

Dear Friends,

Today after the church service, I was asked if I would preach a sermon on how to deal with guilt. In listening further, the guilt in question was not a clear sense of conviction but rather the cloud of condemnation. One Christian writer has described this as the tyranny of “shoulds” and “oughts”.

I do not readily have a remedy. However, there are two scriptures that speak to this condition both in the apostle Paul’s letters. In his letter to the church in Rome he pens the words “there is now no condemnation for those in Christ Jesus for the law of the Spirit of life has set me free from the law of sin and death.” Furthermore, Paul exhorts the Galatians that “it is for freedom that Christ has set us free”. It is a step of faith to believe that the Christian message is one of freedom and no condemnation.

Indeed, a good number of years ago on retreat I had a clear message that the God, as our loving Heavenly Father, wanted his children to “enjoy the view”. So often, his children are running around caught up in the business of life and not be able to “stop and stare” as William Henry Davies stated in his poem Leisure.

Sometimes, simply to take a psalm or verse from the Bible and read it over and over can help spiritually centre us. If you like, it is a recalibration that enables us once again to gain a sense of perspective and proportion to our lives in the light of eternity. We can hear the words of Jesus to Mary and Martha that there is value to sit and listen to the words of God in the presence of Jesus.

It is with sadness that this month that dear Gracie Ozanne passed away and we give thanks for her zest and enthusiasm for life. We continue to hold Philip and Peter and their families in our prayers. Peter Gallienne remains very poorly, he currently experiences no pain but is very, very tired. We hold this dear man and faithful servant to Forest Church in our prayers along with Julia and the rest of his family.

As ever, with love and prayers. Adrian

Ste Marguerite de la Foret



February 2026

Contacts

Rector Revd. Adrian Datta. Tel: 07781 177177
Email: adriandatta@icloud.com

Licensed Lay Minister (LLM) Mrs Margaret Boden
Heaume
Tel: 265370
Email: m.bodenheaume@outlook.com

Peoples Warden:
Mr Keith Bienvenu
Tel: 238838
Email: krsbienvenu@cwgsy.net

Rectors Warden:
Mrs Linda Archard
Tel: 266135
Email: lmcc@cwgsy.net

Church flowers in February

1st February
Dorothy Freeman

8th February
Katie Blampied

15th February
Katie Blampied

22nd February
Lent, no flowers

1st March
Lent no flowers

Greeters February

1st February
Dorothy Freeman

8th February

15th February
Wendy Doyle

22nd February
Brenda Tostevin

1st March
Fiona Roland

February Bishop's Letter

It is rare to have the Feast of Candlemas, February 2nd, so close to the start of Lent, Ash Wednesday 18th February. With Easter very early this year, it means that there are only fifteen days between the end of the Christmas cycle and the start of the season of reflection, abstinence and study. Not much time to change gear!



Or to use a liturgical description, only two Sundays of Ordinary Time. The name 'ordinary Time' comes not from the fact that some days are just plain 'ordinary' but that all time is ordered as part of the divine nature. Our telling and re-telling of the Christian Year is not merely a nostalgic rehearsal but the re-living of the truths that shape our lives as disciples of Jesus Christ.

Seeing life, and in particular living a Christian life as an expression of sharing in the divine nature is therefore anything but ordinary. If we believe that we are all created in the image and likeness of God, then how we live our lives can only ever be extraordinary, regardless of what happens to us. If God sees us and our 'ordinary' lives as a gift of himself, how are we to respond? I often wonder what God thinks of us when he sees what we do with this unbelievable gift.

The Christ-child was cared for by Mary and Joseph at his Presentation in the Temple (2nd Feb) cared for and carried. In Lent, we seek to care more for ourselves with a sacred sense of self-care. How different might this be if we see ourselves as uniquely held by God, whatever the world thinks of us, and, even as we try to better ourselves, see ourselves as a gift, created in the image of God. Yes, this means you.

