



ALL SAINTS KESGRAVE

NEWSLETTER

ISSUE NO 67 – 29.03.20

APRIL 2020

THOUGHT FOR THE DAY

Happy Easter Everyone!

These might seem hollow words when most of us are shut in our homes with little to do while the rest are working twice as hard as usual to care for the sick and vulnerable or keep food supplies available.

How can we be happy?

The build-up to Easter through Lent takes us to Good Friday and the tragedy of Jesus suffering on the cross because of His love for us. His resurrection is a time of joy and celebration in the Christian church. Unfortunately we cannot meet, but the reading is Matthew 28;1-10 where two women visit the tomb, see the stone moved and hear a shining angel say ‘He is not here, He is risen.’

The guards froze but the women listened, afraid yet filled with joy, then hurried to tell the disciples. At that moment Jesus met them, said

‘Hello’, and suddenly they had hope that everything would be all right. We can’t yet see an end to our current crisis, but it will come.

St Paul (Ro,8;24) ‘We are saved by hope...if we hope for what we do not yet have, we wait for it patiently.’ Now is a time for patience and prayer. Though separated, we are united as members of All Saints Kesgrave. May we keep safe, talk to one another by phone and, above all, look forward in hope.

Christ is risen, Alleluia!

Rev Chris

A COVID EASTER

This year we’re not.....

Egg rolling with Robin..... instead let’s share an Easter egg from our gardens listening to the birds and marvelling at the bluer sky. Let’s get the rose-covered tea pots out and play posh, eating triangle sandwiches and thinly cut cucumber....and pretend we are at Milsoms together, before realising, actually we don’t need to be out, the Easter eggs taste perfect just where we are!

Going on an Easter Egg hunt....instead we will walk across the newly green April fields, and say hello to the sheep we have found on our daily walks, cheekily named Ramesses and Ewe-lysses (Ulysses). We will hug the ancient old tree standing proud in the middle of the field, another new friend. And marvel at the rows of golden daffodils, aconites, Suffolk plum blossom, and the daisies that have bloomed enthusiastically early.

Going to church.....instead we will turn on the BBC and sing Songs of Praise with gusto, imagining we are all together, in familiar church rows, all smiling; or I’m at Silver Café with the jolly brass band playing ‘There is a green hill far away’ while together we eat fruit crumble. Our imaginations can take us anywhere.

Cooking Easter Sunday dinner..... instead we will phone our mums, dads, our beautiful sons, and lovely daughters, my brother, your aunt, and stay on the phone chatting happily for hours. Now so precious.

Giving my Palm Cross to a loved one but I will cherish that loved one more for us being separated. I will appreciate all of you even more, and you will all be with me in my heart on Easter Sunday and every day until we congregate again, soon.

But one thing will NOT change; virus or no virus. We will NOT forget it is EASTER. We will NOT forget Our Lord, Jesus Christ, Our Saviour, gave his life for our sins, freely and out of love for each and every one of us. And we will love Him this Easter as we do EVERY Easter...and sing his praise.

He gave his life in selfless love,
for sinners once he came;
he had no stain of sin himself
but bore our guilt and shame:
he took the cup of pain and death,
his blood was freely shed;
we see his body on the cross,
we share the living bread.

He did not come to call the good
but sinners to repent;
it was the lame, the deaf, the blind
for whom his life was spent:
to heal the sick, to find the lost
it was for such he came,
and round his table all may come
to praise his holy name.

They heard him call his Father's name
' 'Tis finished!' was his cry;
like them we have forsaken him
and left him there to die:

the sins that crucified him then
are sins his blood has cured;
the love that bound him on a cross
our freedom has ensured.

His body broken once for us
is glorious now above;
the cup of blessing we receive,
a sharing of his love:
as in his presence we partake,
his dying we proclaim
until the hour of majesty
when Jesus comes again.

Christopher Porteous (born 1935)

A MESSAGE FROM HELEN:

I am not used to writing 'Thoughts for the Day' but I am sure we are all thinking now and I would like to share my thoughts.

