

## Prayer at the Heart



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

Pat Wade suffering with painful shingles. Mick (Claire Gilbert's Dad) whose sister Margaret has just died; he is a Christian and is unable to go to the funeral, please pray for peace for him. Julia (Frances' friend) is in hospital as the cancer has worsened. Joan (Jill Freeman's Mum) suffering with dementia and very lonely in isolation. Carol Marks and family following the death of her mother. Denise Fasulo's friend, Louise Hockham, who is battling cancer for the second time and really struggling. David and Jeannie ask for prayer for David's son, John (53), who has contracted Covid 19 whilst in his Care Home in Hull (already with Huntington's Disease). Please also pray for: Ann (Shuttle) and three members of her family who have Covid 19: Ann's daughter Lisa, Lisa's husband Chris and son Samuel. Tess Canavan, at home after a short spell in hospital. Ann Harley for relief from pain in her left leg. Gill Campbell. Following the death of Beryl, please pray for Ray Clarke, Rob, Moira and family and Beryl's family in Wales. Following the death of Trudi Walczak and her husband Zen, please pray for daughter Trudi and the rest of the family. Aidan, having been in 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. Sheila Pearse. Rosie and Chris Siminon and their new grandson. Liz Leaman (former headteacher at St. Mary's school) having two cornea operations as she is losing her sight. Diana, David's (Glanville) wife. Bob Simmons for relief from pain. During May we will be praying for those living in Britannia Avenue, Sceptre Way and April Rise.

### **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.

#### **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

10 May 2020

Easter 5



### **Beryl Clarke**

**Beryl's funeral is scheduled for 11 am on 12 May. Please pray for Ray Clarke, Rob, Moira and family and Beryl's family in Wales.**



### 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 some flour! *Paula*

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

### From Revd. Donald Lugg

I recently read about a woman who, on being told she had cancer and about three months to live, went to see the pastor of the church to which she belonged to make arrangements for her funeral service.

She gave him a list of hymns and scripture readings then said, "One more thing, and this is important. I want to be buried with a fork in my right hand". She then explained why: "In all my years going to church functions, whenever food was involved, my favourite part was when whoever was cleaning dishes after the main course would lean over and say, 'You can keep your fork,' I knew something great was coming – not jelly but something with substance like cake or pie. So I just want people to see me there in my casket with a fork in my hand, and I want them to wonder, 'What's with the fork?' Then I want you to tell them 'Something better is coming. Keep your fork.'"



At the funeral service people saw the dress the woman had chosen, saw the Bible she loved, joined in the songs that were her favourites and all asked the same question: "What's with the fork?"

The pastor then explained that this woman, their friend, wanted them to know that for her – or for anyone who dies in Christ - it's not a day of defeat but a day of celebration. The real party is just starting. The best is yet to come.

The pastor then explained that this woman, their friend, wanted them to know that for her – or for anyone who dies in Christ - it's not a day of defeat but a day of celebration. The real party is just starting. The best is yet to come.

### prayer

O God,  
help us to trust you,  
help us to know  
that you are with us,  
help us to believe that nothing  
can separate us  
from your love revealed  
in Jesus Christ our Lord.  
Amen.

*Prayer from the Church of England*

### Ascension Day Service

This will be livestreamed on the Facebook Whitstable Team Ministry channel and also on the Whitstable team online website on Thursday 21 May 2020 at 7.30pm.



### For your diary:

(assuming you haven't thrown it away in despair!)



The ADCM will now be held on Monday 21 September.

The APCM will now be held on Monday 5 October.

Archdean Jo and other senior colleagues will be joining us on Saturday 17 October for a morning of prayer and discernment for the parish.

More details on all of the above will follow nearer the time.

### For the Third Age

A virtual afternoon tea with poetry  
**Wednesday 20 May at 3pm.**

Share your favourite poem, or maybe one you've written, or just listen to the poems of others.

Email [chris.skingley@btinternet.com](mailto:chris.skingley@btinternet.com) if you would like to join in on Zoom.

I will send you a link to log-in on the day.  
*Chris Skingley*

## Message from Lizzie Hales

There has been during these past weeks a WhatsApp prayer group initiated by NHS London with daily updates of changing prayer needs which I have been part of during these times. I wanted to share with you this one, it is such a lovely benefit to come out of such intense times, a reminder of the promise in Romans 8:28.

"1/5. Many NHS teams have shared that there are greater opportunities to pray before a shift starts with their colleagues and of staff prayer groups having started within hospitals. We pray today for this increase in prayer in the workplace to continue and for further opportunities for Christian staff to pray and support their colleagues.

We ask for thriving hospital prayer, that Christians would have a good reputation for being those who are approachable, understanding and able to share Godly wisdom.

We pray for team members struggling with lack of sleep and mental well-being, enable them to seek and get the support they need.

We ask that there would be a new openness in the NHS to seek you Jesus. Amen"



Romans 8:28 New International Version (NIV)

<sup>28</sup> And we know that in all things God works for the good of those who love him, who have been called according to his purpose

## The Running Hug!!!!

Do you remember the running Hug?  
Come on, you must have done or received one from a 3-year old sprinting across the lawn or along the path to meet you as you approach their house when mum shouts out here comes Nan ,Grandpa, Auntie or Uncle!!!!  
Or maybe you or your partner do so after a separation and you pick your winded body off the floor exclaiming "I've only been away one DAY!"



