

Latest News –24th September 2021



Watch the service – Celebrating God's generosity



Take time and space to reflect on God's generosity.

Join us from St Gabriel's Church, Greystones, as Bishop Guli delivers the sermon from Chelmsford Cathedral.

The service is broadcast on the [Church of England's website](#), [Facebook page](#) and [YouTube channel](#). The service remains available to view afterwards.

All of the video content is manually subtitled. To turn these on, go to the bottom left of the video and click the filled-in box with two broken lines inside. The service is BSL-interpreted throughout.

Local Services

Sunday 26th September 9.00am Frithville Holy Communion 10.45am Brothertoft Family Service with Baptism.



We are looking for the new Bishop of Lincoln

Your opinion matters.

We want to know what matters to you and your local area as this will help us identify the qualities needed in the next Bishop.

Please help us

Below is a link to a short survey.

[Short Survey](#)

Diocesan Prayer for Discernment

A prayer for the Diocese

Almighty God,

who is known to us in mighty acts of love and peace

at this time let us seek your will as we strive to discern your will;

be with those who have the responsibility of leading the diocese during a time of change

be with those who have the responsibility of seeking a shepherd for this, your flock, and

be with those who remain faithful in worship,

strive to be confident in their discipleship, and

who seek to be joyful in the service

of the one God known to us through Jesus Christ our Lord.

Annual Service of Remembrance at Memorial in the Field – 26th September



The Sibsey Lancaster Memorial Trust would like to invite you to their Annual Service of Remembrance on Sunday 26th September at 2:30pm at the Memorial in the Field, Sibsey Northlands, Boston (<https://w3w.co/busy.spillage.cling>). Directional signs to the memorial will be located locally.

The service commemorates Lancaster ED 503, which was lost with her crew on 29th January 1943 at Sibsey Northlands. One of the crew was thrown clear and he is buried in Scotland, the aircraft and remaining men remain buried where they fell as the ground was too marshy to enable a recovery. There will be a flypast by two Royal Air Force Spitfires (Service requirements and weather permitting) and Banovallum Brass Band will be playing.

Parking is available on a farm track, in the vicinity of the memorial (Please follow signs). A free bus will depart Tattershall Market Place at 1.30pm.

Light refreshments will be available after the service at Sibsey Village Hall.

Further details about ED 503, her crew and the Sibsey Lancaster Memorial Trust can be found on our Facebook page <https://www.facebook.com/SibseyLancasterMemorial/>

If anyone has any further questions or queries, please let us know.

New Bolingbroke Town Hall events

- Macmillan coffee morning, which is being held on Saturday 2nd October.
- Craft Fair at the Town hall, Sunday 3rd of October 2021, 10 am - 1pm.



Boston Sinfonia in Concert

St Botolph's Church 02/10/21 19:30

Boston Sinfonia, recognised as Lincolnshire's foremost symphony orchestra, was founded in 1996 and is known for giving orchestral concerts in and around Boston. The orchestra has now gained an outstanding reputation for performances of fine classical music and has become very popular with audiences. It consists of musicians of all ages, from all over the county, with some travelling from much further afield. The orchestra's popularity continues to increase under the direction of its Musical Director and Principal Conductor, Nigel Morley. There will be an interval.

Programme for Saturday 2nd October 2021, 7.30pm

Beethoven	Overture Egmont
Mozart	Piano Concerto no 24 soloist Michael Bell
Mendelssohn	Symphony no 4 "Italian"

Recommendations made for Church of England Governance Reform

A Church of England Governance Review working group, established by the Archbishops of Canterbury and York to explore options for simpler and more effective governance, has recommended changes to the Church's national governance structures. These recommendations will be considered by the Church's governance bodies during the autumn.

The main recommendation of the Governance Review Group is to reduce the number of the national governance entities by merging the oversight of most of the Church's national activities into a single body.

The review, led by the Bishop of Leeds, Nick Baines, became one strand of the Emerging Church of England initiative, which together will help leaders in every diocese to discern the shape, life and activity of the Church in the 2020s.

