



Wesley Methodist Church Weeke

Wesley Somborne Link

One Church on two sites

6th March 2026



King's Somborne Methodist Church

Lent – time of renewal and growth

Lent, a word that traces back to an old English language word “lencten”, which means springtime has become synonymous with a great religious time in faith. Springtime is the period of renewal and growth of vegetation that follows the challenging times of winter. Spring is a season that spans a time longer than Lent, but why does the religious period not last that long and centres on fasting, praying, and seeking renewal?

Renewal and growth that follows winter stagnation, how does that mirror Lent? In Exodus 32, the people of Israel asked Aaron to make a god as they were not sure if their leader who had linked them with God was alive or would return. Could that be like stagnation in growth during winter? Renewal? When Moses came down from the mountain and saw the golden calf, his anger got the worst of him and threw down the tablets bearing the covenant law, breaking them (Exodus 32:19). In Exodus 34, God summons Moses to get to the mountain top with chiselled stones, on which the covenant law was re-written – renewal. Growth - where is it? “I will ... enlarge your territory, and no one will covet your land when you go up three times each year to appear before the Lord your God,” the Lord speaks in Exodus 34:24. When we speak of territory today, we speak spiritual territory which is one’s heart. Could the three times of appearance before God had been the strength of Daniel; he prayed three times a day (Daniel 6:10), that made his “territory” incorruptible?

If focus is on renewal and growth, how does fasting and praying emphasised during Lent, the “40 days” lead up to Easter? Stemming from the same scripture, Moses’ return to the mountain provides answers to two questions. Why does Lent not last as long as springtime – Moses was on the mountain for 40 days (Exodus 34:28). Why fast? Moses neither ate bread nor drink water (Exodus 34:28). God instructed Moses to get to the mountain top alone and no one else, not even animals were allowed near the mountain, this is top class solitary confinement. Viewing Lent in this perspective, how can this whole immersion in God’s presence be achieved, to enable renewal of the covenant for today’s believer? Is it as simple as said - stepping away from the ordinary to encounter God more deeply?

Moses’ fast was extraordinary, one that only God can sustain. Without challenging to emulate Moses, this look at Lent invites Christians to deepen dependence on God by reorienting the heart toward God: fasting to loosen our attachment to earthly comforts, prayer to cultivate attentiveness to God’s voice, repentance to restore covenant relationship, and meditation on Scripture to open ourselves to God’s instruction. Jesus affirms this when He says, “Man shall not live by bread alone, but by every word that proceeds from the mouth of God” (Matthew 4:4).

The Lenten journey must bring visible transformation in a Christian. After spending forty days in God’s presence, Moses face shone with radiance (Exodus 34:29), a visible transformation that all saw on his return. Though this year’s Lent may not invite us into such outward transformation, but may it be a season in which character is refined, relationships renewed, and believers becoming more reflective of Christ. This year’s journey of Lent that leads toward Easter, must remind us that everyone’s covenant is not re-written on tablets of stone but fulfilled perfectly in Christ and sealed in His blood.

Clever Safurawu



On Sunday 8th March at 10.30am, the Service will be led by Revd Tim Searle
On Sunday 15th March at 10.30am the Service will be led by Revd Peter Rayson
These services will be live streamed, the link to which can be found via the Wesley Website at:
www.wesleychurch.org.uk

Dates for Your Diary:

5th March: Mini-Marvels (9.00—11.00am)

5th March: Meeting about City Centre Chaplaincy at Wesley 3.30pm

6th March: Friday Fun Club (5.00-6.30pm)

6th March: Feel Good Friday (7.00-9.00pm)

8th March: Service led by Revd Tim Searle at Wesley 10.30am

8th March: Service led by Mrs Susan Parsons at King's Somborne 10.30am

11th March: Circuit Children, Youth and Family Leaders Zoom 7.00—8.00pm

12th March: Mini-Marvels (9.00—11.00am)

12th March: Together Thursday 2.30—4.30pm

15th March: Service led by Revd Peter Rayson at Wesley 10.30am (Mothering Sunday)

18th March: Circuit Meeting at CFMC

19th March: Mini-Marvels (9.00—11.00am)

19th March: Friday Fun Club (5.00-6.30pm)

19th March: Feel Good Friday (7.00-9.00pm)

22nd March: LA ReFresh Service at Wesley 10.30am

22nd March: Service led by Revd John Archer at King's Somborne 10.30am

24th March: Easter Is at Wesley 9.00am-12noon

26th March: Mini-Marvels (9.00—11.00am)

26th March: Together Thursday 2.30—4.30pm

28th March: Café Wesley (10.00—12 noon) in aid of Winchester Hospice and Lego Church (10.00-11.30am)

29th March: Service led by Mr Graham Hepburn at Wesley 10.30am

29th March: United Service at the Parish Church following a Palm Sunday procession, led by Revd Peter Rayson at King's Somborne 10.00am

Congratulations to Pauline and Chris Travell who celebrate their 50th Wedding Golden Anniversary on Friday!



