



12th August 2020 Newsletter

1745 - Holy Trinity - 2020

We are marking the amazing mission and ministry of our church for two and three quarter centuries with a year of prayer and reflective celebration for what has happened in the past and what could be in the future.

A reflection of our services....

The rolling thunder, the sheets of lightning and the short but torrential downpour of the storms we've been having have caused some sleepless nights in our house. Daniel has needed a few reassuring 2 am cuddles to get back to bed, to let him know that although it seems scary everything will be ok and the sun will come out in the morning again.

This very much describes how I have been feeling over this pandemic so far: I have needed the reassuring presence of my heavenly father to help me deal with my fear of the unknown and to help me understand the rumbling thunder of potential infection in not so distant skies.

As a church we have responded well, I believe, to the guidelines and how to reopen safely but the worship has its restrictions. Whilst they are necessary, they have not altogether helped relieve us or provide a sense of homely familiarity which many of us desire.

"I lift my eyes to the hills, where does my help come from?
my help comes from the Lord, Maker of heaven and earth." (Psalm 121)

I have been nervous about reinstating services of Holy Communion, the services that make us feel most at home, until now because of being unsure of how to do it safely. After much thought and discussion with the ministry team I think **we can now hold services of Holy Communion from Sunday 6th September.**

I am relying on the reassuring presence of God, the Maker of heaven and earth, to calm my anxiety of the rolling thunder of risk of infection. I am also calmed by the marvellous response you have made as a parish, following guidelines and procedure well without incident.

It is my intention in reinstating Holy Communion that our worship will better draw us near to the presence of God at a time we need it so much. In receiving his gift of communion we receive from him so much more than just the bread.

God bless,
Rev Chris

Prayer for this week...

Almighty God, Who sent your holy Spirit
to be the life and light of your Church:
open our hearts to the riches of the grace,
that we may bring forth the fruit of the spirit
in love and joy and peace;
through Jesus Christ your son our Lord.

Amen

Notices

Zoom Coffee

With the return of in-person services we are struggling with the timing of Zoom coffee and need someone to take over hosting it; It may also be time for it's natural end.

Would you be able to help?

Magazine Task Force

The newsletter you are currently reading will be changing. From September it will be transforming from a weekly publication into a monthly magazine. Still the same great content just more of it.

Could you help?

We need you to consider whether you could join our magazine task force to continue to develop the magazine and its content.

Face Coverings compulsory

Due to government guidance it will now be compulsory to wear a face covering in church. This excludes people with a medical or accessibility issue who would be exempt.

Booking a seat for a service

Service times

Sunday 9:30am and 4pm

Wednesday 6:30 pm

If you wish to attend, you must register by the Thursday before. Please enter the church through the west door (tower door) and exit through the east door (street door with porch). The distance between seating will be 1.75m all facing the same way– away from each other please keep turning around to a absolute minimum. Please also note that the toilet will be available by request only as this is tricky to keep on top of otherwise.

Booking your place at church by emailing bookmyplace@morecambeparish.church or calling the parish office on 01524 422 211. We will need the following information:

Preferred service time:

Name and contact number for each person:

Are you all members of the same household?

Does any member of your household need to be seated in the accessibility pews or near the Toilet?

We will then reply with confirmation of which service we have available.

Ideas and Activities

Weekly Challenge

Our fifth creative prayer challenge is here. This is it. Right here. Whoop. This week we focus on the team skills needed as we run the race of the Christian life. We will consider the value of perseverance and the importance of not being distracted. We will also consider how as a team we can encourage one another to keep going!

Paint, sculpt, draw, video, digital image, photo of a physical image...what ever you fancy. Deadline is Friday 14th August! So have fun with creating and submit your creations to 'Blackburn Diocese Board of education' via Facebook messenger.

Please include the name you're happy for us to share and age of child. They will then share the submissions over the following week on their Facebook page.

Please only submit pictures you're happy for them to share on social media.

Keep it up

Blow up a balloon and challenge the family to work together to keep it up off the floor. Once you have practiced, you can increase the difficulty by adding more balloons or by only allowing them to touch the balloon with a cardboard tube, e.g. a kitchen roll tube, rather than their hands. Encourage everyone to communicate well with each other in order to improve their technique.



Connecting with God

'Look to the Lord and his strength; seek his face always'
1 Chronicles 16:11

Daily Bible Readings

Our Daily Bread: www.odb.org

UCB Word for Today: www.ucb.co.uk

Prayer

As a church we are encouraging everyone to follow a pattern of prayer, at 9am, 2pm and 8pm each day. It's comforting to know we are praying together!

You can find some ideas here:

<https://www.churchofengland.org/prayer-and-worship/topical-prayers> which includes family prayers or use the Daily Prayer app from the Church of England.