The Bishop of Leeds said:

"In undertaking this governance review, we are responding to challenges and opportunities that have been expressed across the Church and tested in focus group discussions. The ultimate aim is to provide more transparent and accountable governance for the Church at parish, diocesan and national level."

Welcoming the report, the Archbishops of Canterbury and York said:

"This review responds to major societal changes, including the need for the Church of England to be "A Church for All People". The Church of England's national governance structures must be accountable to and transparent for all the parishes and worshipping communities which they support, to build trust and so the Church can fulfil its mission in the 21st Century. Better governance should enable the Church at every level to be more agile in decision making, and responsive to the pastoral and missional needs of local and regional communities."

There will be further consultation amongst the Church's existing governance bodies before the Church moves towards any potential implementation of all or part of the report. An overview of the Governance Review Group's process will be presented to the General Synod at the first meeting of its new term in November.

The report can be found at [Governance Review Group Report FOR PUBLICATION.pdf](https://www.churchofengland.org/governance-review-group-report-for-publication.pdf) ([churchofengland.org](https://www.churchofengland.org)).

'Talk about topics on which there is silence' – Living in Love and Faith as relevant in rural parishes.

A Devon vicar says the questions around human sexuality, gender and relationships covered by the Church of England's Living in Love and Faith course are as relevant in her rural parishes as anywhere else.

Mother Elizabeth Burke is the Rector of Holsworthy Benefice in North Devon, which includes the small market town of Holsworthy and four villages. She said, "Rural might be stereotyped as backward or more traditional but the reality is, that this is a subject area that is affecting people locally and people want to engage with. The ratios of LGBTQI+ people growing-up are the same in a rural area as in a city. It's just that the populations are smaller and dispersed. I think it is harder for those of the LGBTQI+ community in rural areas, because there is a lack of support or places to meet."

Lizzy Flaherty, a student church member who did the course, said: "As a young person growing up in a rural church as a member of the LGBTQ+ community, taking part in LLF was an incredibly valuable opportunity – although difficult at times. It was great to talk about these topics on which there is often silence, speak about my experiences of both inclusion and discrimination, and be listened to, listen to others, and most importantly listen to the Holy Spirit."

Elizabeth said she found running the course “very positive.” She added, “There was lots of healthy open discussion. Even the shyest of people joined in and contributed. “People were very respectful and listened to each other. There was a sense of a relief that we were talking about these issues and they found the materials really helpful.”

Elizabeth feels it is important for as many churches as possible to engage with the LLF process. “The body of Christ has this opportunity to listen and learn from one another. For those churches either nervous or against the process ask yourselves why? If we don’t engage, if we don’t seek to listen, learn and understand, then we can’t expect our position to be taken into account when decisions are made going forward.”

- [Living in Love and Faith | The Church of England](#) is a set of resources exploring questions of human identity, sexuality, relationships, and marriage, launched on 9 November 2020.
- The LLF resources – which include a 5-session course for local groups – are designed to facilitate open, honest, and gracious learning and discussion among churchgoers across the country.
- All 42 dioceses have appointed ‘LLF Advocates’, who are enabling churches to engage with the LLF resources in ways appropriate to local contexts.
- People who have done the course are invited to feedback and share their views via an online survey as well as in creative ways. This will be open until the end of April 2022

Bishops to play part in The Queen's Green Canopy initiative - each planting a tree

Bishops of the Church of England have each been provided a tree by Forestry England which will form part of The Queen's Green Canopy.



The royal initiative invites people from across the United Kingdom to plant a tree to mark Her Majesty's Platinum Jubilee next year.

The more than 100 trees - a mix of native hazel and hornbeam trees - will be an outward symbol of the bishops' commitment to "pray, speak out and take action" on climate change. The saplings were presented by the Bishop Norwich, Graham Usher, lead Bishop for the Environment, at a green-themed breakfast during the College of Bishops which is taking place in Oxford this week. It coincides with the Great Big Green Week – a nationwide celebration of action on climate change.

Bishop Graham said: "I am extremely grateful to Forestry England for enabling me to provide a gift of native hazel and hornbeam trees to every bishop in the Church of England. These will be planted across our 42 dioceses to mark the Queen's Platinum Jubilee as part of the Queen's Green Canopy. They will also be symbols of our joint commitment to pray, speak out and take action to ensure that we work together in our communities for climate justice in Jesus's name."

