



St Botolph's Church, Colchester

19th February 2021

Dear Friends,

The season of Lent is upon us and whilst we are not able to be together for worship at present, we can be involved in radio and other media events to share in worship with others. For those who like an aid-memoir we have printed 'Together at Lent' on page two of this newsletter.

This week, we include another short linked reading and bible passages from a booklet 'Tranquil Moments' by Naomi Corke published in 1975. Today's is linked to Isaiah 40 v 29.

To them that have no might He increaseth strength.

We are all living in difficult and strange times when there are many things to tax our vitality. It may be either physical or spiritual hardship that surrounds us. Life is a continual warfare against Satan, the enemy of our souls, whether it is a case of standing firm for the Lord or witnessing for him amongst ungodly people. One of the hardest things to bear and one for which we need special strength is a fight against physical illness and depression. Whatever our need and however weak we feel, let us take encouragement from the words of our text, 'To them that have no might He increaseth strength'.

Cannon Paul Norrington has invited us to log into the on-line worship at Christchurch. A range of options are available, please have a look at [Colchester Christ Church](#)

Castle Methodist Church online worship is at <https://www.youtube.com/Colchestermethodists>

Collect for the First Sunday of Lent.

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to your Spirit;
and, as you know our weakness, so may we know your power to save;
through Jesus Christ your Son our Lord, who is alive and reigns with you,
in the unity of the Holy Spirit, one God, now and for ever.

We hope that all of our congregation and our friends from Castle Methodist's Church are keeping healthy, It is always good to hear from you with any news, and we ask you to get in touch with us especially if we are able to help in any way.

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