



Parish of Newton Abbot and Ogwell

WEEKLY NEWS

22nd February 2026. *First Sunday of Lent*

In this edition:

- Notes from the Rector on the life of St Paul - his need of a Saviour and the Romans Road that explains the path to salvation through Jesus
- Times of our Parish Prayer Gatherings for the next few weeks
- A reminder of the Prayer Course starting next week
- Resource of the week: [two](#) more books to complement our Lent focus on PRAYER
- A Report from General Synod
- Lunch with God, 321 and Lent Lunches with CTNA
- A reminder of a church family funeral
- Updated Prayer list
- ONE Church West Africa
- SPACE Youth Services

FROM OUR RECTOR

Dear Friends

Before we leave Paul's life-story behind and look more closely at prayer over Lent, I wanted to take a look at one more lesson from Paul's life. It's a lesson that ties in with Ash Wednesday and our times of personal reflection over the next few weeks, namely Paul's sense of unworthiness before God and his absolute trust in Jesus' finished work on the cross.

Despite his dramatic encounter with Jesus, his lifelong calling and the perseverance he showed in carrying that out to the end, Paul never lost sight of his need of a saviour. Two references will suffice. The first from perhaps midway through his ministry, the second from near the end, after he had run the race before him so very well.

1 Corinthians 15: 9: *For I am the least of the apostles and do not even deserve to be called an apostle, because I persecuted the church of God.*

1 Timothy 1:16: *But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life.*

You see despite Paul's dramatic conversion and his years of faithful, sacrificial service and patient endurance, he knew that he still had not done anything worthy of his salvation. His

sin was so great, that even 100 lifetimes would not be enough to pay the debt he owed to God. What he needed was not more time, greater efforts, or more detailed instructions to follow, Paul knew that he needed a saviour. A saviour who would be able to take his broken, sinful life and redeem it. A Saviour who was able to take his sins and wash them away.

And having met this saviour on the road to Damascus and received his pardon, the message Paul preached to Jews and Gentiles across his many missionary journeys was that Jesus was that Saviour and that there was no other. Paul's message is summarised in 7 verses sometimes called **the Romans Road**. I've seen it used as a way of sharing the good news of Jesus with others, so I've included the verses here. But it is also a great thing to meditate to remind ourselves of our own need of a Saviour, and what Jesus has done for us. That's an ideal thing to do during Lent. Or perhaps you'd like to memorise these verses in order, so when someone asks you what Christians believe, you can take them along the same road that Paul walked- the Romans Road to forgiveness and new life in Jesus.

The Romans Road to Salvation: Bible Verses

The Human Problem – Sin - Romans 3:23 - *"For all have sinned, and fallen short of the glory of God;"*

This verse tells us that all people have sinned and thus fall short of God's perfect standard.

The Consequence of Sin - Romans 6:23 - *" For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.*

This highlights the consequences of sin - death, which means eternal separation from God. But it also introduces the solution - the gift of God, which is eternal life through Jesus Christ.

The Solution - Christ's Sacrifice - Romans 5:8 - *" But God demonstrates his own love for us in this: while we were still sinners, Christ died for us."*

Despite our sins, God demonstrated His love for us through the death of His Son, Jesus Christ, who died in our place.

The Response – Faith - Romans 10:8b-9 - *"(This) is the message concerning faith that we proclaim: ⁹ if you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."*

Salvation is received through **faith** in Jesus Christ—by confessing Him as Lord and believing in His resurrection.

The Assurance of Salvation - Romans 10:13 - *" Everyone who calls on the name of the Lord will be saved."*

This verse assures us that anyone who calls on the name of Jesus Christ for salvation will be saved.

The Result of Salvation - Peace with God - Romans 5:1 - *" Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ*

Through faith in Jesus Christ, we are justified and have peace with God, signifying a restored relationship with Him.

Living in the Spirit - Romans 8:1-2 - *" Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death."*

This verse emphasizes that those who are in Christ are not condemned but live according to the Spirit, leading a life transformed by their faith.

Grace and peace,

Dave

Please pray for:

Our Church, our parish, benefice and diocese, our Rector Dave Brown, Team Vicars Gareth Regan and Fr. Matthew Cashmore, Curate Jon Bealey, and all others who carry out their own form of ministry.

Our King, His Majesty King Charles III, members of the Royal Family and our government.

The Church of Ireland

For the churches of the Culm Valley Mission Community, and their Vicar Ben Maynard.

