb 14. We provide breakfast (including bacon butties) and a supervised play area for the children. Book online here:  
[www.wymondhamabbey.org.uk/mensbreakfast](http://www.wymondhamabbey.org.uk/mensbreakfast)

And meanwhile of course the legendary **Abbey Lunch** continues every first Sunday of the month.

Finally, a sneak preview of Palm Sunday.... The minidonks came to practice! They had a good walk around the inside of the Abbey and made lots of friends...



With very best wishes



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