

**Morning Prayer** on Zoom every weekday morning 9 am - 9.40. Deeper contemplation on Mondays until 10.30 am. Join us, people of Gower - Meeting ID: 603 821 5745  
Password: 241268

**Continued from front...**

ourselves from the ache of being vulnerable, finite, and in need of connection. We might begin Lent by acknowledging the fig leaves we still cling to. Not with shame, but with curiosity. What habits, stories, or defences have we sewn to keep others from seeing our fear or longing. What narratives about ourselves have hardened into armour. Lent gives us permission to loosen our grip on these coverings, to let light touch the places we've kept hidden.

Lent also invites a return to communion—within ourselves, with others, and with the sacred. Instead of imagining Lent as a solitary trek through spiritual austerity, we might see it as a slow re-knitting of relationship. Perhaps this year we choose practices that soften rather than harden us: a daily moment of stillness, a conversation we've avoided, a small act of generosity that reminds us we are part of something larger than our own striving.

There is much going on within our churches, outside and online to accompany you on your path. See below.

**This Week**

**Monday Alpha Course**  
Part 1 St Hilary's, Killay **6 pm**

**Tuesday Clergy Meeting**  
with WoW St Hilary's **11 am**  
Alpha online Part 2 Zoom ID  
89728872933 code 823812  
**7.30 pm**

**Wednesday**  
Lent Meditation (same Zoom  
link as MP above) **7 am**  
Ashing & Lent Service with  
Llanrhidian School ~  
Llanrhidian Church **10 am**  
Lent Course King Arthur Pub  
**3 pm**

Exploring Pilgrimage,  
Lamplighter, Bishopston  
**7 pm**

**Thursday Home**  
Communions from **Noon**

**Next Sunday**

**1st March 2026**  
**Second Sunday of**  
**Lent**

\*  
**Holy Eucharist**  
St David's **9.30 am**  
St Cenydd's **11.15**  
St Cadoc's **9.30 am**

\*  
**Friday 6th Teulu**  
Gwynour Celtic  
Penclawdd Hall **6 pm**

**GMA Prayer**  
**February 2026**

**We seek your** tranquility  
now in a world of unrest.  
Your power heals nations,  
ends conflicts, promotes  
justice and brings global  
unity.  
Fill the earth with your  
peace and presence we pray.  
Amen. **Lorraine Harry**

**Fr Tim Arduin** 07399075485  
[timardouin@cinw.org.uk](mailto:timardouin@cinw.org.uk)  
**Rr Ross Davies** 01792 390232  
[ross.davies0111@gmail.com](mailto:ross.davies0111@gmail.com)

Find us on Facebook  
"Churches of North Gower"

**The Ministry Area of Gower**  
**Gogledd Gŵyr**



**February 22nd 2026**  
**The First Sunday of Lent**



*Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves. **Genesis 2***

As my eyes opened,  
The world narrowed,  
Communion replaced by comparison.  
What had been shared breath,  
Separated into the thunder-winds,  
Of two hearts, each beating alone.  
My lover and I imagined the other,  
Not as branches of one living tree  
But as figures cut loose,  
From the fabric of Being,  
With edges suddenly sharp,  
Skin suddenly strange.  
And so we reached for leaves,  
Anything to cover the ache,  
Of our newfound separation,  
Anything to hide the trembling thought,  
I am no longer whole.  
Lent begins here,  
In the quiet recognition,  
That I have sewn on many coverings,  
From fear, from pride, from the stories  
I tell to avoid the truth,  
That I feel exiled,  
From my own belonging.

**Approaching Lent This Year** - Lent often comes not as a demand but as a quiet invitation, a gentle tapping at the door of the soul. It speaks to something essential about the human condition: that moment when awareness sharpens, when we suddenly see ourselves as separate, exposed, uncertain. Lent begins in that same recognition. It is not primarily about punishment or grim resolve; it is about noticing the coverings we've stitched together to protect  
**Continued on the back...**