Residents in the following streets: Abbotsbury Road, Abbotsridge Drive, Abbotswood, Addison Road, Albany Street, Albert Terrace, Albion Hill, Alder Close, Alexandra Road and Alexandra Terrace.

The sick and suffering including: Sheila Fletcher, Joyce Sutherland, Sally Fulcher, Marie Graham, Martyn, Eve Taylor, David Littlewood, Ruth and Ted Parkhouse, Sandy Vaughan Edwards, Ted Demery, Cherie Glover, Ryan Holland, Orla Pyne, Sharon Lawrence and any others who are unwell.

Ben, Sarah and family as they care for Noah.

The families and friends of the recently deceased including Peter Robinson and Paul Hewson.

Please email prayer@newtonabbotparishes.co.uk to let us know about anyone needing our prayers.

Readings for 22nd February.

Matthew Chapter 6, verses 5 to 15, and
Psalm 42



NEWS AND NOTICES

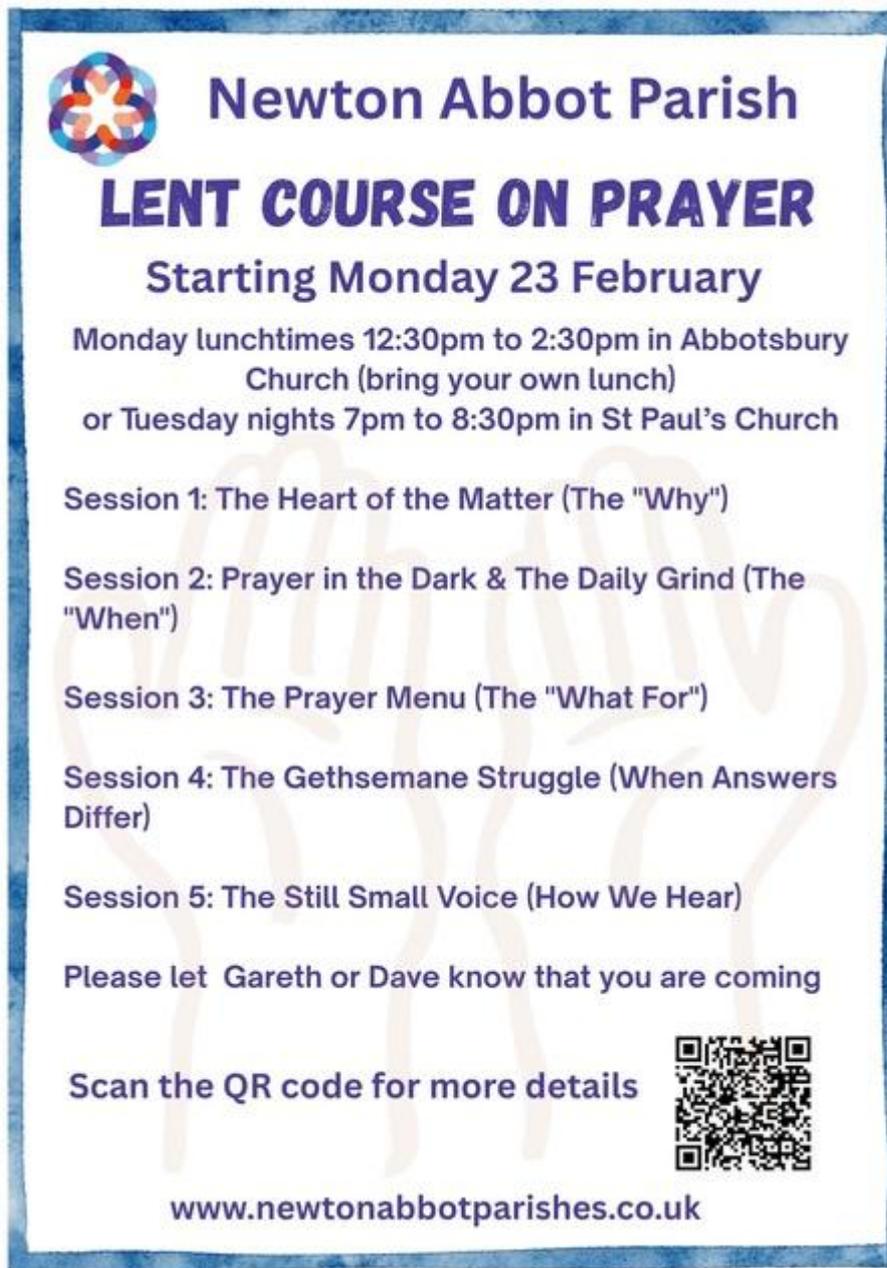
Parish Prayer Gatherings:

Our next **morning Parish Prayer Gathering** will be on **Monday 23rd February** at St Paul's Church **starting at 9:15 a.m.**

Our next **evening Parish Prayer Gathering** will be on **Monday 2nd March** at St Paul's Church **starting at 7 p.m.** Do come and join us.

