

## Prayer at the Heart



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

*Please pray for Liz Boys and her mum who passed away on 19 May - alone. Liz had not been allowed to visit her since she was moved to the new care home 12 weeks' ago. A peaceful passing but such a devastating separation in the last weeks of her life. She had pleaded to be allowed to see Liz but it was not to be.*

Please also pray for:

Tess, now home after a spell in hospital. 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. Following the death of Beryl, please pray for Ray Clarke, Rob, Moira and family and Beryl's family in Wales. 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.

Sheila Pearse. 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.

### **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

24 May 2020

Easter 7



### **Notices**

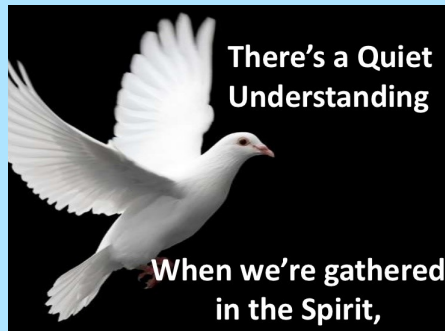
Please encourage our church family to receive emailed copies of these notices - especially now when we cannot meet face to face. To be added to the mailing list, let me know by email.  
Paula. deaneves@msn.com

## Contribution from Revd. Donald Lugg

I am still ploughing my way through Mission Praise – singing the hymns and choruses I know and just reading through the words of those I don't. What did you think of the Hymn included in the Notices last week and did you spot that beside the words Paula had put the YouTube code for you to click and listen to the hymn being sung?

Here's is a newer hymn to be found in Mission Praise – Number 678 – it reads and flows just like a poem which of course is what many of our hymns were originally. Look out Paula might find the tune to this one too, if I ask her nicely.

There's a quiet understanding  
when we're gathered in the Spirit,  
It's a promise that He gives us,  
when we gather in His name.  
There's a love we feel in Jesus,  
there's a manner that He feeds us,  
It's a promise that He gives us  
when we gather in His name.



And we know when we're together  
sharing love and understanding,  
that our brothers and our sisters  
feel the oneness that He brings.  
Thank you, thank you, thank you Jesus  
for the way you love and feed us,  
for the many ways you lead us,  
thank you, thank you Lord.

Paula found it. Sung by the Billy Graham British Crusade Choirs 1954 – 1991. Listen to it and you might end up as I did with tears running down your cheeks – it's really inspirational."

<https://www.youtube.com/watch?v=4JJZu1oBZ6g>

# 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*

Bridget Renwick writes: Aidan recovered from two viruses and is now on iron syrup which he needs continually to take, and Rose had her baby Erin last Friday [15 May] and they are both doing well. She didn't have to have a Caesarean this time. So thank you for all who have prayed for them

If you are bereaving or know someone who is, these websites might be helpful:

<https://www.ataloss.org/>

And

[https://www.youtube.com/watch?v=Wbw5AcR\\_o8g&feature=youtu.be](https://www.youtube.com/watch?v=Wbw5AcR_o8g&feature=youtu.be)

MASSIVE THANKS ...

... to all of you for praying for John whilst he has been recovering from Coronavirus up in his Care Home in Hull.

Thankfully, he has made a steady (if slightly stuttering) recovery and seems to be 'back to normal' now. Although John can't speak himself, recently we have been delighted to see his 'happy smiling face' on a couple of occasions, via 2 brief 'Video Chats' and wish him well from the opposite end of the country.

All in all, a fantastic answer to our prayers.

God is indeed good!

*David and Jeannie Harwood*

## prayer

Risen Christ,  
your wounds declare  
your love for the world  
and the wonder  
of your risen life:  
give us compassion and courage  
to risk ourselves  
for those we serve,  
to the glory of God the Father.  
Amen.

*Prayer from the Church of England*

## 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



I have found some flour! Aldi is selling Whitworth plain flour for only £3.99 - the only trouble is that they are in 10 kg sacks!

Congratulations

Congratulations to Ann Price on being awarded her *doctorate* from Canterbury Christ Church University.

Well done Dr Price!

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chatting at a table (a little grey-haired Leprechaun gets introduced at Rugby Internationals in Dublin).

So, moving back towards the door and keeping an eye on O'Neal and Keane having a photo with a teenage girl, proud mum and dad watching, then on the opposite side nudge again it's only Mick McCarthy ex Ireland and manager of many big teams in England!!!



We inch our way near the door and Roy Keane moves to start leaving - bearing in mind he was one of the most aggressive players ever (he was Fergusson's Rottweiler Capt. at Man Utd), Gerry bravely and with a cheeky smile gets in his way and says with a pretend Irish accent "Roy would you be taking a picture with a wrinkly old timer?" and to our pleasant surprise he says ok, I get the shot then he pushes us out of his way.

Tapping myself on the cheek to make sure I am not I some weird dream we go home grinning like the proverbial cat -what a day!

## Only in Ireland by Vince Campbell

My oldest younger brother Gerry (the salesman of the family) struck up a relationship with Dundalk FC 6 years ago where we lived as children. He was travelling round on holiday and decided to call at the ground on a Friday afternoon to see if he can get a ticket for the match that evening but with no one there starts to leave and another car arrives. This guy gets out and asks Gerry in a cultured Irish accent "Can I help you?" so, having told him, says "That's no trouble at all come back at 7 and I'll fix you up". So good as his word without charge gets a seat right on the half way line and not only that has drinks after with the promise he can have a ticket anytime and takes him up on it several times (you've probably guessed he is the Chairman.)

