



March/Easter 2026



Lent: Preparing for Easter

March's Teatime Church service is taking place on **Sunday 8th March, 4pm – 5:15pm**. At this service, we will be thinking about Lent, which you can read more about below. We will be exploring how Jesus was tempted during his 40 days in the wilderness, and comparing this to the story of Adam and Eve and how they were tempted by a serpent in the Garden of Eden. Children will be able to make spiral snakes and 3D apple trees, create Lent Promise Wheels and find the hidden snakes in the church to bring back to the Garden of Eden!



Mothering Sunday Service 15th March at 10am

We also have our special **Mothering Sunday Service** in March, where Westbury-on-Trym CE Academy school choir will be performing two songs and every child will be invited to hand out a flower posy to women in the congregation. It's a lovely, family service so please do join us if you can. Activity sheets and toys will be available for younger children at the back of the church.

Easter Events and Services for Children and Families

Sign up to our **Craft for Children** event and come along on Friday 3rd April at 9:15am to The College, College Road, BS9 3EJ. The event will be followed by a special children's service in church at 10.30am, with hot-cross buns to follow!

At 10am on 4th April – Holy Saturday – we welcome children and families to flex their green fingers and help Abi Hart to prepare our **Easter Garden**. Please **sign up** here.

Do come and join us on Sunday 5th April at 10am for our joyful **Easter Eucharist Service**.

We also have a brand new search and find trail in the church based on the animals shown with Saint Francis in the window. You are welcome to visit the church when it's open to search for the twelve animal pictures. Sheets are available at the back of church or via the website <https://www.westbury-parish-church.org.uk/upcoming-childrens-events-and-services/>

The Story of Adam and Eve (Genesis 2-3)

God had placed Adam and Eve – the first humans ever created by God – in a special garden that was very beautiful. In it were fish, animals, and lovely plants and trees. There also was plenty of food to eat. Adam and Eve worked every day taking care of the garden. They talked with God each day as well. God loved Adam and Eve, and they loved God.

God had only one rule for Adam and Eve. He told them not to eat the fruit of a certain tree. This tree was referred to as the tree of the knowledge of good and evil. One day, Eve saw the tree from which she was not supposed to eat. It was lovely and the fruit was beautiful and tempting. Satan, God's enemy, used a very sly animal called a serpent to lie to Eve about the fruit and about God. It tricked Eve into eating the fruit by telling her it would make her wise, just like God, and would be given even *more* than God had already provided for them.



Even though she knew God's rule, Eve chose to eat from the tree. She also gave Adam a piece of the fruit, and he ate it. Suddenly, Adam and Eve knew that they had done something very wrong. They had disobeyed God's rules (committed sin). They felt afraid, sad and ashamed. They even tried to hide so God could not find them, but no one can hide from God! God knew what they had done.

Adam said, "I am hiding because I am afraid." God was sad that Adam and Eve had disobeyed his rule. He told them that they would have to leave the garden and live in an imperfect world. But Adam and Eve's greatest punishment was separation from God and a broken relationship with Him, which would be passed down to all generations (the Fall).

Many years later, Jesus died on the cross and was raised from the dead. The Bible states that this was God's way of making sure people had a path to Heaven, as Jesus had taken the punishment handed on to us from Adam and Eve. Christians believe that it is only possible for us to get into Heaven because Jesus Christ sacrificed himself.