If you would like us to send you some prayers in paper form, let us know.

Challenge:

Challenge the children to be silent for a moment every day this week, perhaps when they get up in the morning or before they go to bed at night. Ask them to think about someone special to them or someone who has a specific need/problem at the moment. Encourage them to pray asking God to be close to that person.

Foodbank Rectory Porch Collection

Thank you for all your donations. The foodbank is so grateful!

Urgently needed food BANK items

- ◇ Shampoo/shower gel.
- ◇ Soap
- ◇ Loo Roll
- ◇ Nappies
- ◇ Feminine hygiene items
- ◇ Baby milk
- ◇ Coffee
- ◇ Pasta Sauce
- ◇ Tinned ravioli
- ◇ Tinned meat
- ◇ Sponge Puddings
- ◇ Tinned mac and cheese
- ◇ Wrapped Biscuits
- ◇ Tinned spaghetti
- ◇ Tinned beans with sausage

These items can be dropped off at the rectory and Rev Chris will deliver them to foodbank.

Photos of the Week

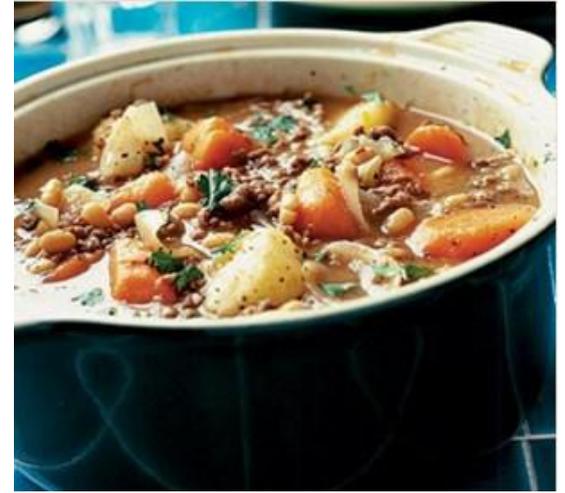


Scottish Garden - Phil and Karin Ramsden

Swing time - Chelsie Collier



Recipe corner - [Easy beef hotpot](#)



Ingredients

- 2 onions
- 300g carrots
- 1 kg potatoes
- 450g lean minced beef
- 2 beef stock cubes
- 400g can baked beans
- splash of Worcestershire sauce
- handful of roughly chopped parsley

Method

Cut each onion into eight wedges. Roughly chop the carrots and cut the potatoes into large chunks. Put the kettle on.

Heat a large non-stick pan, add the mince and fry quickly, stirring all the time, until evenly browned. Crumble in the stock cubes and mix well. Add the prepared vegetables, stir them around, then pour in 900ml/1 1/2 pints of hot water from the kettle. Bring to the boil.

Reduce the heat, cover and simmer for 25-30 minutes, until the veg are tender. Stir in the baked beans and a generous splash of Worcestershire sauce and heat through. Taste and add salt and pepper if necessary.

Scatter over the parsley, then ladle the hotpot into bowls. Put the Worcestershire sauce bottle on the table in case anyone fancies a bit more spice.

Readings for Sunday:

Isaiah 56:1,6-8

The Prophet Isaiah highlights how God's house shall be a house of Prayer for all Peoples, no matter their forebears.

Romans 11:1-2, 29-32

Paul speaks of God's faithfulness towards Israel and tells us the gifts and the callings of God is irrevocable.

Mathew 15:10-28

Jesus talks about what comes out from our mouths defiles more than what goes in as it shows the attitudes of our hearts. Jesus has mercy on the Syrophoenician women.



“Virtual after Church” Coffee

We really enjoyed seeing everyone that was able to join us on Sunday so we've decided to do it every Sunday at 11:30 am until further notice. It'd be lovely to see you!

Meeting ID: 586 504 5556 Password: Aslan

To dial in on your phone try these numbers – if you need help getting online ring Rev Chris
+44 131 460 1196 +44 203 051 2874 +44 203 481 5237 +44 203 481 5240

Meeting ID: 586 504 5556

Password: 078730

Poets Corner...

Help Me Forgive

When rage and fury overwhelm my heart,
It's time to look to God's own Holy Word.

I search the Bible for His good advice;
My will to His commands must be deferred.

In Romans God reveals His love for me;
In all things God works only for my good;
He gives me blessings I can't understand;
I'd be peaceful if I'd do the things I should.

Jesus forgave so much; why then can't I?
I want to mould my life after His own.
I pray, I try, but my sinful nature wins;
Lord, help me, I can't do this thing alone.

In Colossians, I read about the peace of Christ;
Oh, how I long to feel it in my heart.
All I have to do is to forgive,
But Lord, it seems I don't know where to start.