The meeting of bishops to discuss matters including environmental concerns comes just months before COP26. Bishop Graham joined with other faith leaders on September 20 to demand action on climate change ahead of the meeting in Glasgow. The Archbishop of Canterbury the Pope, and the Ecumenical Patriarch, issued a joint statement for the first time in an urgent appeal for the planet.

Mike Seddon, Forestry England Chief Executive, said: "I'm delighted Forestry England is gifting these broadleaf trees to every bishop to plant and care for in their diocese, as part of the Queen's Green Canopy tree planting initiative. As they mature, these beautiful native hornbeam and hazel trees will absorb and store carbon and be enjoyed by people for years to come. And as we collectively face the twin crises of climate emergency and biodiversity loss, it is heartening to work closely with the Church of England and see the leadership and ministry they are providing in responding to these enormous challenges within their communities and across the land they manage. As England's largest land manager, we are focusing on expanding the nation's forests by planting resilient new woodlands, well-adapted to the changing climate conditions we now expect, and ensuring they are places for wildlife to flourish and people to connect with the natural world."

Louth Male Voice Choir – Autumn Concert

Louth Male Voice Choir – Autumn Concert

Tickets £15 and £12

Buy Tickets online - www.louthmvc.co.uk

Event details

Where

St James' Church, Westgate, Louth, LN11 9YE

When

Start: 8th October, 2021 at 7:30pm

End: 8th October, 2021 at 9:30pm

Your dream wedding

As COVID restrictions are lifted, many couples will be thinking about their dream wedding and 'setting the date'.

Estimates of the average cost of a wedding today range between £16,000 and £30,000, depending on what you include. This is beyond the budget of many people. But you could get married in church for less than £1,000 including music and bells in a ceremony that is personal and meaningful.

Wherever you have the celebration afterwards you could hold the ceremony itself in a beautiful church in the parish where you live, in a church to which you have a family connection or you can make your own by attending that church's usual services for six months. Many people think they're not allowed to be married in church, but you don't have to have attended church regularly for years and you don't have to be 'religious'. However, it is a religious ceremony in that you will take your vows in the name of God. To many people, the spiritual element is very powerful.

Revd Andrew Roberts, Diocesan lead for promoting weddings said: "I love doing weddings and a church wedding is very special. It's wonderful for families to come together to celebrate, but the really meaningful part of the day is that the two people have come together and made promises to each other to last their lifetime. You can do this very simply and still have a beautiful day. I have many weddings booked for this year and 2022 and I hope as restrictions are lifted that I welcome more couples into the church as they take this next step on their journey together."

To see what a Church wedding can offer go to <https://www.yourchurchwedding.org/> And to find the contact details why not wander down to your local church and look at the Notice Board, or simply go to <https://www.achurchnearyou.com> and search for where you live or the church where your family are.

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A statement from National Safeguarding Team.

The Independent Inquiry into Child Sexual Abuse, IICSA has published its report on its Child Protection in Religious Organisations and Settings investigation.

The Child Protection in Religious Organisations and Settings investigation examined child protection policies and safeguarding cultures in religious organisations in England and Wales. These included Jehovah's Witnesses, Baptists, Methodists, Islam, Judaism, Sikhism, Hinduism, Buddhism and non-conformist Christian denominations. This thematic report is based on 16 days of public hearings held during March, May and August last year.

The Anglican Church in England and Wales was the subject of its own IICSA investigation strand with three separate hearings in 2018/19 and a full report in October 2020.

Of the two recommendations in today's report, the one directed at religious institutions is being addressed by our current work in safeguarding regarding the requirement to have in place appropriate safeguarding policies and procedures and the Church of England has already published detailed responses to the Inquiry's recommendations in its own investigation strand.

We also note the Inquiry will return to a number of issues in its final report including regulation of the voluntary sector in respect of religious organisations and we await further detail on this.

If you or anyone you are in contact with is affected by abuse within the Church of England and want to talk to someone independently please call the Safe Spaces helpline on **0300 303 1056** or email safespaces@victimsupport.org.uk. There are also other support services available.