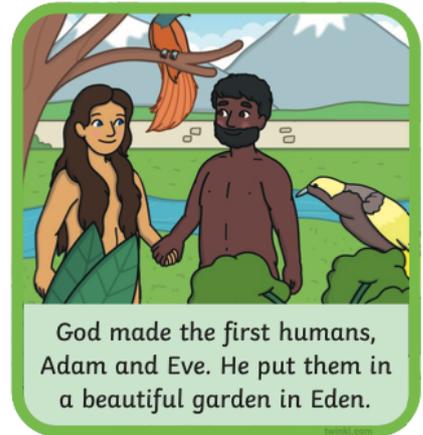
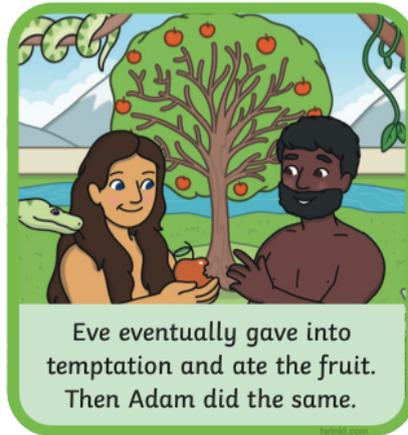
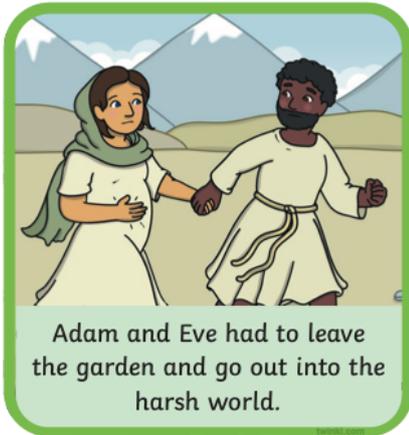
God did not stop loving, caring and protecting Adam and Eve, even though they had disobeyed him. God loves us, too, even when we disobey him. We don't need to try to hide from God but should admit to him we've done wrong whenever we realise we've disobeyed him and look to his help and guidance. We also should tell him we're sorry for what we've done.

Please click on the following link for more information about the temptation of Adam and Eve:

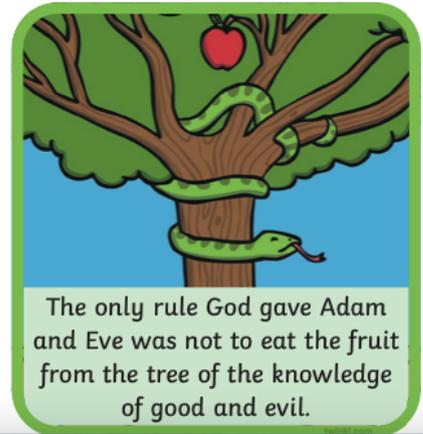
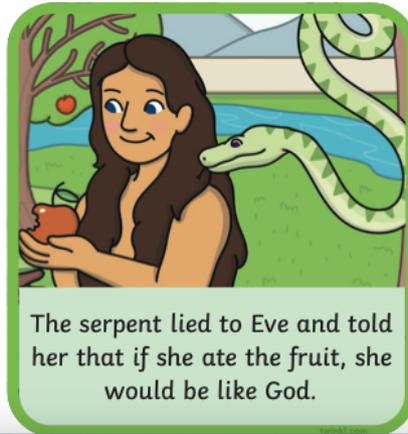
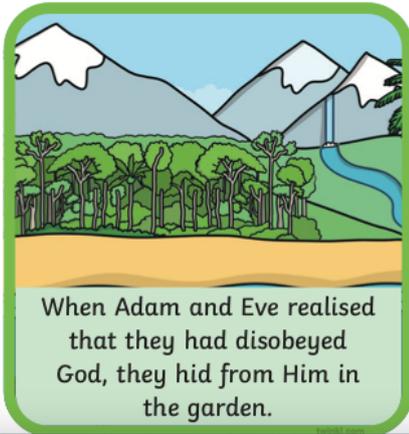


<https://www.bbc.co.uk/bitesize/topics/z9b2p9q/articles/z2kcdnb>

Have a go at ordering the events in the Story of Adam and Eve from beginning to end:



The Story of Adam and Eve Sequencing: Put the events of the story of Adam and Eve in order.



The Temptation of Adam and Eve



In the biblical story of Adam and Eve, Christians are taught how God created the world and everything in it, then humans were tempted by Satan. This is called The Fall.

Satan: The personification of evil resisting the work of God in the world. Also known as the devil or Lucifer.

sin: Something that is against the laws of God.

