



Fit for Life

How fit are you ? Speaking personally, the answer is 'less than I was'. I've put on some weight during lockdown, not getting out so much and being tempted by 'comfort foods'. I have to say that when I talk to others, it sounds like I'm not alone !

Now fitness comes in different forms. This Lent, St Barnabas starts a series called '**Fit for Life**'. It's a kind of 'Joe Wicks for the Soul'. We need, rightly, to get fit physically, but even more important is getting fit spiritually.

The Christian faith has a lot to help us here. Christians have over the years learnt spiritual practices. They are rooted in scripture, tried and tested by Christians down the ages. They will do us good. And they will help us do good.

These spiritual practices are about the basics – like how we read the Bible and pray. They are challenging, asking us where we need to

live more simply. They are restorative; they help us let go of bad habits, rest in God and know his peace.



'Fit for Life' starts on Ash Wednesday, 17th February with a special Worship Night at 7.30 pm, online. Then there will be teaching at both our Sunday morning and evening services throughout Lent.

And there is a special programme for St Barnabas' 'Life groups'. These are small groups of Christians who meet to support each other, pray and study scripture. If you are not already part of a Life Group, can I encourage you to join one (or even start one), just for the six weeks of Lent. You will, for sure, get a lot out of doing so and you'll bless others as you do.

We need to get spiritually fit because we are in a long, long walk. It is the walk through

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COVID, that is so draining for many. But it is also the walk towards Good Friday and Easter Day – the heart of the year for Christians. The fitter we get, the better we'll walk.

David Goodhew

People on the Move

Congratulations to Tina Burgess, formerly of St Barnabas as she becomes vicar of St Martin's, Whinney Banks, Middlesbrough, a neighbouring parish to St Barnabas. Please pray for Tina and Neil as the move and settle into the new parish and for God to use them richly to bless that area.

Update from Rachel in South East Asia



Following an extended home leave in the UK due to the pandemic, Rachel managed to travel back to South East Asia in November - a miracle, given the circumstances, and an encouragement to her that her return was Dad's timing! Rachel is currently in the capital city teaching English to medical students 4 nights/week, and was able to share the Christmas story through festive parties and lessons. She still plans to relocate to the northern province at Easter to teach in a language school there and is thinking about what other work to get involved with.

Thanks for

- A safe return to South East Asia
- Good conversations with students

Please ask for

- Deepening relationships with students
- Guidance about opportunities for future work in the northern province

Caring in Covid

We are blessed to be part of a caring church family. Thank you for all you are doing to support and look out for friends and neighbours. If you have a particular concern for anyone, or would value practical support or prayer yourself please contact Lindsey or David Goodhew on 01642 817306 or email the Church Office office@st-barnabas.net

Greening the Church

The Mission Action Plan includes a commitment to being good stewards of God's world. As part of that commitment Hugh Alberti is co-ordinating a small group to consider how we might do a better job at looking after the planet, the world's resources and people in it. One of the first tasks is to complete a Green Audit for the church.

For more information please contact Hugh at hugh.alberti@nhs.net

From the Registers

Funeral at St Barnabas

13th January Joan Whalley



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