Lent Focus on Prayer - and our Lent Course

Lent begins on **TODAY** with a special **Ash Wednesday Communion Service with the imposition of Ashes** at St Paul's starting at 10 a.m.



The poster features a blue border and a background image of two hands. At the top left is a colorful circular logo. The text is centered and reads: 'Newton Abbot Parish LENT COURSE ON PRAYER Starting Monday 23 February'. It lists two options for sessions: Monday lunchtimes (12:30pm to 2:30pm) at Abbotsbury Church, or Tuesday nights (7pm to 8:30pm) at St Paul's Church. It lists five sessions: 1. The Heart of the Matter (The "Why"), 2. Prayer in the Dark & The Daily Grind (The "When"), 3. The Prayer Menu (The "What For"), 4. The Gethsemane Struggle (When Answers Differ), and 5. The Still Small Voice (How We Hear). It asks people to let Gareth or Dave know they are coming, provides a QR code, and the website www.newtonabbotparishes.co.uk.

 **Newton Abbot Parish**
LENT COURSE ON PRAYER
Starting Monday 23 February
Monday lunchtimes 12:30pm to 2:30pm in Abbotsbury Church (bring your own lunch)
or Tuesday nights 7pm to 8:30pm in St Paul's Church

Session 1: The Heart of the Matter (The "Why")
Session 2: Prayer in the Dark & The Daily Grind (The "When")
Session 3: The Prayer Menu (The "What For")
Session 4: The Gethsemane Struggle (When Answers Differ)
Session 5: The Still Small Voice (How We Hear)

Please let Gareth or Dave know that you are coming

Scan the QR code for more details 

www.newtonabbotparishes.co.uk

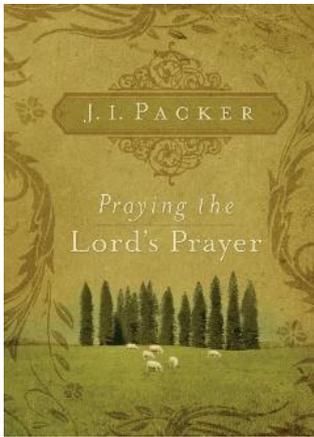
To complement the Sunday teaching on Prayer, we will also be holding a 5-week Lent course on Prayer. The sessions will be held twice each week: on **Monday afternoons from 12:30pm to 2pm at Abbotsbury Church**, and on **Tuesday evenings from 7pm to 8:30pm at St Paul's**. *(You might want to bring some lunch with you to the Monday course!)*

The aim of the short course is to put some practical flesh on to the Sunday sermons, allowing us to learn HOW to pray but hearing and doing. Each session will involve some teaching, discussion and a time to put what we have learned into prayer.

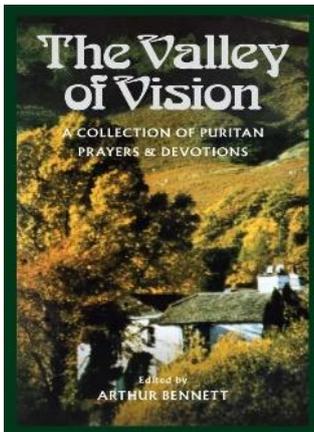
Do come along!

Resource of the Week.

Over the coming weeks I'll feature 2 books that will fit in well with our Lent focus on PRAYER. They are available to purchase at our online store through <https://uk.10offhose.com/partners/nab> (where our churches get a percentage commission), through **Choice Words** and other bookstores too. Wherever you choose to buy them from, why not take the time this Lent to learn more about PRAYER.



In this book Praying the Lord's Prayer, J. I. Packer, one of the 20th century's best Christian writers, presents a powerful truth: prayer is a natural activity between the Heavenly Father and his children. As Packer works through each phrase of Christ's pattern of prayer, readers will begin to grasp the basic principles and guidelines of prayer. As readers apply the truths of this book to their prayer lives, they will experience intimate communication with God and will strengthen their own conversations with their Father in heaven.



