

## 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). 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**

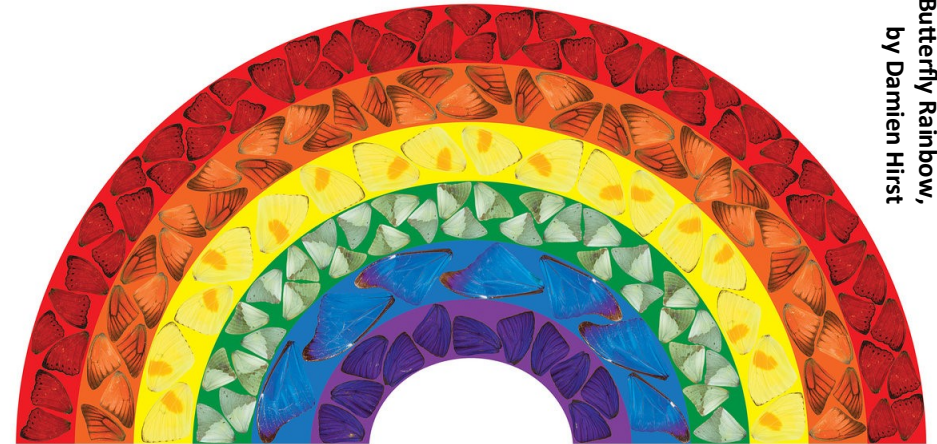
*Please contact: Carol Judge 277752; or David and Lynda Kemp 272470*  
**We also have a Prayer Requests page on Facebook, please let us know if you would like your prayer needs to be posted there.**



# Welcome to St Alphege, Seasalter

17 May 2020

## Easter 6



Butterfly Rainbow,  
by Damien Hirst

Jesus said to his disciples:  
**'Peace I bequeath to you, my own peace I give you,  
a peace the world cannot give,  
this is my gift to you.**

John 14:27

### **Notices**

Please encourage our church family to receive emailed copies of these notices - especially now when we cannot meet face to face. To be added to the mailing list, let me know by email.

### **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)

## Contributions from Revd. Donald Lugg

Hundreds of Irish people have contributed to an appeal for funds for Native American tribes hit by the Coronavirus crisis – paying back a debt of gratitude dating from Ireland’s Great Famine. In 1847, as news of the famine spread across the world, the impoverished people of the Choctaw Nation – who had recently been driven out of their lands in Mississippi and resettled in Oklahoma – sent \$170 (about \$5,000 in today’s money) to help feed the hungry of Dublin. In 2018, Taoiseach Leo Varadkar visited the Choctaw to thank them in person and in recent weeks, Irish people have responded to an online appeal on behalf of Navajo and Hopi families in Utah, who are struggling with a chronic lack of access to water (about 40% of them don’t have running water at home) and a spike in Covid-19 cases.

(Item in the magazine “The Week”)

This hymn was written by James Montgomery  
who lived between 1771 and 1854

Prayer is the soul’s sincere desire, Uttered or unexpressed,  
The motion of a hidden fire That trembles in the breast.

Prayer is the burden of a sigh, The falling of a tear,  
The upward glancing of an eye, When none but God is near

Prayer is the simplest form of speech That infant lips can try,  
Prayer the sublimest strains That reach the majesty on high.

Prayer is the contrite sinner’s voice, Returning from his ways;  
While angels in their songs rejoice, And cry, “Behold he prays!”

Prayer is the Christian’s vital breath, The Christian’s native air,  
His watchword at the gates of death, He enters heaven with prayer

No prayer is made on earth alone; The Holy Spirit pleads;  
And Jesus on the eternal throne, For sinners intercedes

O Thou by whom we come to God the life, The truth, the way  
The path of prayer Thyself hast trod; Lord, teach us how to pray!

## 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*

# Thank you!

Thank God and thank  
you for all your prayers  
for my family when they  
were suffering with  
Covid 19. Sam and Lisa  
are now back at work  
and Chris is working  
from home.

Ann Shuttle

## 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*



**THE FRIENDS OF KENT CHURCHES  
RIDE AND STRIDE 2019 RAISED THE MAGNIFICENT SUM OF**

**£140,602**

**MANY CONGRATULATIONS TO ALL WHO TOOK PART**

**PLEASE JOIN US FOR THE NEXT RIDE AND STRIDE  
TO BE HELD ON**

**SATURDAY 12<sup>th</sup> SEPTEMBER 2020**

**By cycling, walking or running around Kent churches you can raise money  
to be divided equally between the Friends of Kent Churches  
and the church or chapel of your choice**

**Sponsorship forms  
available from your  
local organiser**



**or see [www.friendsofkentchurches.co.uk](http://www.friendsofkentchurches.co.uk)**

**Event Co-ordinator: Deborah Robinson 07745 120140  
[rideandstride@friendsofkentchurches.co.uk](mailto:rideandstride@friendsofkentchurches.co.uk)**

**In aid of Friends of Kent Churches, and your local Church or Chapel  
FKC Registered Charity No 207021**

## **Another gem from Liz Boys as she puts pen to paper during the lock-down (but before this week's easing):**

I've a favourite poem called Dust if you  
Must  
Google it if you can.  
The poet suggests there's much more to  
life  
Than keeping the house spick and span.