The future can be a scary thing, particularly now. Who knows what tomorrow might bring? When we have faith in Christ, however, we have hope not only in this life, but in the next. And the future, while uncertain, can be entrusted to God. He will help us through.

No one knows where this virus really came from, but it is changing the world. There is death, but there are glimmers of something else too. In China, 5,000 people die every day due to toxic smog, that's 1.8 mln people a year; and yet now the air and skies have cleared. In Venice, canals that are usually churned brown by vaporetto propellers are now sparkling clear, and residents tell of them being full of fish and swans. Ineos, a global company, is building two manufacturing plants within 10 days, one in Middlesbrough and one in Germany, to produce 1mln bottles of hand sanitiser a day per plant. Ineos will pay for the plants; its products will be given free of charge to the NHS and the Germany healthcare system. BP will fuel ambulances and police cars free of charge during the crisis. In Kesgrave, All Saints and Cllr Debbie

McCallum called for volunteers to serve our community in isolation, over 300 people came forward and are working for each other. Already we are seeing CO2 levels dropping as industry slows. It makes me wonder. All of this makes me wonder. Growing glimmers of Light in the darkness.

My eyes have welled up several times this week as I read of acts of kindness, courage and the dedication of our NHS workers. These reports touch something deep in our heart, and in their goodness I see Christ; and God at work through his people. Trust Him, He will see us though. He will grant His people the courage and wisdom they need, as each of us play our part to overcome this adversity.

I have been thinking too on suffering. I know suffering. I am a mother who lived in fear and watched her young son truly suffer over many years. As a result, I have a message to you: Hope. Never ever give up Hope.

When days are dark, you put on your blinkers and you look ahead, you focus on God. And you never give up on Faith and Hope. The more that is thrown at you; the more love you throw back at the world.

As Christians our time on Earth is a small part of our eternal existence, and I believe we are here to learn God's lessons. God doesn't want us to suffer; He loves each of us so very much. But we learn through suffering; we learn what matters, we develop empathy for others, our hearts open. And most important, we find our God. This is the greatest gift of all.

Perhaps suffering is a tool to shape the character of Christ in us.

These are the thoughts in my head as I try to make sense of what is happening to the world. We will all have many thoughts in the weeks and months ahead, but our focus should be God; in Him we trust.

Today I say to any of you out there frightened, worried, lonely or isolated, turn off the constant news and give your mind a rest, look at the blue sky, listen to the birds, sit in the sun, put on blinkers and look instead to God. He our rock and our salvation.

When this virus is defeated, and it will be, I believe our world will be different. People will have learnt what truly matters: family, neighbours,

friends, peace, our planet, nature, God and love. We will cherish God's gifts.

I cherish all of you. Feel loved my friends.

Faith and Hope, always,

Helen Wittgreffe

EASTER GARDENS....

Since our two children were little, we have tried each year to make an Easter garden. It helps us to share the true meaning of Easter in a creative and hands-on way. Our special family tradition started when we used to attend 'Bright Stars', a preschool group at St. Michael & All Angels Church on Martlesham Heath, and the Easter activity was always to create a garden within a big banana box. Tiny hands would help to push greenery into yogurt pots filled with oasis, and all the pots would then be placed in the box together alongside a pebble path, a flowerpot tomb, a large, rolled back stone, and 3 crosses made from twigs. We began to create our own gardens at home once the children started school, and over recent years have made them at All Saints as part of the Good Friday FIG Family service. At Messy Church we have made similar gardens, sowing cress seeds which at first are so tiny, but then quickly sprout and grow into vibrant green leaves and stems, symbolising new life at Easter. This year things are going to be very different for us all as we'll be unable to gather together for a church service. But how wonderful it would be if we could all still create beautiful Easter gardens at home, searching our gardens and homes for moss, leaves, pebbles, twigs or lolly sticks, and creating gardens together in spirit! We would love to see your creations - please feel free to share them on our Facebook Page, 'All Saints Church Kesgrave'.

Jennie, Children & Family worker

LIVING UNDER THE SHADOW

How are we supposed to react under the rapidly spreading shadow of a pandemic?