If you struggle to pray deep prayers, then let this book help you! The strength of Puritan character and life lay in prayer and meditation. In this practice the spirit of prayer was regarded as of first importance and the best form of prayer, for living prayer is the characteristic of genuine spirituality. This book has been prepared not to 'supply' prayers but to prompt and encourage Christians to tread the path on which others have gone before with prayers that are deep, beautiful and inspiring.

General Synod Report from Clare Lillington - our treasurer and a General Synod member

The Synod met in Church House at Westminster for the February Group of Sessions. This was my first visit to the venue which is the home of the General Synod. There is a great sense of history in the panelled Assembly Hall where we meet.

The Archbishop of Canterbury Sarah Mullally gave her first Presidential Address since her confirmation in January. She talked about caring, sharing and shepherding the church during her ministry. However, she spoke about the seriousness of safeguarding and how at times the church has fallen short. She finished by saying "I pray that I am able to approach this ministry with calm, consistency and compassion, as we seek to be what the Church has for so long been: a stable presence in an unstable world".

Once down to business some of the topics we discussed were:

Reimagining Care asking the government to draw on the Archbishops' Commission's report and its vision how adult social care is perceived, organised, delivered and experienced.

Mental Health and the Church requesting dioceses review their training given to clergy in regard to mental health issues they may come across in their ministry, as well as ensuring clergy who face mental health challenges are fully supported.

Church Safeguarding Structures – the next steps

The Bishop of Exeter requested that the **Bishop's Mission Orders** Code of Practice be updated for new worshipping communities particularly, with regards to safeguarding.

Poverty and the Church: 40 years after Faith in the City. A recommitment to ending poverty.

Parochial fees order – mainly about proposals for vast increases in burial fees which was voted down.

Sustainable Church Flowers – encouraging churches to cease using floral foam for flower arranging as it is harmful to the environment.

Working Class Vocation and Ministry – how to encourage and support those from working class backgrounds to train as lay and ordained ministers.

The biggest topic of the week was the one on **Living in Love and Faith** (LLF), which resulted in a marathon five-hour session in the chamber. It was a very emotional and impassioned debate. However, the motion from the Archbishop of York to pause the LLF process for the time being was passed in all houses (Bishops, Clergy, and Laity).

If you are interested in hearing any of the debates, then do go to the Church of England's YouTube channel where you can listen to all that happened in the week.

Finally at the Prorogation of the Synod the Archbishop of Canterbury sent us on our way looking forward to meeting again on 10th July in York.

Clare Lillington

Lunch with God and 321:

Lunch with God at St Paul's Church this Wednesday from 12:15 will continue to feature one of the 3-2-1 course videos. Accompanied by homemade soup, we'll watch one of the videos and have chance to discuss the questions it raises.

After this coming Wednesday (25th Feb) **Lunch with God** will pause to enable us to join with other Christians at the Lent Lunches hosted at St Joseph's. These run from 12 noon to 13:30, with proceeds going to support MSF and Embrace the Middle East.

Lunch with God will restart on Wednesday 1st April.

Church Family Funeral. The funeral of **Paul Hewson** will be at St Mary's Woborough on Monday 2nd March at 10:30am.

Please remember Paul's family and friends in your prayers over the coming days, along with the families of those recently deceased.

Prayer List: If you'd like your name or the name of a loved one added to the new list, please let us know. Email prayer@newtonabbotparishes.co.uk



Visions of Peace

Karl Jenkins *The Armed Man: a Mass for Peace*
Arvo Pärt *Da pacem Domine*
Michael Tippett *Five Spirituals*

Saturday 21st March 2026 at 7pm



Abbotsbury Church, Waverley Road, Newton Abbot TQ12 2ND

**Musical Director Matthew Cann
with Devon Amici, Leader Julie Hill**

Tickets £15 in advance or £18 on the door
(free for under 25s in full-time education)
Booking online www.torbaysingers.org



ONE Church West Africa – A Breakfast Event run by Open Doors

Saturday, Mar 7 from 9:30am to 12noon at St Luke's Church Buckfastleigh

Come and join the Open Doors Team for a light breakfast and find out more about the work of Open Doors and their ONE Church programme, which connects church leaders and their churches with the persecuted church through online gatherings, opportunities to travel and meet believers, regular inspiring stories, and prayer points.

