

## Prayer at the Heart



### **Immediate needs 2 - 4 weeks**

Aidan, just out of hospital with a virus and his family, especially his mum, Rose, who is pregnant and has had to move out of the family home to avoid possible infection. Beryl and Ray Clarke, both in need of our prayers at this time. Sheila Pearse. Emma (Rosie Siminon's daughter) is expecting a baby in April, the baby has been diagnosed as having hypoplastic left heart syndrome, they are being monitored by Evelina Ward at St. Thomas' - please pray for protection for them both and skill from their medical team. Liz Leaman (former headteacher at St. Mary's school) having two cornea operations as she is losing her sight. Rosalind, her daughters Tania and Jenny, following the death of Ian Drewitt, her ex husband and their father also for Carolyn his wife. Trudie (Walczak) may she know the love, presence and peace of the Lord each day; also for Zen (her husband) may he come to know Jesus as his Saviour and for their family. Diana, David's (Glanville) wife. Bob Simmons for relief from pain. During April we will be praying for those living in Kingfisher Close, Osprey Close and Hawk Close.

### **Long term needs - up to 3 months**

Let us pray for everyone who has had to have a hospital appointment postponed, that they will not be too anxious and that their appointment will be re-arranged as soon as possible.

Joan Moss. Dorothy Vener. Isaac Clackett. Dennis Spinner, please pray for him to get strong and stay free from illness. Lise Jennings, for relief from pain, especially in her new role as Children's minister. Julia (Frances' friend) not responding to chemo.

### **Prayer Needs**

*Please contact: Carol Judge 277752; or David and Lynda Kemp 272470*

***We also have a Prayer Requests page on Facebook, please let us know if you would like your prayer needs to be posted there.***



## Welcome to St Alphege, Seasalter

**29 March 2020**

Dear church family

Who would have thought, when we gathered on Sunday 15th March for our church services, that only a handful of days later we'd find ourselves confined mostly to our homes, with the buildings closed.

As we've felt our way day by day through this period of adjustment, it's not surprising we are feeling some of the things we are about it. These are unprecedented times, and even if we cope well with change and flux (and many of us do not!) there are certainly good reasons to feel anxious.

But, we have God who is our 'refuge and strength, an ever-present help in times of trouble' (Psalm 41) and we have one another. I've been so encouraged by the way in which people are keeping connected:

- Zoom meetings for Connect Groups and other meetings,
- Phone calls to those who are most isolated,
- Lise and Andrew with the other CFM's in the Whitstable Team keeping the families connected and inspired and the children entertained, and Georgina and the YPs (our Zoom pioneers) making the most of technology to keep together,
- Tobi's phone-conferencing prayer group,
- Paula's notices via email,
- All the encouragement, humour and checking in with each other on social media,
- Setting up support groups for your neighbours,
- Rallying when particular help is needed for someone
- Looking after those you were 'buddied' with.  
Putting up pictures of rainbows in their windows as a sign of hope and encouragement.

It's amazing, isn't it. I have to say though, when we heard God calling us to be closer to Him, to one another and to our community, I never in a month of Sundays thought we'd be learning that through an experience like this!

May the God of Hope fill you with all joy and peace as you trust in Him. Keep praying, keep connected.

With very much love and keeping you in my prayers,

Paulette

## BUDDY SYSTEM

The church family buddy system has paired people who are particularly isolated or vulnerable and cannot leave their homes (due to health or other circumstances, or who are having to quarantine because of symptoms) with people who are not as restricted who can offer emotional and practical support.



The 'buddies' keep in touch by phone regularly, and can help on a practical level with shopping or collecting prescriptions etc.

Becky Whittaker, SCC administrator, is the key contact for this process - call her on 07885 416372 or email: [seasalterchristiancentre@yahoo.co.uk](mailto:seasalterchristiancentre@yahoo.co.uk)

Contact her if you become ill or are feeling isolated and lonely and need a buddy, or if you are a buddy and become ill yourself so need somebody else to step in.

The Lord is my shepherd, I lack nothing.  
He makes me lie down in green pastures,  
he leads me beside quiet waters, he refreshes my soul.  
Psalm 23:1-3

### ***Electoral Roll***

*We apologise for the fact that the Notice about the Electoral Roll which has appeared recently is misleading. If you wish to vote at the Annual Meeting and signify your membership of St Alphege Seasalter you need to ensure that your name is on the Electoral Roll so please contact one of the Churchwardens. If your name is already on the Roll you need do nothing further.*

*The Annual District Church Meeting which was scheduled for 6 April will obviously now be postponed but we are awaiting guidance from the National Church about dates and deadlines. So, watch this space.*

At the scheduled time, everyone can Dial 03300881927 with their mobile/land phone and enter the access code 202169 followed by pound (#) and you will be connected.

It's a free audio conference call which can accommodate up to 1,000 callers.

Wednesday 7 am - 8 am and  
Friday 6pm - 7pm

ST ALPHEGE SEASALTER,  
LET'S PRAY...

## E-Prayer Meeting

Please join us for prayers  
on Wednesday 7am - 8 am  
and Friday 6 pm - 7 pm.

Dial: 03300881927  
Access code: 202169#

A black and white line drawing of two hands clasped together in a prayer position, with fingers pointing upwards. The hands are positioned on the right side of the green banner.