EASTER AFTERNOON TEA

Come and join the Wesley family on
Saturday, April 4th from 3.00pm-5.00pm
for cake and sandwiches.

You can also enjoy an Easter Egg Hunt
(Easy - whether you are 9 or 90!)

Please let us know if you are able to come
by signing the list in the vestibule by Sunday, March 22nd.



The next edition of the WSL will be on Friday 20th March, we will need any items for inclusion to be sent to Paul and Brenda, by Wednesday 18th March 2026.

Email: brenda.yarrien@btinternet.com or by phone on 01794389153.

Message from Janet Cunningham:

"Many thanks to all who helped Cafe Wesley to raise the grand total of £137 for the church flower fund" which enables a valued outreach activity to continue.



Cards



**Drop in
for a
chat**

Next one Saturday, 28th March 2026



Books



Jigsaws

**4th Saturday
every month
10:00 - 12:00**

**create a
scene
challenge**

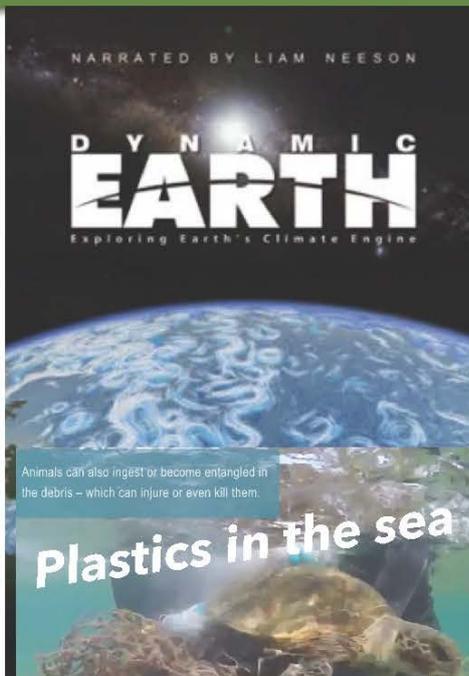


**LEGO
CHURCH**

Bacon roll



Caring for our Planet



Morning: Seminars
on Caring for our planet

Why? Ruth Valerio

*Programmes, Partnerships and
Advocacy Director, (Embrace
the Middle East)*

How? Steve Collins

*Net Zero Carbon (NZC)
team, The Church of England*

**Afternoon:
Panel discussion**

A free community event

with much to explore

All zones are accessible

View movies in the **Science Dome**

Creative fun **Craft Zone for children**

Poems, photos, posters **Exhibition Space**

Expand your thought? **Seminar Room**

Reflect in the **Quiet Room**

Drinks and snacks **Refreshment zone**

Local action groups **Market zone**

Something for everyone

When: **18 April 2026**

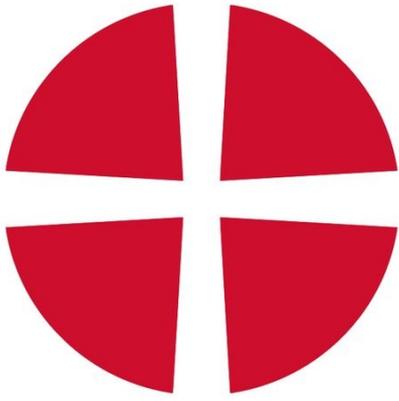
Where: **Chandler's Ford Methodist
Church, SO53 2GJ**

Time: **10 am to 4 pm**

Updates will be published on:

<http://www.wermethodistcircuit.org.uk>





Celebration Service

Third Anniversary of the re-opening of Canada Common Chapel

Everyone is welcome to this
interdenominational Service

When: Sunday 29th March

Time: 2.30pm

**Where: Canada Common Chapel,
Canada Common, West Wellow,
SO51 6DH**

Speaker Revd Dr Howard Mellor
Ex-Principal and Director of Evangelism at
Cliff College.

Worship leader Pastor Peter Castle

Musician Ann Friend

Please stay for Refreshments s after
the Service.

For more details contact Pastor Peter
Castle on
pandccastle@hotmail.co.uk





World Day of Prayer 2026 artwork, designed by Gift Amarachi Otta, depicts the daily reality of rural Nigerian women whose lives are marked by endless labour from sunrise to sunset.

The 2026 World Day of Prayer, prepared by women in Nigeria, focuses on the theme "I will give you rest" (Matthew 11:28-30). It is a global, ecumenical, and women-led movement on March 6, 2026, celebrating resilience and offering solace in a world filled with anxiety.



I will give you rest, come
by Rachel Gotobed



God of the poor, we cry out to you to help families who are struggling to meet their basic needs. We give thanks and praise for all those who keep moving forward despite even the most difficult circumstances.

God, giver of life, continue to strengthen and comfort all who are weary from the burdens of life and direct the hearts of those who can help.

Loving Jesus, compassionate healer, we lift up those who live with poor mental health, often made worse by poverty, stress and daily life.

Walk with them and show them that their lives have immeasurable value.

Help us to create societies that respect and care for all.