Industry talks about ‘stress testing’ a product: putting it under severe strain to see whether it works as it should. Suddenly, we are all facing a stress test. The unspoken question is whether our faith makes us different. Do we walk our talk?

In an attempt to answer, let me offer you three things that I think should characterise our lives at the moment.

First, I suggest that we should be those who display *sanity*. Fear causes many problems and one of them is a loss of the ability to make wise decisions. So let’s avoid rumours from unreliable sources. Instead, we need to listen to sensible advice from people who know what they are talking about – preferably qualified medical and scientific experts. And do as they say.

It’s also a time for theological sanity; after all, the Bible is full of references of the need to seek wisdom. We need to remember that the world has endured and overcome epidemics of flu, cholera, plague and the like throughout history. Ultimately, they change nothing that matters, we have received our orders from Christ: we are to be his faithful followers, we are to love God and our neighbour and, in all we do, to show faith, hope and love. Let’s also show sanity.

Second, I suggest we should display *stability*. We should be those who continue to do our duty. Whatever you are called to do, whether it be at home or work.

Much has been made in recent years of the wartime slogan ‘Keep Calm and Carry On’ and much is being made at the moment of how, with fear-driven thefts of hand disinfectant and the panicked hoarding of toilet rolls, that spirit has gone. But it hasn’t, you only have to look at our doctors, nurses, care workers, checkout staff, teachers, ministers, council workers....the list is endless; they are all Calm and Carrying On. And look at voluntary groups springing up everywhere.

As some aspects of life close down, others open up; people are offering their time, opening their hearts, listening to those who need someone to listen. Together, we are refusing to allow this new enemy to beat us, mentally or physically. Together we are keeping God's spirit of love and hope alive.

The Bible instructs us to stand firm. Saint Paul in particular constantly commands it (1 Corinthians 16:13, Ephesians 6:13, Philippians 4:1 and 2 Thessalonians 2:15 for example). It's a good command. We who have put our faith in Christ the rock have an important role to play in these dark and troubled days. We should be those who stand firm as fixed and unshakeable points amid a chaotic sea of fearfulness. Let us show stability.

Finally , we should seek to display *serenity*. Serenity is the state of being calm and peaceful, especially in the face of problems and crises. It is the peace that is one of the great blessings frequently promised in the New Testament. Given by God the Father through the Spirit, it is offered freely to all who trust in Christ. In Philippians 4:7 Paul makes a wonderful promise: 'And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.' May we all claim that promise of serenity, live it and share it.

May we all continue to live as children of God, putting our trust and hope in Christ and, in the power of the Spirit, seeking to show sanity, stability and serenity in all that we live, say and do. And in doing so may we, in the very deepest shadows, shine brightly for Christ.

Adapted by Helen Wittgreffe from writings of J. John, Reverend Canon

LOCKDOWN

Richard Hendrick, a friar in the Roman Catholic order, shared this poem on Facebook on March 13. It acknowledges the "fear" and "isolation" of the global public health crisis. It goes on to remind readers, however, that there "does not have to be "loneliness."

Lockdown by Brother Richard:

Yes there is fear.

Yes there is isolation.

*Yes there is panic buying.
Yes there is sickness.
Yes there is even death.*

*But,
they say that in Wuhan after so many years of noise
you can hear the birds again.
They say that after just a few weeks of quiet
the sky is no longer thick with fumes
but blue and grey and clear.*

*They say that in the streets of Assisi
people are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.*

*They say that a hotel in the West of Ireland
is offering free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
so that the elders may have someone to call on.*

*All over the world people are slowing down and reflecting
All over the world people are looking at their neighbours in a new way
All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.*

*So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.*

*But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing*

What a beautiful poem, I had to share it with you all.

The poem says ‘there does not have to be loneliness’, and in Kesgrave there certainly doesn’t. Our community has galvanised to ensure those self-isolating do not feel on their own.

Councillor Debbie McCallum (also landlady of The Bell) has organised a helpline for residents unable to go out and in need of shopping, simply phone Debbie on the number below, let her know whether you need a prescription collected, shopping, etc., and Debbie will organise it for you. I am so proud to report that over 200 Kesgrave residents volunteered to help Debbie. What a fantastic community.

