



**CELEBRATE, SHARE AND GROW IN CHRIST**

**Sunday, 15<sup>th</sup> February 2026, 1<sup>st</sup> before Lent**

**Exodus 24.12-end; 2 Peter 1.16-end; Matthew 17.1-9**

~~~~~ **SERVICES IN THE TEAM FOR THIS WEEK** ~~~~~

## **SUNDAY**

**8:00 am BCP HOLY COMMUNION, St John's Epping**

**9:20 am SUNG COMMUNION, St John's Epping**

With hymns 281, 383, 422, 462, 728 and Voluntary (Psalm 150 - Toon Hagan).

**11:10 am PARISH COMMUNION, All Saints Epping Upland**

**11:00 am MORNING WORSHIP, St Alban's Coopersale**

No evening service in the Team today

## **MONDAY**

**8:45 am MORNING PRAYER, St John's Epping**

## **TUESDAY**

**8:45 am MORNING PRAYER, St John's Epping**

**10:00 am EXPLORING THE BIBLE, St John's House**

## **ASH WEDNESDAY**

**8:45 am MORNING PRAYER, St John's Epping**

**9:30 am HOLY COMMUNION, St John's Epping**

**8:00 pm SUNG COMMUNION with Imposition of Ashes, St John's Epping**

With hymns 121,127,131,128. Readings Joel 2:1-2, 12-17; Matthew 6:1-6, 16-21

## **THURSDAY**

**NO CHURCH MICE, St John's Epping As its half term this week.**

This is held during school term times: Contact Kate Collin on 07951484805 or email

[kate.collin212@gmail.com](mailto:kate.collin212@gmail.com)

**ST JOHN'S IS USUALLY OPEN DAILY FOR PRIVATE PRAYER,**  
except Bank Holidays or other specific occasions.

*Please consider switching your mobile phone to silent mode or switching it off before a  
Sunday service begins and taking a moment to pray  
that we may all be fully present with each other and with Christ.*

~~~~~ **FROM THE LEADERSHIP TEAM** ~~~~~

### **Transfigured**

Lent is fast approaching but the Sunday before Lent is one of the days when we celebrate Jesus' Transfiguration; this year it is Matthew's account. Jesus knows that soon he will be crucified and he wants to remind his disciples who he is. Over the weeks and months they have spent with him some of the disciples are beginning to understand how special Jesus is, but then they seem to forget, or at least their behaviour suggests that they have forgotten. So Jesus wants them to have a spiritual experience they won't be able to forget. For us, this passage comes just before Lent when we will spend time with Jesus as he is tempted, answers questions and tells stories, before walking with him through Holy Week to Easter. This passage reminds us, just after the end of Christmastide, that Jesus is special, uniquely special, the Son of God. The Transfiguration is what the 'grown up' incarnation looks like: Jesus is no longer a special baby with those unique visitors, but the person who knows Moses and Elijah personally because he created the world and the universe and all that is. The three disciples were told 'to tell no one about the vision until after the Son of Man has been raised from the dead' (Matthew 17:9b) I wonder what the remaining nine disciples made of the whole situation: Jesus had taken Peter, James and John with him up Mount Tabor and left the others behind. I imagine when the group came down the mountain they were looking shell-shocked or bemused, or maybe their faces shone like Moses' had when he had met with I Am, face to face. But when they asked them what had happened 'their lips were sealed'.

So what can we learn from this? We can all have amazing experiences of God speaking to us. We may not be 'sworn to silence', but verbalising what has happened may be difficult. It is to be hoped, however, that the encounter will have changed us. Often it will not be such a mind-blowing experience as the Transfiguration but just something small that changes our outlook. We are all 'works in progress' but we can and will be altered by small, and more exciting, encounters. That is how God now meets with people, through us. So this Lent may we enjoy spending time with God, and learning more about Him that we can share with a world that is so dark and sad, and that needs to hear the message of Love more and more.