I have a clear and cherished memory of delivering just such a HUG. In the late summer of 1955 my father Patrick sets off from Ireland to find work and make a new life for our family of mum, younger brother, baby sister and yours truly but, half way through the year it took to be ready for us to join him, Grandma Quinn died and he came home.

We didn't have a phone so I must have watched out the window for ages till I saw him appear, took off like the proverbial bat out of hell, literally jumped into his arms, glued to him like a magnet.

It was fortunate that my dear father was built like a strong oversized Leprechaun (5 foot 4 inches) and me, a 9 year old Whippet, or we would have been on the floor.

Although I was old enough to be told why he went, after weeks and months go by a terrible CLOUD of DOUBT creeps into your head and I guess this may be happening to countless children around the world right now, so let's pray that the separation from family is only weeks.

So watch out Seasalter when I am let loose again I want to HUG all of you even men with beards (better get some fresh aftershave ready).

Yours Big HUGS Campbell



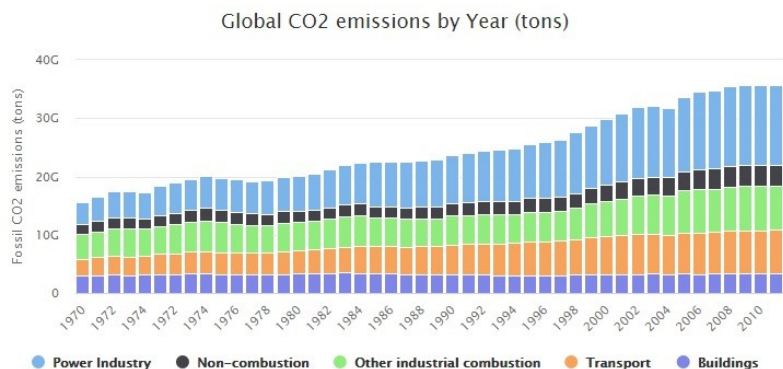
**Contributor: Vince Campbell**

## God's Creation, our role and EcoChurch – Part 2 – Energy

Genesis 1:3 *"and God said 'let there be light' and there was light".*

A few days ago we had a power cut (you may have been affected), it didn't last long but really made me think about how dependant we are on our energy supply (such as electricity, gas, or other sources). At the moment power seems more important to me as it charges our phones/computers to help us connect with other people and staves off boredom by watching TV or provides light to read/craft. Supplying our energy is a delicate balance of supply and demand but where does it come from?

Easy answer is a power station! Currently, in UK, we are dependent on fossil fuel power stations (i.e. oil and coal) which increase the carbon dioxide released (CO<sub>2</sub> emissions) into the atmosphere which contributes to warming the earth (greenhouse effect). The table below demonstrates how our need for power (and other energy demands) has grown massively in the last 50 years.



This sounds too big for me to tackle as an individual but what small ways can I change in my life to have an impact on power (often referred to as our carbon footprint). One big benefit of reducing our energy demands is that it can save us money, although sometimes you do have to invest a bit first. If you are interested in looking at your own footprint there are some free online calculators such as <https://www.carbonfootprint.com/calculator.aspx>

5 Easy ways to save money and reduce energy use (according to <https://www.carbonfootprint.com/minimiseecfp.html>):

- 1 – turn off electrical equipment when not in use (e.g. TV)
- 2 – hang out washing instead of tumble drying when you can

- 3 – turn down your heating by 1 degree (timers can be used too so not on all day)
- 4 – only fill the kettle with the water you need to boil
- 5 – spend a minute less in the shower

There are lots of other things that you are probably already aware of – changing to low energy lightbulbs (LED), when need new washing machine/fridge get a higher rated (ideally A+) for efficiency, insulating your home, double glazing.....I'm sure you can think of more!

However, there are bigger issues here – Should we be changing our energy supplier to one that uses renewable sources (such as solar, wind power) rather than fossil fuels? According to Guardian Journalist and environmentalist George Monbiot, the answer is a resounding YES. We must keep fossil fuels in the ground to prevent further damage. I switched to a green supplier last year and it was really easy and cost difference negligible. Switching will encourage suppliers to invest in renewable sources of energy in the longer term and reduce the emissions from fossil fuels. There are lots of 'green' energy suppliers that offer these options, such as Bulb, Ecotricity, Octopus Energy, Green Energy UK (see <https://www.t3.com/features/best-green-energy-supplier> for more information).

Another great way to ensure our electricity is from a renewable source is to have solar panels. A solar system costs between £5,000-10,000 for the average house depending on quality and deliver up to 6000kwh per year which is more than a household needs per year and can produce around £400 income per year. The average UK household uses around 4000Kwh per year, therefore the more we reduce our consumption in our houses, the more we would earn. However, the expense is not for everyone (my comment that 'every little helps' so do what you can) but should we consider solar panels for church?

We are so blessed to have 'on tap' electricity – there are many countries that need more reliable energy sources and local projects are often more useful to poorer communities (rather than expensive national projects) – Tearfund is promoting solar panels and has a great blog if you are interested

[https://www.tearfund.org/en/2018/06/renewable\\_energy\\_were\\_big\\_fans/](https://www.tearfund.org/en/2018/06/renewable_energy_were_big_fans/)

Jo Hampton highlighted Ecochurch in last week's service so do get in touch with either of us if you are interested or want to know more. Ann [annprice@sky.com](mailto:annprice@sky.com)