## PRAYER OF THANKSGIVING



- For all who are on the front-line serving, caring and protecting at risk to themselves.
- For neighbours looking after neighbours,
- For technology that keeps us in contact with one another.
- For spring and birds and beauty around us.
- For safe homes and enough to eat.
- For those who are putting generosity before greed, self-sacrifice before selfishness.
- That God is Love and love drives out fear.
- For all who are encouragers of others.

# PRAYER

Some of us like prayer lists - so here's one...

God of hope and love who overcomes the darkness and transforms the bleakest of circumstances, we pray for:

- All who are anxious, lonely or afraid
- All who are ill with the virus
- All who are dying, and those loved ones who must be separated from them
- Those suffering with poor mental health
- Those finding it very hard to be at home together or struggling to keep children busy and happy
- Those who are at risk in their own home,
- The homeless and the temporarily-housed, and the agencies and community organisations who are helping them - The Haven, Catching Lives, Porchlight,
- Those whose livelihoods and businesses have been hard hit and who are worried about paying their bills.
- Canterbury City Council doing what it can to support the vulnerable in the community and continue vital services,
- Those who work in the NHS, the care sector, the Police and Fire services, the army, and all the ancillary roles that support these - for strength, resilience and protection.
- Those who clean, sanitise, collect refuse,
- The bus, train and taxi drivers keeping our transport systems going,
- Retail workers in supermarkets and smaller food shops. Pharmacists and chemists,
- Religious leaders, funeral directors, crematorium staff.
- Our government and senior decision makers in our nation.
- Other nations as they face the challenges of this virus.
- For God to deepen our faith, for those who don't yet know Jesus to turn to him.
- For healing in the nations of the world, and for the natural recovery of the planet.



## Whitstable Team Clergy

We're making sure we are covering for each other so that you can get hold of a member of the clergy if you need one.

Clergy	Usual day off	Cover person
Paulette Stubbings 07305 611437	Thursday	Rachel Webbley
Simon Tillotson 01227 272308 / 07833 448287	Wednesday	David Vannerley
David Vannerley (0.2) working days: Sun, Mon & Weds 01227 792826 (answerphone service) or 07510 838123 (parish mobile).	Tuesday, Thursday, Friday, Saturday	Simon Tillotson
Rachel Webbley 07743 387546	Tuesday	Paulette Stubbings

## DAILY PRAYER ONLINE FROM THE TEAM MINISTRY

There is online daily prayer available via Facebook from the Whitstable Team Ministry. It's livestreamed at 9 am for Morning Prayer, 5 pm for Evening Prayer and 8 pm for the gentle, reflective ending of the day service of Compline.

You do need the internet and Facebook to access this but it's easy to set up an account if you haven't already - and from your own Facebook account, follow the following Facebook groups and pages as those leading the prayers are advertising in advance, livestreaming to our own church pages and then sharing to the other pages. If you miss it at the time, you can watch the uploaded videos back later :

St Alphege Seasalter  
Whitstable Team Ministry Resources  
St Alphege Church Whitstable  
All Saints Whitstable  
St Peter's Church Whitstable

To follow along, you'll need either the red Common Worship Daily Prayer book, or upload the Daily Prayer (Aimer Media) app to your phone or tablet.

It's lovely to connect together from our separate homes and pray as one in this way.



## CANCELLATIONS

It won't surprise you to know that the ADCM planned for the 6 April has had to be postponed until after the crisis is over. Arrangements are being made about the Electoral Roll and elections.

Similarly, the patronal festival at our sister church St Alphege Whitstable cannot go ahead this year.

Obviously with the buildings closed, any other meetings or groups that were scheduled will have to take place online, over the phone, or be postponed - check with your meeting organiser for arrangements.

- Men's Steak Night this week has been cancelled - please contact Dan Rafferty for more information



## Third Age Singing for Fun and Wellbeing

Research shows that singing is good for wellbeing. So while our group is not running, why not check out this online resource (warm-up and 12 songs), originally designed for a research project and now available via You Tube: [https://www.youtube.com/playlist?list=PLliTbuZ7zr1F4jZYocKQ5pAlmBH\\_1FEg](https://www.youtube.com/playlist?list=PLliTbuZ7zr1F4jZYocKQ5pAlmBH_1FEg)  
Happy singing!



## Good News

Please share your good news with us - no matter how seemingly insignificant - and if you have a photo to go with it even better.

Maybe your child or grandchild said something amusing, maybe you heard a good joke, maybe you found a toilet roll!

My email is [deaneves@msn.com](mailto:deaneves@msn.com)

*Paula*



Thank you to all who attended and helped out at the Christian Aid Quiz. We raised an enormous amount of £920.30!!! *Jeannie*

## Ideas from Donald *[that's Lugg, not Trump! Ed.]*

How are you spending your time whilst isolated at home? Let us have your ideas!

Here's one of mine:

Without reference to a hymn or chorus book, go through the alphabet and write down the first line of a hymn, chorus or carol to fit each letter, e.g.:

A - Abide with me

B - Blessed assurance

## Notices

Please encourage your church family to sign up to receive emailed copies of the notices - especially now when we cannot meet face to face and hard copies are hard to distribute. To be added to the mailing list, let me know by email to: [deaneves@msn.com](mailto:deaneves@msn.com)  
*Paula*