Complementing Debbie’s efforts, All Saints has set up Kesgrave Support Line. We recognise that life can be lonely sitting at home, it doesn’t matter how much the sun shines, sometimes we just want to talk to another human being. If you feel in need of a chat, are lonely, or have any other concerns, a friendly team of people are waiting to hear from you. Please just call! We will set you up with the best person from our parish.

Please pass these details to anyone in our parish who may benefit from them. Thank you

Helen Wittgreffe

For practical help when in isolation or to volunteer shopping help:

Debbie McCallum 07757 809709

Web: kesgrave.localassist.org.uk

Facebook: Kesgrave Emergency Support Covid 19

To speak to one of our friendly All Saints team:

10am – 7pm

Helen W (Monday and Saturday) 07825 004585

Robin S (Thurs, Friday, Sunday) 07443 924285

01473 623388

Helen CF (Tuesday) 07889 907615

Paul D (Wednesday) 07938 861643

8pm – 11pm

Sally (Friday, Saturday, Sunday) 07807 984589

YOUTH 10am-7pm

If you are under 18 please call our youth worker: Ollie 07484 254534

askyouthwork@gmail.com

EMAIL

helen.wittgreffe@btinternet.com robinspittle@btinternet.com

FUNERALS

19.02.2020 - Jean Lucas

03.03.2020 - Ivan Dadswell

04.03.2020 - Mary Dack

06.03.2020 - Jean Ranson

11.03.2020 - Barbara Rain

17.03.2020 - Alec Cracknell

18.03.2020 - Audrey Pilbrow

“ ZOOM” CHURCH SERVICES

The building might be closed, but the church still goes on. We’re going to attempt a service at Sunday 10 am via a piece of software called “Zoom”. The software has been designed to be as simple to use as possible, and you don’t need to create any accounts to use it.

If you’re unsure about whether you’ll be able to figure it out, please give it a go! Words always make it sound more complicated than it is.

There are two ways to join the live church service:

1. Computer / Laptop

Before Sunday, go to <https://zoom.us/support/download>, and a download should start automatically.

Once the file has downloaded, open it and run through the installation process.

That’s it! When it opens, just close it and forget about it until Sunday! Go to the “Join The Meeting” section below to see what you need to do on Sunday.

2. Mobile (Android / Apple)

Before Sunday, go to <https://zoom.us/support/download> and click on the relevant link to which device you have. If you’ve got an android, click “Download on Google Play”. If you’ve got an iPad/iPhone, then click “Download in App Store”.

This should open the Play Store / App Store, and you can click “Install”. That’s it! You don’t need to do anything else until Sunday. To see what you need to do on Sunday, go to the “Join The Meeting” section below!

Join The Meeting

Make sure that you've completed either the "Computer / Laptop" or "Mobile (Android / Apple)" sections before doing this stage!

To join the meeting, all you need to do (whether on a computer or mobile device) is click the below link:

<https://zoom.us/j/836615930?pwd=dHQ1Qzl3Y0dSMlQvUVFLUUhJd013Zz09>

A notification should come up asking "Would you like to open this link in Zoom?" (exact phrasing will vary!), click "Yes"/"OK" and it should automatically switch to the Zoom app and join the meeting. You might be required to enter a display name (preferably your name!)

PLEASE NOTE

- In order to speak, your device needs a microphone. If you're on a laptop or mobile device, these will often be built in, so you don't need to worry. If you're on a desktop computer/tower then you will probably need a webcam for this.
- If possible and you're comfortable with doing so, we'd love to see your faces! Part of the reason for doing this is that it will enable people to get some form of human contact! Just please make sure you're wearing something appropriate!
- When you join, it may say "Waiting on the Host", or something like that. Don't panic! You're in the waiting room and you'll be 'admitted' into the meeting by the host (Ollie Scase).
- Unfortunately, we're only able to have up to 100 people in the meeting at one time. We're not sure how popular this will be, but will explore possibilities of making a recording of the service available to those who aren't able to join. We're really sorry if you're unable to get in.
- You can join Zoom before 10am (by clicking the link), but you'll only be let through into the meeting at 10am prompt. This is to make sure that we've got the service set up correctly before hand.