I need to walk a mile in the other's shoes;
They're doing what they think they have to do.
I know some problems are blessings in disguise,
But Lord, sometimes I feel so doggone blue.

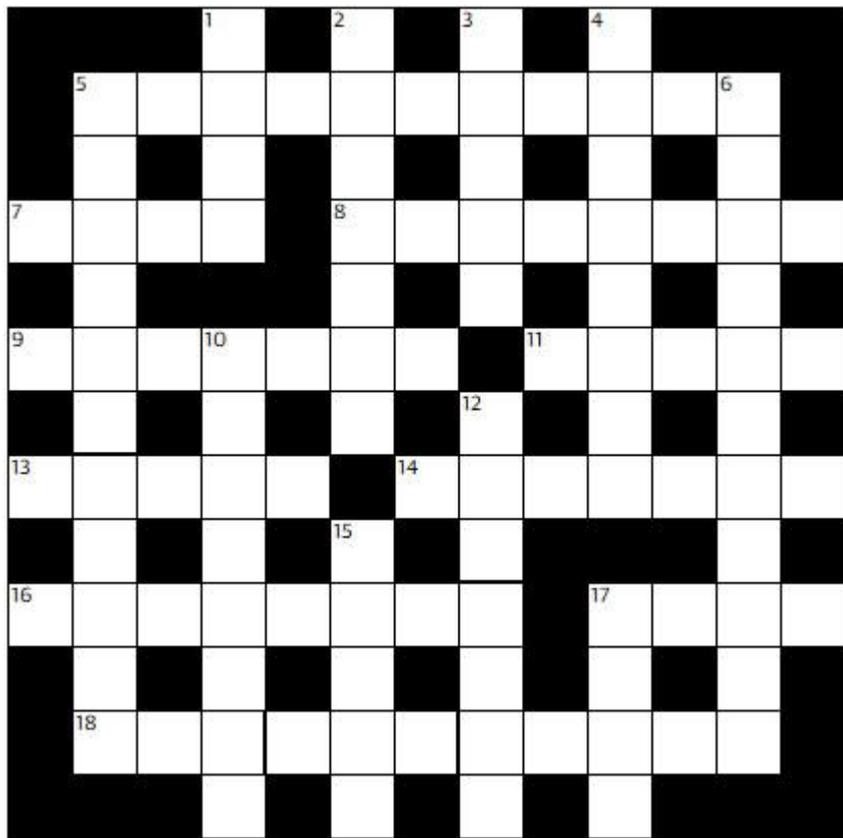
Ephesians says "forgive as the Lord forgave you;
Get rid of anger and every form of malice."
I'd love to just let go and release it all,
But upon my heart is a wound
that's become a callus.

I'll keep praying, trying, Lord, no matter what;
I'm determined to let go and relinquish blame;
Some day, I'll say, and be truly sincere:
"I forgive it all in Jesus' precious name."

By Joanna Fuchs

(Romans 8:28, Colossians 3:13, Ephesians 4:31)

More at: <https://www.poemsource.com/Christian-poems.html>



<https://www.theguardian.com/crosswords/quick/15679>

Across

- 5 Praiseworthy (11)
- 7 Increase suddenly and significantly (4)
- 8 Turncoat (8)
- 9 Absent (7)
- 11 Veracity (5)
- 13 Rigid part of a bicycle (5)
- 14 Author of The Jungle Book (7)
- 16 News report (8)
- 17 Animal with kids? (4)
- 18 Utter obscenities (informal) (3,3,5)

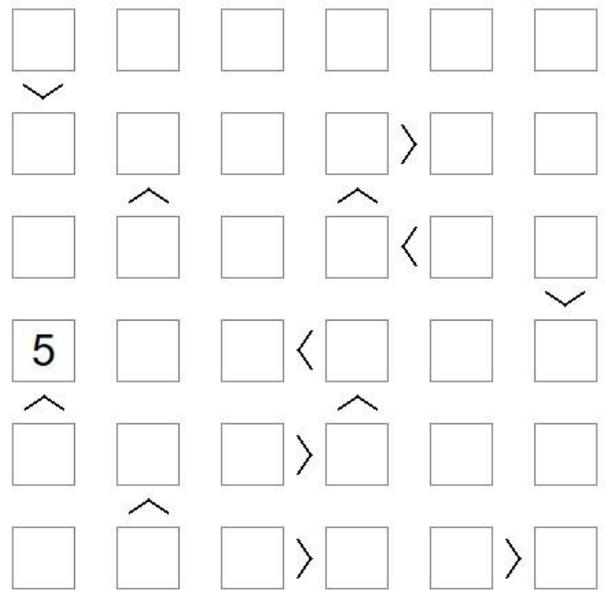
Down

- 1 Light two-wheeled carriage (4)
- 2 Looking fixedly (7)
- 3 Inebriated (5)
- 4 Bad comic verse (8)
- 5 Montmartre nightspot (6,5)
- 6 Area of Czechoslovakia ceded to Germany by the Munich Agreement, 1938 (11)
- 10 Make less complex (8)
- 12 Mock title for a self-important man (3,4)
- 15 Unit of weight (5)
- 17 Walking or running speed (4)

Futoshiki The purpose of the game is to discover the digits hidden inside the board's cells; each cell is filled with a digit between 1 and the board's size. On each row and column each digit appears exactly once.