One of the speakers is Haruna* (name changed) from Nigeria has an academic background in Learning Disabilities, International Relations and Diplomacy, and Theology. For the past nine years, Haruna has served the persecuted church in Nigeria through the Christian Education Department of a local church ministry, witnessing first-hand the realities of persecution, extreme violence and marginalisation. Today, he is a passionate advocate for persecuted Christians worldwide, raising awareness and inspiring action from the global church.

Please register your place using the link below:

[ONE Church West Africa, Buckfastleigh Tickets, Sat, Mar 7, 2026 at 9:30 AM | Eventbrite](#)

SPACE Youth Services is a Devon charity with a campaign 'Investing in Devon's Young People', shining a light on the importance of early youth support and launching a long-term fundraising appeal to raise £84,000 - one pound for every one of Devon's 84,000 teenagers - by its 10th birthday in February 2027.

The years between 11 and 13 are often the first time young people experience real independence. New schools, changing friendships, introduction of technology, independent travel to and from school, and growing expectations can bring excitement - but also anxiety and uncertainty.

When young people feel supported as they step into independence, they're more likely to thrive later on. Youth work provides that steady presence



alongside families and schools. Often described as a hidden age group, young teenagers may not meet thresholds for specialist services, but still benefit hugely from safe spaces and trusted adults during times of change.

SPACE has grown into one of the last remaining county-wide professional youth services in England. Each year, around 7,000 young people are directly supported by SPACE's qualified youth workers, with thousands more reached through partnerships with schools, health services and community organisations. SPACE's inclusive, unconditional approach ensures that every young person is welcomed - whether they need somewhere to belong, support through a transition, or help building confidence and life skills.



£84,000 for 84,000 Teenagers. The £84,000 appeal is both symbolic and practical - representing a shared commitment to every teenager growing up in Devon today. Funds raised will help strengthen early youth support across the county, enabling SPACE to continue delivering welcoming spaces, skilled youth work and positive opportunities during key moments of transition.

SPACE is inviting support from across the county as part of this anniversary appeal.

You can contribute through one-off or regular donations, helping ensure consistent, high-quality youth support remains accessible to all.



See www.spaceyouthservices.org/campaign

Lent Lunches by Christians Together in Newton Abbot will be at St. Joseph's Church on Wednesdays: 25th February, 4th March, 11th March, 19th March and 25th March, starting at 12 noon.

Bread - Cheese - Apple – Drink - Fellowship - Prayer - Support for Gaza and Ukraine

COMING EVENTS

Lunch with God. Free soup and hot drink. Bible teaching. Wednesdays at St Paul's Church. 12:15 to 1:45 p.m. These will be **suspended from 4th March and resume on 1st April**, to enable you to attend the Lent lunches at St Joseph's Church.

Youth Group for ages 11-17 at The Avenue Church 27th February, 7.30 to 9 p.m.

Lent course on Prayer. Five sessions, starting Monday 23rd February at 12:30 p.m. at Abbotsbury Church (bring your own lunch) or Tuesday 24th February at 7 p.m. at St Paul's Church.

Charity Coffee Morning. 28th February in aid of Anna Chaplains. Coffee Mornings at St Bartholomew's Church have been suspended for the time being.

Craft Club. 3rd and 17th March at 2 p.m. at St Paul's Church.

Lent Lunches will be held on each Wednesday 25th February to 25th March at 12 noon in the St Joseph's Roman Catholic Church Hall (off St Paul's Road).

Women's Breakfast. Saturday, 14th March at 9:30 a.m. at The Clock Tower Coffee Shop, Wolborough Street, Newton Abbot.

Men's Breakfast. Saturday 21st March, 9:00 a.m. at the Leisure Lounge Café.

Visions of Peace Concert. Saturday 21st March at 7 p.m. at Abbotsbury Church. Sung by Torbay Singers. Tickets from www.torbaysingers.org

Joint Parish Communion. 29th March at 10:30 a.m. at All Saints' Church, Highweek.

CHURCH SERVICES

22nd February

Abbotsbury Church, Service of the Word at 9:30 a.m.

All Saints Church, Holy Communion at 9:30 a.m.

St Paul's Church, Holy Communion at 11 a.m.

St Luke's Church, Mass at 11:15 a.m.