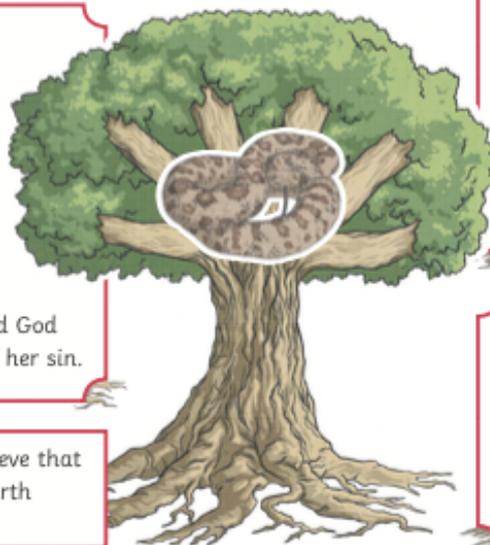
What Can Christians Learn From This?

- Our choices have consequences and we need to be responsible for these.
- We should avoid temptation by following the rules and guidelines given to us.
- We should always obey God and follow the commandments He gave in the Bible.
- By dying on the cross, Jesus made the ultimate sacrifice to heal the relationship between humankind and God.

Adam and Eve were allowed to eat anything they wanted, except the fruits from the Tree of Knowledge.

One day, Satan appeared to Eve in the form of a serpent and told her that if she ate the fruit from the Tree of Knowledge, she would be even wiser than God.

Eve gave in to temptation and ate the fruit, sharing it with Adam. She disobeyed God and had to deal with the consequences of her sin.



Did you know...?

Both Muslims and Jewish people also believe that Adam and Eve were the first people on Earth (although with slightly different names).

Christians believe that God knows everything before it has even happened. When He asked Adam and Eve if they had eaten the fruit, He was giving them the chance to confess their sins and admit what they had done wrong. This meant they had the opportunity to ask for forgiveness.

Lent

Jesus spent 40 days in the wilderness after his own Baptism but, unlike Adam and Eve, he did not give into temptation as he was sinless.



Lent remembers these 40 days that Jesus spent in the wilderness (Matthew 4:1-11) when he ate nothing for 40 days and nights. The English word 'Lent' is taken from *lencten* (lengthen) from the Old English word for spring (the time when the days begin to get longer).

Lent started on 18th February on Ash Wednesday and continues for 40 days until 2nd April, the day before Good Friday. In the Bible, the number 40 represents 'a long period of time'.

The last week of Lent is called Holy Week, which leads us to Easter Day. Lent helps us to prepare us for Easter, just as Advent does for Christmas.

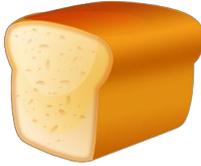
During Lent, we remember the time when Jesus went into the desert for 40 days and nights to be with God. During this time he was tempted by the Devil three times to do the wrong thing:

To turn rocks into bread – Jesus said no despite having eaten nothing for 40 days and nights!

To throw himself off a temple and be saved by angels – Jesus said no!

To bow down and worship the devil in return for ruling the whole world – Jesus said no and told the devil to leave. Jesus would only worship God.

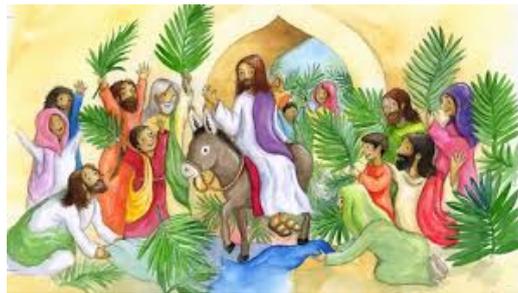
Jesus is Tempted

1				Jesus said: NO
2				Jesus said: NO
3				Jesus said: NO

During Lent, many people give up certain foods – sometimes their favourite food – to remember when Jesus had nothing to eat in the desert. There is also a special focus on building up our relationship with God, just as Jesus did in the desert, through prayer, good deeds and repentance – making sure we live in a way that God wants us to. Adam and Eve had given into temptation, unlike Jesus in the wilderness. This separated them from God until Jesus saved this broken relationship by his sacrifice on the cross on Good Friday. So today, we try and be like Jesus – listening to God and trusting in him and following what he says.