Loving Jesus, you called us to come with all the burdens that weigh us down.

Here we are! Help us to cast our cares on you and lighten these loads.

Holy Spirit, be our comforter in times of distress.

Grant us the faith to keep moving forward even when the path seems impossible. When we cannot see a way forward, be our guide.

Help us to be a light to others, sharing hope and extending a helping hand where we can.

We trust in your promise that you will never leave us or forsake us. Amen



Spot the Difference

Can you find all five differences between the pictures above?

REM:

sleep is a special part of sleep where your brain works hard, your brain is super busy! It stands for Rapid Eye Movement.



The Sleepy Time Quiz

Test your knowledge about sleep with these fun questions.

1. What happens when you sleep?

- A. Your body takes a nap, but your brain stays awake.
- B. Your body and brain go on an adventure.
- C. You stop growing.

2. Why do we need sleep to grow?

- A. Sleep releases special growth hormones.
- B. Sleep makes you shrink.
- C. Sleeping too much stops you from growing.

3. What does your brain do while you sleep?

- A. Forgets everything you learned that day.
- B. Sorts and organizes your memories.
- C. Turns off completely.

4. What is the special sleep stage where we dream?

- A. ZZZ stage.
- B. REM sleep.
- C. The Snore Zone.

5. Which animal sleeps for only a few minutes at a time?

- A. Giraffe.
- B. Dolphin.
- C. Owl.

6. What happens if you don't get enough sleep?

- A. You feel super strong and happy.
- B. You might feel cranky and forgetful.
- C. You start glowing in the dark.

7. Why do we use blankets when we sleep?

- A. Because our body gets colder when we sleep.
- B. Because blankets make us run faster.
- C. So we can jump higher in the morning.

8. Why is it good to sleep in a dark room?

- A. Darkness tells your brain it's bedtime.
- B. The sun gets jealous when you sleep in the light.
- C. Light makes your bed float.

9. Who can snore in their sleep?

- A. Only old people.
- B. Only dogs.
- C. Anyone!

10. What does sleep do for your health?

- A. It helps your body fight germs.
- B. It makes your feet bigger.
- C. It turns you into a superhero overnight.

HOW DID YOU DO?

10/10 - Sleep Superhero!

You know all about sleep.

7-9 - Dream Explorer!

You're great at sleep facts.

4-6 - Sleepy Learner!

Keep learning, and you'll be a sleep expert soon.

0-3 - Sleepyhead!

Time to learn more about the magic of sleep



10. A. Sleep helps your body fight germs.
 9. C. Anyone can snore!
 8. A. Darkness tells your brain it's bedtime.
 7. A. Your body gets colder when you sleep.
 6. B. Lack of sleep can make you cranky and forgetful.
 5. A. Giraffes sleep only a few minutes at a time!
 4. B. REM sleep is when most dreaming happens.
 3. B. Your brain sorts and organizes memories.
 2. A. Sleep releases special growth hormones.
 1. B. Your body and brain go on an adventure!

THE ANSWERS

FUN FACT

Nigeria is famous for Afrobeat music



Nigeria: Giant of Africa

Nigeria is the biggest country in Africa by population, with over 200 million people! It has deserts, forests, mountains, and rivers, including the Niger River and the Niger Delta, one of the world's largest river deltas.

Nigeria is home to over 250 ethnic groups! The three biggest are:

- Hausa-Fulani (North)
- Yoruba (Southwest)
- Igbo (Southeast)

Each group has its own language, traditions, and delicious food!

Nigeria has ancient kingdoms like the Yoruba Kingdoms and Benin Empire. It is also rich in oil, farmlands, and natural resources, making it Africa's largest economy.

FUN FACT

Lagos is Nigeria's biggest city.

FUN FACT

Nigeria has one of the world's oldest dye pits, where clothes are dyed blue using plants!

RELAY GAME

Make a scarf or tea towel into a ring shape and put it on your head. Place a lightweight plastic bowl on top and have a relay race, seeing who can carry the most items!

Scripture

Read this passage from the bible and think about the questions below.

28 "Come to me, all of you who are tired and have heavy loads. I will give you rest.

29 Accept my work and learn from me.

I am gentle and humble in spirit. And you will find rest for your souls. 30

The work that I ask you to accept is easy. The load I give you to carry is not heavy."

Matthew 11:28-30, International Children's Bible

What does it mean to feel weary?
When do you need rest?

Word Search

- SCRIPTURE
REST
WEARY
NIGERIA
PRAYER
SLEEP
MASKS
PLANTAIN

T	V	O	P	S	G	A	E	N	Y
O	S	V	Y	R	V	A	O	F	M
V	D	E	P	Y	A	X	E	A	M
E	U	B	R	R	K	Y	S	D	B
M	H	H	S	A	B	K	E	N	S
N	L	M	S	E	S	D	F	R	L
C	B	P	Z	W	Z	A	R	G	E
E	R	U	T	P	I	R	C	S	E
N	I	G	E	R	I	A	M	X	P
O	N	I	A	T	N	A	L	P	K