Alternatively, you may contact the diocesan safeguarding team in your area. Visit this page www.lincoln.anglican.org/Pages/Category/safeguarding



New Agricultural Chaplains on the BBC

Great listening to the Reverends Alan Robson, Lee Gabel and Al Jenkins, some of our county's Agricultural Chaplains chatting on [County Lincs](#), (15th August) with Sean Dunderdale on BBC Radio Lincolnshire. Alan is the long-standing full-time Chaplain for the agricultural community and Lee and Al have recently joined the team part-time alongside their parish roles.

You can listen here on [BBC Sounds](#).

Alan talks about significant issues facing the farming sector such as climate change and changes to subsidies, (7min 45 sec) and Al and Lee (51 min 20 sec) are introduced as part of an enhanced rural chaplaincy team to support the county in making sense of the challenges it faces, working alongside [Lincoln Rural Support Network](#), and deepening an understanding of God in the wider landscape.

Our prayers are with them and for all who are busy harvesting at this time.

God our Father,

You never cease the work you have begun

And prosper with your blessing all human labour:

Make us wise and faithful stewards of your gifts

That we may serve the common good,

Maintain the fabric of the world

And seek that justice where all may share the good things you pour upon us;

Through Jesus Christ your Son our Lord, Amen

(from the Collect for Lammas)

Welcoming refugees – a toolkit for parishes

The Church of England has launched a toolkit (<https://www.churchofengland.org/resources/community-action/toolkit-supporting-afghan-refugees>) to support churches in responding well to the situation in Afghanistan and those who are seeking refuge. There are already many people of good will across the diocese who are engaged with welcoming people who are making Greater Lincolnshire their new home. The recent events in Afghanistan have highlighted what was already a serious issue. How well can we welcome those who served our services, diplomats, businesses and charities working in Afghanistan over the past 20 years who no longer feel safe or welcome in their home country?

Rt Revd Paul Butler, Lead Bishop for Refugees and Asylum, writes 'Nationally, the ARAP (Afghanistan Relocations and Assistance Policy) launched on April 1st 2021 has now had added to it the Afghan Citizens' Resettlement Scheme. Huge numbers have been brought out of Afghanistan in a very short space of time. Over the coming months, it is anticipated many more will arrive through other routes. The challenge for the whole country is to welcome these families and help them build new lives here in the United Kingdom.

Alongside this is the reality that for the past few years Afghan citizens have been travelling here seeking asylum. There are thousands already stuck in the asylum system awaiting a response to their claim. How might their claims now be processed more rapidly?

God's call on God's people has always been to welcome the stranger and help provide for them, (Leviticus 19:34, Hebrews 13.2). So here is a fresh opportunity to live out this calling. It has to be very practical; hence this toolkit. It is not a quick short-term response that is most needed but a willingness to befriend families and support them for the long haul. It is also a call to stand up for justice and advocate for the most vulnerable.

This pack helps guides us through how we can do this well. Let us pray for God's wisdom, and the compassion of Jesus to fill us. Then in the power of the Holy Spirit let us pray and act.

The toolkit includes an overview to the current context, ideas of how to responds in practice both in the short and longer term, along with prayer and theological resources. (<https://www.churchofengland.org/resources/community-action/toolkit-supporting-afghan-refugees>)

Prayer

Almighty and merciful God,
whose Son became a refugee and had no
place to call his own;
look with mercy on those who today are
fleeing from danger,
homeless and hungry.
Bless those who work to bring them relief;
inspire generosity and compassion in all our
hearts;
and guide the nations of the world towards
that day when all will rejoice in your
Kingdom of justice and of peace;
through Jesus Christ our Lord.
Amen



Lincoln Cathedral

Chapter Letter – 19th September 2021

At the moment we are in a season when creation is often a part of the focus of our worship – with harvest being largely gathered in, village churches around the county are beginning to resound to harvest hymns. This year, there is a particular focus on creation and the environment as we look forward to the United Nations Climate Change Conference that will be taking place in Glasgow at the beginning of November. More locally, the effects of changing weather patterns that result from climate change are having a real effect on the fabric of the Cathedral building. So creation and the environment are topics for our reflection both locally and internationally.