The last week of Lent is week called Holy Week and it is a very important week in the Christian church, leading up to Easter. During Holy Week, Christians particularly remember the last week of Jesus' life.

Holy Week



Holy Week begins on **Palm Sunday**, which commemorates Jesus's triumphant arrival in Jerusalem, where he received palm branches at his feet. Then comes Holy Wednesday, which acknowledges Judas' plan to betray Jesus. Maundy Thursday – the last day of Lent – commemorates the Last Supper between Jesus and his disciples.



Good Friday commemorates the killing of Jesus by crucifixion (being killed on a cross). Good Friday is a day of mourning in church. During special Good Friday services, Christians remember Jesus' suffering and death on the cross and what this means for their faith. Good Friday is also a 'good' day because it led to the resurrection of Jesus, his victory over death and sin, and the celebration of Easter. It also refers to the fact that it's a very special day observed as holy by the church.



Easter is the most important festival in the Christian calendar. It celebrates Jesus rising from the dead, three days after he was killed. After Jesus was crucified on the cross on Good Friday, his body was taken down and buried in a cave tomb. The tomb was guarded by Roman soldiers and an enormous stone was put over the entrance.

On Sunday, Mary Magdalene (one of Jesus' most loyal followers) and some of Jesus' disciples visited the tomb. They found that the stone had been moved and that Jesus' body had gone. Jesus was seen later that day by Mary and the disciples, and for forty days afterwards by many people until he was seen ascending into Heaven. His followers realised that God had raised Jesus from the dead. Christians call this the resurrection. This is what is remembered at Easter.



The death and resurrection of this one man is at the very heart of the Christian faith. For Christians, it is through Jesus' death that people's broken relationship with God is restored. This is known as the Atonement, which means reconciled or made good.

Purple is the symbolic colour used in some churches throughout Lent because it is associated with mourning and so anticipates the pain and suffering of the crucifixion, and because purple is the colour associated with royalty, and celebrates Christ's resurrection and sovereignty.



By reconnecting with the story behind Lent, it becomes easier to show that Lent is a time of preparation and getting ready for the excitement of Easter, when Jesus died and rose again to restore mankind's relationship with God.

You can find out more about Lent and Easter by clicking on the following links:

<https://www.bbc.co.uk/bitesize/articles/zktcbqt>
<https://www.bbc.co.uk/bitesize/topics/zsvrwmn/articles/zpb7wnb>

Our monthly prayer



Dear God,
At this time of reflection,
Teach us to be thankful for the goodness that you have given us.
Teach us to be kind, as Jesus treated others.
Teach us to not give into temptation but to follow God's guidance.
Teach us to forgive and to say sorry when we have done something wrong.
Teach us to remember the sacrifice of your son, Jesus Christ, and how he restored our relationship with you.
Teach us to listen to your word and to hold it in our hearts.
Amen

Community information

Toddlers Together: Our parent and toddler group



Toddlers Together, our parent and toddler group held at Westbury-on-Trym Methodist Church Hall, runs every Thursday 10-11:15am during term time. All are very welcome! Details can be found on our website <https://www.westbury-parish-church.org.uk/youth-and-family/parents-and-toddlers/>. This term finishes on 3rd April and starts again on 24th April.

The Mix Spring Event for young people



The Mix is a Christian worship event for church youth groups in Bristol, even though they welcome teenagers of any/no faith. The next event is on Friday 6th March, 7-9:30pm at Woodlands Church, BS8 2AA. Sign up to hear engaging speakers, socialise with other young Christians, worship with the Enjoy Church Youth Band, and find out more about God –. Visit <http://www.themixbristol.co.uk> for more information.

Some questions for the whole family to think about at home...please do come to Teatime Church with any questions that you have!

Does praying to God really work? How do we know?
Why does God forgive people who sin? And why some and not others in the Bible?
Why couldn't the omnipotent God just take away sin from humans?