1st March

Abbotsbury Church, Holy Communion at 9:30 a.m.

St Bartholomew's Church, Holy Communion at 9:30 a.m.

St Mary's Church, Wolborough, Matins (BCP) at 11 a.m.

St Paul's Church, Service of the Word at 11 a.m.

St Luke's Church, Mass at 11:15 a.m.

8th March

Abbotsbury Church, Service of the Word at 9:30 a.m.

St Bartholomew's Church, Holy Communion at 9:30 a.m.

St Paul's Church, Holy Communion at 11 a.m.

St Luke's Church, Mass at 11:15 a.m.

EVERY WEDNESDAY 10 a.m. Holy Communion at St Paul's Church, Devon Square **and** 10 a.m. Said Mass at St Luke's Church, Milber.

ALL WEEK St Bartholomew's Church in Ogwell is normally open for private prayer during daylight hours.

FUNERALS AND INTERMENTS

Paul Hewson. 2nd March at 10:30 a.m. at St Mary's Church, Wolborough.

Michael Taylor. 20th March at 10:30 a.m. Funeral at St Mary's Church, Wolborough.

June Davies. Funeral at St Mary's Church. Date to be arranged.

PARISH CONTACTS

Team Rector: Rev Dave Brown. Day off Thursday

rector@newtonabbotparishes.co.uk 01626 335862

Team Vicar and Vicar of St Luke's, Milber: Fr. Matthew Cashmore. Day off Monday

father@slsj.co.uk 07555 924862

Team Vicar: Rev Gareth Regan: Day Off: Friday.

gareth@newtonabbotparishes.co.uk 01626 201237

Curate: Rev Jonathan Bealey curate@newtonabbotparishes.co.uk 07886567732

Licensed Lay Minister:

Keith Butler: puffin@blueyonder.co.uk 07980 457919

Lay minister for St Luke's, Graham Whittle family@hotmail.co.uk

Churchwardens:

All Saints': **Michael Gillibrand**

Abbotsbury: vacant

St Mary's **Sharon Lawrence** salawrence21@outlook.com 07794 108166

St. Paul's **Lorna Tresidder** lornatresidder@icloud.com

St Bartholomew's **Stella Llewellyn** stellallewellyn@icloud.com 01626 906814

and **Gwyn Hughes.** gwynhughes@icloud.com 01626 365028

Anna Chaplains: Mei Lan Machin. d.m.machin2013@gmail.com 07926 991578

and **Kim Martin** annachaplain@newtonabbotparishes.co.uk

Organist: Steve Cox 079 686 21511 or 01626 854228 stephen.cox54@talktalk.net

Parochial Church Council Secretary: Barbara Garrick 07910 207358

barbara_garrick@yahoo.com

Safeguarding Lead: Rob Palmer 07792 081776 treb0r@hotmail.com

Weekly Parish News by Email. **John Calderwood.** news@newtonabbotparishes.co.uk

07760 226488

Other Communications Media (website and social media)

comms@newtonabbotparishes.co.uk

IT Support it_support@newtonabbotparishes.co.uk

Prayer List. Please let us know about anyone in need of prayers. Their name will be kept on the list for a month. Please email prayer@newtonabbotparishes.co.uk

Parish website: www.newtonabbotparishes.co.uk

Parish Office at St Paul's Church, Devon Square.

The office is normally open Monday to Thursday, 10:30 a.m. to 1:30 p.m.

Phone 01626 211346 or email office@newtonabbotparishes.co.uk

OTHER USEFUL CONTACTS

Newton Abbot Town Council. 01626 201120 www.newtonabbot-tc.gov.uk

Shopmobility, Ring & Ride, Community cars – 01626 335775

Teignbridge Council – 01626 361101, www.teignbridge.gov.uk

THAT Foodbank. 8 Queensway House, Queensway, Newton Abbot. TQ12 4BA. Tel: 01626 437310, email: office@thatfoodbank.com Website: www.thatfoodbank.com

Footnote. Thank you very much to those of you who have sent me contributions.

Relevant photos are very welcome.

I aim to circulate each weekly issue on Wednesday to give notice of the coming weekend's events and perhaps report what happened last weekend.

Please let me have any news of past events, notice of future activities or any other information that may be interesting or useful for our Church members, by Tuesday for the next issue.

If you know of anyone who does not receive this weekly email, but wishes to do so, please ask them to email me.

John Calderwood news@newtonabbotparishes.co.uk