Many Thanks,

Ollie Scase

ASK Youth Worker

Mob: 07484 254534 | Email: askyouthwork@gmail.com

ASK WEBSITE

Our new church website www.askegrave.org has been up and running for a few months now, but remains an ongoing project, particularly during the coming days and weeks in light of COVID-19 developments. We are trying to regularly update notices and information as they become available, as well as adding items onto our pages on The Church of England's 'A Church Near You' site –

<https://www.achurchnearyou.com/church/2061/>

Available on both websites are the Rev Robin Spittle's 'Thought for the Times' videos, which can be accessed easily from the home pages. If you are on Facebook, please like and follow us on our page – All Saints Church Kesgrave

<https://www.facebook.com/All-Saints-Church-Kesgrave-583167891794217/>

– where we will also upload important developments and information, videos and ideas for prayer and worship.

CALLING ALL INTERNET USERS!

If you buy goods or services online, please look into signing up for Give-As-You-Live and Amazon Smile. They make a real difference to us, as each time you buy something online the company you buy from donates to us, without costing you anything! The amount that companies donate to us varies widely from 0.5% of your spend to as high as 10% on special days so it really is worth doing! Give-As-You-Live works at most online stores, utilities, and services (e.g. Hughes, booking.com, BT, Sky, ...), and is very easy to use as once registered

you simply shop as normal. When using Amazon, it's best to use smile.amazon.co.uk instead of amazon.co.uk (it works the same way as Amazon). For both services, when prompted to select your charity, choose "Kesgrave Church of England Charity" to support our youth work, or "Kesgrave Parish Church Trust" to support our general work. Please sign up for both services if you are able. With thanks in anticipation!

For any queries contact John Wittgreffe on john.wittgreffe@btinternet.com

ALL SAINTS CONTACT DETAILS

Vicar	Rev Robin Spittle	01473 623388	robinspittle@btinternet.com
Assistant Priest	Rev Chris Nunn	01473 622363	revchrisnunn@gmail.com
Assistant Curate	Rev Gary Jones	01473 412329	gary.jones590@ntlworld.com
Parish Administrator	Natalie Lawrence	07737821034	parishadministrator@askesgrave.org
Lay Readers	Martyn Shakespeare	01473 610367	
	Sally Wainman	07807 984589	mail@sallywainman.plus.com
Youth Worker	Ollie Scase	07484 254534	askyouthwork@gmail.com
Children's Worker	Jennie Fidler	07584420729	jenniefidler@yahoo.co.uk
Church Wardens	Karen Pringle	01473 611472	karenpringle2303@gmail.com
	Bob Bullamore	01473 729586	Bob.bullamore@gmail.com
Deputy Church Warden	Helen Wittgreffe	07825 004585	helen.wittgreffe@btinternet.com
Hall Bookings	Bob Theobald	01473 620709	
Prayer Chain	Sybil Holbrook	01473 805304	

FINAL WORD

Thanks for taking the time to read this edition, please don't forget to provide us with feedback.

Due to the new legislation on May 25th 2018 we can only continue to send you information by email if you have granted permission. If you have previously received this by email and had not replied to say you wish to continue to receive it then you will no longer receive it in this way. If you would like to receive this Newsletter by email please email parishadministrator@askesgrave.org to be added to the distribution list. You will be welcome to unsubscribe at any time. Your e-mail address will not be passed on to third parties.

Alternatively it is available on our website (see below) or, in paper form from either the Library or the 2nd Stop Shop.

For a further explanation of any of our activities please contact Rev Robin Spittle (623388) or robinspittle@btinternet.com

Our Website-

<https://www.askesgrave.org>

You can also like us on Facebook – <https://www.facebook.com/All-Saints-Church-Kesgrave-583167891794217/>

Or keep up to date with news and services on our A Church Near You Page

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<https://www.achurchnearyou.com/church/2061/>

Issue 68 available from 26th April 2020 – please note should you wish to have something included in this issue the deadline is 21st April 2020.