Well I've baked and I've read, I've planted  
my seeds  
Her suggestions are very sound  
But everything else I'm sad to say  
Is strictly out of bounds.

I can't swim that river or climb that hill  
Or cherish some time with a friend.  
So I'm afraid for the want of something  
else  
The duster will win in the end.

Today I watched some paint dry  
Just for something to do.  
It's quite a good way to kill some time  
Something that you could pursue.

I'd go out and tidy the greenhouse  
But I really don't have the heart  
Once the freezing hail abates  
Then I'll make a start.

Now sorting through my button box  
That fills an hour or two  
Exactly two hundred and forty four  
I've managed to accrue.

Each button evokes a memory  
Of clothes that once used to fit  
Those hot pants looked good in the sixties  
But not at my age, I admit.

I've found an ancient jigsaw  
Buried in the shed  
Two thousand mouldy pieces  
I'll go back to the buttons instead.

Something exciting did happen today  
It came as quite a surprise  
I'm sure I saw the grass grow  
I couldn't believe my eyes.

It's getting a little tedious  
Day after day after day  
Frightened to put your nose out the door  
"Oh what might the neighbours say "

How can I prove, on my daily walk  
It's the first time I've been out today  
Will I get arrested,  
Handcuffed and marched away.

I'll stay at home, as ordered  
And clean the house instead  
I never thought the day would come  
When I'd dust beneath the bed.

Liz Boys



### **God's Creation, our role and EcoChurch – Part 3 – Food and water**

One of the few pleasures at the moment is food and drink! I've enjoyed the odd take away as it feels like a treat. God provides rain and, according to Job 36: 27-31, food is produced as a result. Neither the Old nor New Testament ban the eating of meat but there are many things that have changed since those times. Our food is produced in different countries and flown across hundreds of miles (which is not environmentally friendly), some is farmed in an intensive way which damages the setting (such as cutting down forests). There are many ideals which, for most of us, might be unachievable (how many of us can grow our own vegetables?). I find the ecological side of food production a challenge as there is the balance between cost, fair trade, health and what is best for the environment. A lot of the produce is packaged in plastic which is difficult to recycle too.

But there are some simple things we can try to do:

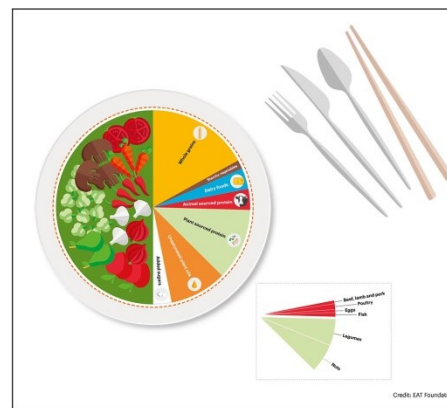
- Source local produce
- Reduce the amount of meat we eat (lamb and beef production have highest environmental impact)
- Eat more vegetables; grow some yourself if you can.
- Increase your use of lentils and pulses (maybe increase the number of meals without meat)
- Take your own containers to butchers
- Buy non packaged vegetables
- Take your own cloth shopping bags

Something I didn't realise was the amount of water used in some of the intensive farming and packaging production, even things like cheese and eggs so free range may be better. The BBC have a food climate calculator which you could have a try <https://www.bbc.co.uk/news/science-environment-46459714>, it compares across foods so you can see what are better choices for the environment.

Water is a commodity that we take for granted in the UK (let's face it, we

get lots of rain!) But other countries are having droughts which lead to failing crops and the UK is expected to have a more unstable climate in the future. Things like water butts for watering the garden helps and there are water systems for flushing toilets with rainwater.

Some people have decided to follow a completely vegetarian (no meat) or vegan (no meat or dairy) diet but this needs to be done carefully as need to range of items to ensure get the protein and vitamins needed. However, this is not for everyone but if we all made small changes (meatless day once per week) it would make a big impact. How can we incorporate this into church? There are certain products that are hidden in foods but very bad for environment – palm oil is most notable (often disguised as other terms) so maybe church should avoid any of these.



I'm finding it is an effort to make better food choices (popping to the supermarket is so convenient especially when you work all week) – but this is one area I could do more on and in a more consistent way. The link below is a report suggesting better food choices to reduce climate impact <https://eatforum.org/content/uploads/2019/07/EAT-Lancet-Commission-Summary-Report.pdf> Certainly something I need to change and persuade my son to work on!

Ann Price