**Diana**

~~~~~ **READINGS FOR THIS SUNDAY** ~~~~~

**Exodus 24, 12 – end** The Lord said to Moses, 'Come up to me on the mountain, and wait there; and I will give you the tablets of stone, with the law and the commandment, which I have written for their instruction.' So Moses set out with his assistant Joshua, and Moses went up into the mountain of God. To the elders he had

said, ‘Wait here for us, until we come to you again; for Aaron and Hur are with you; whoever has a dispute may go to them.’

Then Moses went up on the mountain, and the cloud covered the mountain. The glory of the Lord settled on Mount Sinai, and the cloud covered it for six days; on the seventh day he called to Moses out of the cloud. Now the appearance of the glory of the Lord was like a devouring fire on the top of the mountain in the sight of the people of Israel. Moses entered the cloud, and went up on the mountain. Moses was on the mountain for forty days and forty nights.

**2 Peter 1, 16 – end** For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we had been eyewitnesses of his majesty. For he received honour and glory from God the Father when that voice was conveyed to him by the Majestic Glory, saying, ‘This is my Son, my Beloved, with whom I am well pleased.’ We ourselves heard this voice come from heaven, while we were with him on the holy mountain.

So we have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts. First of all you must understand this, that no prophecy of scripture is a matter of one’s own interpretation, because no prophecy ever came by human will, but men and women moved by the Holy Spirit spoke from God.

**Matthew 17, 1 – 9** Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, ‘Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.’ While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, ‘This is my Son, the Beloved; with him I am well pleased; listen to him!'

When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, ‘Get up and do not be afraid.’ And when they looked up, they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus ordered them, ‘Tell no one about the vision until after the Son of Man has been raised from the dead.’

~~~~~ **FOR OUR PRAYERS DURING THE WEEK** ~~~~~

**Monday** For the congregation and parish of **All Saints, Epping Upland.**

**Tuesday** For anyone who has recently found employment

**Wednesday** For those we know who have been granted asylum and have now moved away to establish a new life in the UK.

**Thursday** For all pupils and staff of Epping Green Primary School.

**Friday** For the Ministry Team, especially for our Rector; for all who contribute to, or lead, our services: for those who lead our meetings, those who carry out 'behind the scenes' activities and those who help fundraising in the Team churches.

**Those who are sick and for whom prayers have been asked:**

Graham, June, Caroline, Harriet Breen, David, Jean Goldsmith, Rebecca Salmon, Ted Owen, Sam Chard, Marion Joslin.

Please note that names will appear here for a short time only, unless the request to the Team Office is repeated.

**Those who have died recently, their family and friends:**

Carole Whitting, Pauline Langman.

**Those whose anniversary of death occurs during this week:**

15<sup>th</sup> February 2026, Harold Clark, Joyce Chalmers; 16<sup>th</sup>, - ; 17<sup>th</sup>, Arthur Campbell, Maurice Perry, Richard Elliott, Theodore Rowley; 18<sup>th</sup>, Audrey Stote, Philip Page, Michael Symonds; 19<sup>th</sup>, Jassamine Gowland, Caroline Hyde, Edith Sworder, Frederick Bartlett, Mercedes de Verve Ward, Annie Bellerby, Frederick Harrison, Rae Axford; 20<sup>th</sup>, Lily Pearce, Anselmo Lodola, Lloni Vince, Muriel Homer, Eleftheria Anderson; 21<sup>st</sup>, Frederick Davies.

**COLLECT for this Sunday.**

Almighty Father, whose Son was revealed in majesty before he suffered death upon the cross: give us grace to perceive his glory, that we may be strengthened to suffer with him and be changed into his likeness, from glory to glory; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen

~~~~~ **FOR YOUR INFORMATION** ~~~~~

**EXPLORING THE BIBLE** in St John's House on 17<sup>th</sup> February at 10:00 am.

**CRAFT GROUP** next meet in St John's on 25<sup>th</sup> February 2026, 2:00 to 4:00 pm.

**MOTHERS' UNION** – New Members Welcome. Did you know the MU was founded in 1876, the MU was one of the earliest women-led voluntary movements in the UK? Our St John's branch is celebrating the 150<sup>th</sup> Anniversary of the MU in 2026 and is open to new members. Speak to Natalie or any member in church, email

stjohn.eppmu@gmail.com, or find us on Facebook or Instagram @eppmu/@eppingmu.

**EVENING SERVICES** For the first three months of 2026 any evening services in St John's will be held at 4:00 pm. Evening services will return to the usual later time after the clocks change to British Summer Time. From April there will be a Sundays@Six programme in St John's starting in mid-April on 1<sup>st</sup> and 3<sup>rd</sup> Sundays (with occasional 5th) until October. Please let Diana know if there are any topics you would like covered.

**LENT GROUPS** This year, the beginning of Lent marks the beginning of a season of 100 days of prayer in the Diocese of Chelmsford and this year, there is an invitation in the Epping Team to join one of two study groups taking place. A group will take place on a Monday, beginning on 2nd March at midday in St John's. Soup will be provided so please let the team office know if you are planning to attend (for numbers) and if you have any dietary requirements. A second group will be held in the Team Office in St John's House on Tuesday evenings at 7:30 pm. Both groups will be exploring the journey of Jesus' disciples on the Emmaus road, where uncertainty, loss and resurrection were part of their experience.

**POETRY AND FAITH IN LENT** - with the Bishop of Bradwell. Epping Forest and Ongar Deanery will be hosting Bishop Adam for a series of talks during Lent on faith and poetry. The series will take place at St John's Church, Loughton on Mondays 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> March at 7:00 pm. Refreshments will be provided and there will be opportunity to ask the Bishop your questions after his presentation. There is the option to join online by visiting @StJohnsLoughton on Facebook and YouTube.

### **LOST PROPERTY AT ST JOHN'S**

A large amount of lost property has been left in St John's over recent months, and a spring clean will take place soon. Any lost property not claimed from the back of the church by Ash Wednesday (18th February) will be disposed of.

### **CHRISTMAS TREE FESTIVAL AT ST JOHN'S**

Thank you to everyone who helped make the 2025 Tree festival such a success at St John's. A sum of £14k was raised and this has been split between church funds and St Clare's hospice. To suggest charities the festival might support in future years, please contact the organisers, Kate Collin and Cathy Sowerby through the Team Office.