Please click on the following link if you would like to donate to Westbury on Trym PCC to support the work and mission of Holy Trinity Church, Westbury-on-Trym. Thank you
<https://www.parishgiving.org.uk/donors/find-your-parish/westbury-on-trym-holy-trinity-bristol/>

From Georgie and the Youth Team
familyworker@westbury-parish-church.org.uk

Volunteers needed for our work with children and families



All of our children's services and events have started the new year with great success and we are always looking for volunteers to support us with our work in this area. We always need volunteers to help us with the following:

- Monthly Teatime Church Service (helping with crafts or with supper)**
- Toddlers Together (helping with crafts or in the kitchen)**
- Open the Book (a storytelling project where Bible stories are shared in school assemblies in a fun, interactive and memorable way)**
- Barton Camp Annual Trip**

For all volunteer roles in the church it is a PCC requirement that new volunteers go through a safe recruitment process. The safe recruitment process ensures that everyone is properly equipped to carry out their role. As well as safeguarding children and vulnerable adults, it helps to protect both the volunteer and the church. The process involves reading and signing a Volunteer Role Description, undergoing a DBS check and undertaking Safeguarding Training. Church Leaders will be able to guide you through this process if support is needed.

We are also looking for members of the 10am congregation to attend Baptism Services. The Baptism Supporters will make promises on behalf of the church congregation and hand out the special Baptism Bears. Baptisms take place roughly once a month on Sundays, starting at 12.15pm.

Please email Georgie in the first instance if you would like more information about volunteering at our children's services or groups or becoming a Baptism Supporter familyworker@westbury-parish-church.org.uk

40 days of Lent

Keep going

He is risen!

Day 1: Ash Wednesday
Go for a walk

Day 2:
Go for a walk

Day 3:
Write someone a thank you note

Day 4:
Get up earlier

Day 5: First Sunday of Lent
Try a new fruit

Day 6:
Clean your room

Day 7:
No TV today

Day 8:
Call someone and tell them you love them

Day 9:
Eat 5 fruit or veg

Day 10:
Pick up a piece of litter on your way home

Day 11: Second Sunday of Lent
compliment someone

Day 12:
Read a book

Day 13:
Do a chore around the house

Day 14:
Help cook dinner

Day 15:
Get creative! Draw a picture

Day 16:
Give up your favourite snack

Day 17: Third Sunday of Lent
Make someone smile today

Day 18:
Write a list of things you're grateful for

Day 19:
Drink plenty of water

Day 20:
Go for a walk

Day 21:
Try a new vegetable

Day 22:
Go to the library

Day 23: Forth Sunday of Lent
Clean your room

Day 24:
Help cook dinner

Day 25:
Go to bed 1 hour earlier

Day 26:
Say a prayer for someone in need

Day 27:
Choose your own task today

Day 28:
Choose one kind thing to do for someone

Day 29: Fifth Sunday of Lent
Drink plenty of water

Day 30:
No electronic devices today

Day 31:
Smile at everyone

Day 32:
Donate something to charity

Day 33:
Make an Easter craft

Day 34:
Get up an hour earlier today

Day 35: Palm Sunday
No chocolate today

Day 36:
Eat 5 fruit or veg

Day 37:
Go for a run/walk

Day 38:
No sweets today

Day 39: Good Friday
No chocolate today

Day 40: Holy Saturday / Easter Sunday



TEATIME CHURCH DATES 2026



Teatime Church is our monthly Sunday Service for children and families. It is a very relaxed service with a range of crafts, toys, LEGO corner, baby area, interactive songs, story and prayer. This is followed by supper for all the children and refreshments for the adults. There is plenty of opportunity to move around the church and make some noise whilst learning about God's love for everyone. All are very welcome!

Teatime Church is held at the back of Holy Trinity Church in Westbury-on-Trym from 4 - 5:15pm but you are welcome to join us during any part of the service.

Please visit our website for more details about specific services.

The dates for 2026 are:

11th January
15th February
8th March
3rd April: Good Friday Crafts
17th May
21st June
12th July
27th September
4th October: At the Harvest Festival
15th November: In Westbury College
6th December

<https://www.westbury-parish-church.org.uk/teatime-church/>

Email Georgie at familyworker@westbury-parish-church.org.uk