Psalm 139.13-14

You are the one who created my innermost parts; you knit me together while I was still in my mother's womb. I give thanks to you that I was marvellously set apart. Your works are wonderful-I know that very well.

+Stephen, Bishop of Salisbury

Are you making a splash this year?

Perhaps recent weather has depressed you with too much water everywhere, the days are dark and everything is wet. One of the worst things to suffer is a flood in the house, even a little one makes such a mess.

New resolutions rarely survive 'til Feb so better to look for a sustainable pleasure than a thing you begrudge. What about a weekly evening with a laptop meal and some undemanding film on the telly or a short walk but only if the sun is shining, or a swim in a heated pool or spa? Tea and cake with a friend?

Forest has lost some members lately due to sickness or accident and leaving the island. Perhaps you could help out with some of the easy jobs like saying hello at the door and handing out the hymn books. Or pouring the coffees and cutting the cakes. There is nearly always cake after the service, there must be a birthday every week somewhere! Don't be afraid to offer, speak to Linda or anyone after the service and they will be pleased to help.

It has been shown that coffee and cake after the service has been a valuable space for making friends and feeling included. Please stay and enjoy it.



The Spiritual Significance of Icons

Iconography in the Russian Orthodox tradition is considered a form of theology expressed through art. Icons are not simply representations; they are regarded as sacred

images that convey deep spiritual truths. When Orthodox believers venerate icons, they do not worship the image itself but honour the person or event depicted. This practice allows worshippers to feel a direct connection to the divine, facilitating prayer and contemplation.

Furthermore, icons are often described as “windows to heaven,” serving as a means for the faithful to experience the presence of God and the saints. The spiritual significance of iconography lies in its ability to guide believers toward deeper reflection and prayer. This interaction with icons fosters a sense of divine presence in both personal and communal worship. As a result, the tradition of iconography in the Russian Orthodox Church plays an essential role in the spiritual lives of its followers.

Perhaps you have something to look at or hold to help your meditation and prayers?

(russiansobor.org)

Church Events in February

We warmly welcome Revd. William Mason, a recent addition to the Forest and St Peter's clergy team. Keep watch for occasional joint services for the two parishes.

February 3rd

2-4.30pm Knit and Natter

A restful time in church with friends making things and chatting.

February 11th

10.30-12.00 coffee morning in church, meet members and friends.

Tuesday 24th February Day time lent group begins - The Prayer Course by Pete Grieg - 10.30 to 12 noon in the Rectory.

Thursday 19th February Evening lent group begins, as above. 7.30 to 9pm in the Rectory

Church was packed on January 21st for the funeral of an old friend and church member, Grace Ozanne. She will be fondly remembered for being cheerful and uplifting, a help to us all.

Advance Notice

11.30am 29th March Palm Sunday

At St Peter's Church

A chance for our two churches to join together.

Welcome to Forest Parish Church

Saturday 31st January 5pm Said communion BCP

Sunday 1st February 11.30am Parish Communion

Reader: Mike Spiller

1 Malachi 3 v1-5

Hebrews 2 v14-end

Prayers: Nancy Smith

Saturday 7th February 5pm Said communion BCP

Sunday 8th February 11.30am Parish Communion

Reader: Linda Archard

Genesis 1, 2 v 1-3

Romans 8 v18-25

Prayers: Vivian Rees

Saturday 14th February 5pm Said communion BCP

Sunday 15th February 11.30am Parish Communion

Reader: Keith Wallace

Exodus 24 v12-end

2 Peter 1 v16-end

Prayers: Katie Blampied

Saturday 21st February 5pm Said communion BCP

Sunday 22nd February 11.30am Parish Communion

Reader: Richard Heaume

Genesis 2 v15-17, 3 v1-7

Romans 5 v 12-19

Prayers: Wendy Doyle

Saturday 28th February 5pm Said communion BCP

Sunday 1st March 11.30am Parish Communion

Reader: Steve Le Poidevin

Genesis 12 v 1-4a

Romans 4 v1-5, 13-17

Prayers: Nicola Hoyland Birch