~~~~~ **FROM THE TEAM RECTOR** ~~~~~

**SERVICES FOR NEXT SUNDAY, 22<sup>nd</sup> February 2026, Lent I**  
**8:00 am Holy Communion (BCP), St John's Epping**

**9:20 am Sung Communion, St John's Epping  
11:10 am Holy Communion, St Alban's Coopersale  
11:00 am All-age service, All Saints Epping Upland  
No evening service in the Team today.**

**READINGS: Genesis 2.15-17, 3.1-7; Romans 5.12-19; Matthew 4.1-11**

### **THINKING OF JOINING THE PCC?**

Have you ever wondered what God might be calling you into? Each church member as a disciple of Christ has a unique set of gifts, and each of us has a particular ministry we might offer to the church. One ministry to which people are called is of serving on the Parochial Church Council (the PCC). The PCC is a group of people called to share in leadership with the clergy. They hold the statutory responsibilities as Charity Trustees for their respective parishes and have a key role in discerning where Jesus is calling us into the future. In Scripture, we see how God often calls expected people to surprising places - please do speak to a member of the clergy or a Churchwarden if you sense God might be nudging you to stand for election at the next Annual Parochial Church Meeting. To help with that discernment, anyone interested in exploring this opportunity is invited to join existing PCC members at a series of three training sessions entitled "PCC Tonight". This course is designed to enable a PCC to be clear about its purpose, confident in its identity and role and how that relates to other groups within the church, competent in fulfilling its legal duties, dynamic in the way it operates and enjoyable to be a part of. The course will take place on Tuesday evenings from 7:30 – 9:30 pm on 24<sup>th</sup> February at St John's Epping, 3<sup>rd</sup> March at St Alban's Coopersale and 10<sup>th</sup> March at All Saints Epping Upland. There is no need to book, but you would get the most out of the experience from coming along to all three sessions.

**Advance Notice:** St John's Annual Parochial Church Meeting (APCM), will be held in St John's Church, on Sunday 26<sup>th</sup> April immediately after the 9:20 am service. The Yearbook is now in the process of being compiled: there are many groups and activities which are held in church during the year; this is an opportunity to showcase your group and write an article about what you do or have done in the past year. Please use Word or PDF format and send your articles via email to the PCC Secretary, Jill Brant on [brant714@btinternet.com](mailto:brant714@btinternet.com). The deadline is 20<sup>th</sup> March 2026. Thank you.

The APCM for St Alban's Coopersale will take place immediately after the 11.10am service on Sunday 3rd May, and for All Saints Epping Upland immediately after the service on Sunday 17th May.

## **FOR YOUR PRAYERS - FINDING A NEW TEAM VICAR**

Although it has been some time since there has been news to share on the process for appointing a new Team Vicar, please do pray this week, as the panel appointed by the PCCs will, together with our Team Rector and the Archdeacon of Chelmsford be holding an interview day on Thursday.

## **ASH WEDNESDAY**

Services of Holy Communion for the Team will be held in St John's to mark the beginning of Lent on Wednesday 18th February at 9.30am and 8pm. The evening service will be a sung service with the Imposition of Ashes.

## **MIDWEEK COMMUNION**

From Lent onwards Holy Communion will be said each week at 9.30am on Wednesdays in St John's instead of on Tuesdays. Morning Prayer will also be said at 8.45am on Wednesdays.