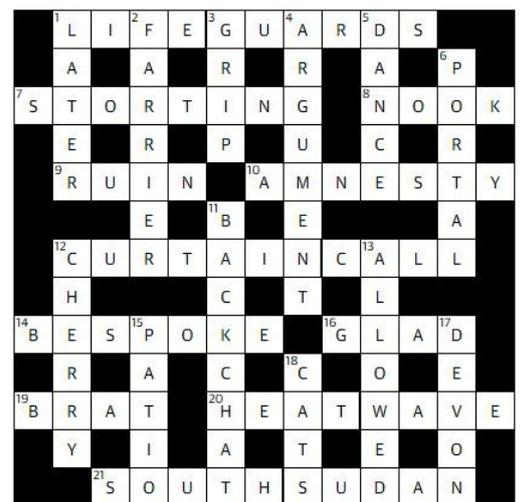
At the beginning of the game some digits might be revealed. The board

will also contain some inequalities between the board cells;



Last Week's Solutions

1	8	6	9	2	5	4	7	3
3	9	5	8	4	7	2	1	6
7	4	2	1	3	6	9	8	5
4	5	7	6	1	3	8	2	9
8	6	9	7	5	2	1	3	4
2	3	1	4	9	8	6	5	7
9	2	4	5	7	1	3	6	8
5	1	8	3	6	9	7	4	2
6	7	3	2	8	4	5	9	1



Joke of the week...

What do you call a dog that does magic tricks?

A labracadabrador.

Community Corner



**Lancaster District
Support Line**

Connecting volunteers to people in need

01524 582000
Lancasterdistrictcovid19.org.uk/get-help

LANCASTER CITY COUNCIL
Lancaster District CVS
hc hopechurch LANCASTER

If you would like to help support the work of the church:



Morecambe Parish Church
Triodos Bank
Acc. number: 21139776
Sort Code: 16-58-10

HMRC Coronavirus Business Helpline
0800 0159559

The UK Government Coronavirus
WhatsApp - **07860 064422**



A free phone line of hymns, reflections and prayers

The Archbishop of Canterbury, Justin Welby, has launched a free national phone line as a simple new way to bring worship and

prayer into people's homes while church buildings are closed because of the coronavirus.

Food Bank Help

If you or anyone in your household is struggling for food please get in touch with Rev Chris (Contact details overleaf) who can refer you for a Foodbank Parcel.

COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community

 <p>Think of others, consider your actions & be kind</p> <p>People in every community will face the challenges of Covid-19 in some way – from needing basic provisions to help while they are unwell.</p>	 <p>Connect and reach out to your neighbours</p> <p>As self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Share phone numbers and stay in touch.</p>	 <p>Make the most of local online groups</p> <p>Keep up to date, share information and be a positive part of your local community conversations.</p>	 <p>Support vulnerable or isolated people</p> <p>Different groups in our communities are at increased risk and social isolation and loneliness are key concerns for all ages. There are things you can do like volunteering for local support services or donating to food banks to help.</p>	 <p>Share accurate information and advice</p> <p>Support anyone who may be anxious about Covid-19. Sign post them to the correct advice from Public Health England and encourage people to follow the correct hygiene practices.</p>
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If you need any help due to self-isolation or would just like someone to contact you for a chat, please let us know:

Helpline@morecambeparish.church or Tel: 01524 410 941

People to pray for...

Those that are ill

Mary Wilson, Leslie Morgan, Eileen Hutchinson, Owen, Petria Burns, Tracy Parker, Tina, Brenda Hunt, Pauline Sterritt, Coralie Shimmons, Janet Sensicall, Alison Longhurst, Stuart Whyte, Emily Mather, Neil Paton, John Gibson.

Rest in Peace

In the Years' Mind

David Jones, Thomas Holmes, Nan Wilding, Cecil Shaw, Mary Robinson, Eric Sanctuary, Joan Barber

For future newsletters, find us at:

<http://www.morecambeparishchurch.org.uk/Newsletter.pdf>

Find printed copies in the Church Porch.

If you have any ideas for our newsletter please contact us on:

Newsletter@morecambeparish.church

Facebook: www.facebook.com/MorecambeParCh/

Find our weekly services at : Morecambeparish.church

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