Fast forward to 2017 Gerry misses my BIG SURPRISE BIRTHDAY and 3 months later offers to take me to Dublin for Dundalk v Alkmaar of Holland in a European Qualifier (their ground is too small for European matches.)

We get to our Hotel in time for lunch then to the ground by 6 too early so the gate man won't let us in no ticket yet, there is a pub across the street so we loiter there for 45mins and go back then word comes through the team coach is arriving. It was well worth the wait I get introduced to the boss and tickets in hand we get ushered into a hospitality marquee with free drinks, food, the lot - Wow what good way to start a game! We reluctantly get in our seats to watch and Alkmaar are a slightly better team go 1-0 up after 20 mins and it finishes that score.



The fun and surprise are at half time when all the fans around us move towards what we think is the bar but turns out to be more like a Green Room (not ever been in one) with a small bar. We wander past a doorman the size of the Hulk who either can't be bothered or thinks we are part of the chosen few.

In seconds I nudge Gerry "Look over in the corner it's Martin O' Neal, Manager of Ireland, with his even more famous deputy, Roy Keane ex Man Utd Captain. Moving as calmly as possible along the room nudge again, I spot the President of Ireland

## God's Creation, our role and EcoChurch – Part 4 - Recycling

Reuse, reduce and recycle are key principles that we can embed in our lives.

When I was a girl we used to get milk delivered in bottles on the doorstep and returned 'pop' bottles to get our deposit back; meat was brought from butcher, bread baker and delicatessen store. Rarely did we go further than our local shops. Convenience then took off, going to one major store and everything seemed to change to plastic. Also, our lives seemed to become incredible busy with emphasis on getting the next TV (colour), telephone (my first mobile was a brick!) ...etc. Consumerism became the norm and economic prosperity meant people had money to buy things. This has great benefits to our lives but the bible does caution about greed (Colossians 3:5) and selfishness (Psalm 119:36) and so we need to consider the impact on others.

I think most of us are now aware that this desire for 'things' has negative impact on our planet as we have got into habit of discarding items rather than repair and mend (again something more common when I was young). However, now we can support charity shops by sending unwanted items for resale (some take cloth that is too worn for recycling too), there are charities that collect and reuse furniture, some will take electrical items and the recycling centres will take other things too. I like watching TV show 'Money for nothing' which shows the amazing things that can be created from seeming 'rubbish' if you are the creative sort.

I think there was also a change to being 'cleaner'. Tea towels, reusable cloths for washing up, handkerchiefs got a bad press and we changed to kitchen rolls /tissues which could be thrown away. There is a balance here – any towels/cloths need to be washed regularly but most can be and, if you have a stock, you can easily rotate them. Tissues (especially at the moment) changing back to handkerchiefs may be a step to far but 'every little helps'.

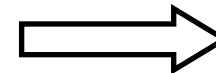
Plastic has been highly evident on various wildlife programmes recently and this YouTube talks about the Life of a plastic bottle [https://www.youtube.com/watch?v=\\_6xINyWppB8](https://www.youtube.com/watch?v=_6xINyWppB8) and shows how we can help. Whitstable is setting a great example by using 'keep cups' so that you reuse your coffee cup rather than using a disposable one. I was impressed by Big Church Day Out last year which only offered reusable or recyclable options, including refill water stations, so was a very evident Christian witness about the importance of the planet. We can encourage this change by asking about these sorts of aspects when looking at

events.

Are you confused about what can go in the recycling? I'm always worried I won't get it quite right! Key point is to wash out tins, glass, foil trays, plastic etc as they are seen as 'contaminated' if dirty. Canterbury has a great resource to use to find out what can and can't be recycled in the 'blue bin' and food bins. [https://www.canterbury.gov.uk/homepage/43/where\\_to\\_put\\_your\\_waste](https://www.canterbury.gov.uk/homepage/43/where_to_put_your_waste)

We can ensure we buy things that are recyclable (e.g. black plastic is not recyclable whereas plain and foil is). But what about all those thin plastics such as clingfilm, packages, films on food – these are not recyclable but have the same damaging effects. REDUCE your use of clingfilm by using beeswax covers which are reusable, OR cover with a plate/put in a reusable box. ECOBRICKS <https://www.ecobricks.org/> are a way to use the soft plastics that can't go into the normal recycling bins. Basically they are plastic bottles that are tightly packed with clean dry plastic pieces (the website shows you how). These can then be used for a variety of projects (garden to building) so that they are reused and don't go to landfill waste.

This is my attempt



Composting is now our friend and using our waste food bin. I suspect you do a lot of these already but we can all help and consider how we can get even better! Trying to upscale these to church may be more difficult but should we be challenging some things to promote reduce, reuse and recycle? We already reuse school uniform, fairshare reduces food waste for those in need, but recycling needs us all to engage (and cost is an issue for church as council charges extra for 'business'.

Love Ann

Saving water - click on the link

[https://vimeo.com/349422215?utm\\_source=All+contacts+27%2F02%2F18&utm\\_campaign=061e32b868-EMAIL\\_CAMPAIGN\\_2020\\_03\\_20\\_01\\_01\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_7ba035fd27-061e32b](https://vimeo.com/349422215?utm_source=All+contacts+27%2F02%2F18&utm_campaign=061e32b868-EMAIL_CAMPAIGN_2020_03_20_01_01_COPY_01&utm_medium=email&utm_term=0_7ba035fd27-061e32b)