## **REYNOLDS SERMON**

The Reynolds Sermon is an annual event held at St John's Epping, continuing a tradition began many years ago of inviting a preacher to come and speak to the parish on a topic of interest (and is paid £1 for doing so as part of this historic tradition). This year the event will be held on Wednesday 25th March at 7.30pm in St John's and the speaker will be the Rev'd Will Rose-Moore who is a priest and theologian, currently serving as Assistant Curate at St John the Baptist, Loughton in the Diocese of Chelmsford. He is also studying for a PhD in Theology with Westcott House in the Cambridge Theological Federation and Anglia Ruskin University. Will is the author of *Boys Will Be Boys, and Other Myths: Unravelling Biblical Masculinities* (2022) and editor of *For Nothing is Hidden: Masculinities and Trauma in Church and Theology* (2026). The topic of the sermon will be : -

### **Boys Will Be Boys? Exploring Masculinity in the Bible and Christian Faith**

We exist in a society where what it means to be a man is under increased investigation and change. In this lecture, we will explore what masculinity is (or what masculinities are) and why being aware of what it means to be a man is important for our Christian faith - not only how we engage with one another, but how we encounter God and the Bible. Together, we can find out what it means for men to liberate themselves from patriarchal expectations and be a part of the pursuit of justice for the Church and all society today.

## ~~~~~ PLEDGED GIVING AND COLLECTIONS ~~~~~~

There are many ways to financially support the mission and ministry of the parishes. We are grateful for the many ways and forms of giving which express our shared worship of Christ.

**COLLECTIONS IN SUNDAY SERVICES:** A cash collection is taken at Sunday and midweek services. Please don't feel any embarrassment to let it pass you by.

**PARISH GIVING SCHEME (PGS):** Similar to direct debit payments but set up an account by calling PGS on 0333 002 1271 providing your bank details plus your church PGS code which is:

Epping Upland, All Saints-0806-08029  
Epping, St John the Baptist-0806-08028  
Coopersale, St Alban the Martyr-0806-08027

**BACS** You can give to church by bank transfer; the sort codes and account numbers are listed here:

**St Alban's** 20-29-86, Account: 50776459  
**St John's** 20-29-86, Account: 50357219  
**All Saints** 60-07-39, Account 50236520

### EPPING TEAM MINISTRY CONTACT DETAILS

**Team Clergy** **Revd John Fry:** Team Rector: 01992 934355  
E-mail: [teamrector@eppinganglicans.org.uk](mailto:teamrector@eppinganglicans.org.uk)  
**Revd Jessica Bostock:** Associate Minister,  
3 Sundays a month and Mondays.  
E-mail: [jessicabostock@yahoo.co.uk](mailto:jessicabostock@yahoo.co.uk)  
**Revd Dr Liz Glyn:** Curate, E-mail: [curate@eppinganglicans.org.uk](mailto:curate@eppinganglicans.org.uk)

**LLMs** **Diana Lowry:** 01992 279696  
Email: [dianalowryepp@gmail.com](mailto:dianalowryepp@gmail.com)  
**Steve Snooks:** 01992 572185  
Email: [stevesnooks@hotmail.com](mailto:stevesnooks@hotmail.com)

**Team Pastoral Assistant, Jo Waller:**  
Email: [jo.waller37@btinternet.com](mailto:jo.waller37@btinternet.com)

**Children, Youth and Family Worker, Emily Townshend:**  
Sunday, Monday, Tuesday and Thursday.  
E-mail: [cyf@eppinganglicans.org.uk](mailto:cyf@eppinganglicans.org.uk)

**Church Wardens for All Saint's-Epping Upland and St Alban's Coopersale,**  
please contact the Team Office.

For **St John's**, contact:  
**Marian Winters** at 07790 532570 - email [marianwinters@aol.com](mailto:marianwinters@aol.com) or  
**Sara McLean** at 07768 106406 - email [sdmclean@virginmedia.com](mailto:sdmclean@virginmedia.com)

**Team Administrator: Lisa Bazzoni** - 01992 579935  
E-mail: [teamadmin@eppinganglicans.org.uk](mailto:teamadmin@eppinganglicans.org.uk)

**NEWS** items for next week; **Geoff Scanlan** - 01992 576550  
E-mail: [rosandgeoff@btinternet.com](mailto:rosandgeoff@btinternet.com)

**Please send us any prayer requests, or if you would like someone to pray for you.**

**St John's** has a 'T' loop: please ask for help if you need it.

**MOBILITY AIDS** are at the back of **St John's** for use in church.

You can follow **St John's, All Saints** and **St Alban's** on **Facebook**

**WE ARE A MEMBER OF VOLUNTARY ACTION EPPING FOREST**