In the Cathedral, we have some opportunities to reflect on both these areas – with two events offering a particular focus. This Sunday (19th September) ‘Sacred Space’ takes as its theme ‘Create a new heaven and a new earth’, which provides an opportunity to use the cathedral building as a reflective space with an opportunity to use all our senses to explore faith – and reflect in particular on how we can live in sympathy and harmony with God’s creation. We will also give thanks for the bounty of creation – and all those people who work together to harness the fruits of creation for our use – as we gather with people from across the county’s agricultural community to celebrate Harvest at 3pm on Sunday 24th October.

Having spent the autumn reflecting on creation, our thoughts will turn to remembering – with All Souls and Remembrance Sunday both falling as we move into November. All Souls Day falls on Tuesday 2nd November, and there will be the annual Requiem Mass taking place as normal on this evening. The service will take place at 7.30pm, and will have singing from the Cathedral Consort. This year this service will represent an opportunity to remember all those who have died during the difficult times of the last 18 months or so. Aside from those who died directly as a result of the COVID-19 virus, there are many who we have not been able to mourn as we would have wished. Nearer the time there will be an opportunity to add names to the list of those who will be remembered in the course of this service.

Amid all of this, we are all seeking to adjust as things continue to change week by week as we learn to live lives in new ways. Unlike last year, there is far less certainty as we seek to balance caution with hope in our daily lives, community events and family celebrations. Each of us will be navigating our own way through this period. Hopefully, as we mark the way that we are sustained by creation, and we remember the ever abiding love of God as we remember those who we have loved but see no longer, so we might reflect on how we have come to live more closely with the reality of our own responsibility for the way that we live. Creation is truly something of beauty – but it is not something that we can treat with arrogance or ignore.

As we read the Old Testament, we often find stories that exhibit the lack of humility that is so often a characteristic of humanity – and the way that this has consequences in terms of human living. In the psalms we often hear the call to seek wisdom through faith in God (and hear of the powerful and negative consequences for those who do not seek such faith). In these coming months, as we reflect on creation and the environment, and as we remember the love we have for those we see no longer, let us seek to draw closer to the wisdom and love of God – that we might live ever more closely to creation, and draw ever closer to the love of God.

NICK BROWN, PRECENTOR

Lincoln Cathedral's new café and shop open to the public

Set in the historic Old Deanery, and overlooking the newly landscaped Dean's Green, Lincoln Cathedral Café has delicious food and drinks, bright modern interiors and a wonderfully welcoming atmosphere.

The menu features a range of tempting items from light lunches to indulgent cream teas (which are sure to become a firm favourite.) The focus on local, nourishing and high-quality ingredients, delivered by a dedicated, skilled and friendly team creates the perfect setting to enjoy a relaxing dining experience.

Lincoln Cathedral shop has long been popular with visitors, but now with a contemporary new space in the visitor centre, a stunning boutique look and entrance direct from the Dean's Green, it is hoped that more people than ever will be able to discover the array of unusual and appealing gifts within.

Several new product lines will be unveiled on launch day including unique Lincoln Cathedral branded beers from the local Ferry Ales Brewery and a stunning bespoke range of Sophie Allport items created exclusively for the Cathedral.

Will Harrison, Chapter Clerk at Lincoln Cathedral, said that the opening of the shop and café was the culmination of many years' work and a cause for much needed celebration after a turbulent 18 months.

The pattern of prayer and worship in the cathedral

Sunday

7.45am – Litany (BCP), St Hugh's Shrine
8am – Holy Communion (BCP), St Hugh's Shrine
10am – SUNG EUCHARIST (Choristers & Lay Vicars), Nave
12.30pm – Holy Communion (BCP), St Hugh's Shrine
3.45pm – CHORAL EVENSONG (Lay Vicars), St Hugh's Choir

Monday

8am – Morning Prayer, St Hugh's Shrine
12.30pm – Eucharist, St Hugh's Shrine
5.30pm – Evening Prayer, St Hugh's Shrine

Tuesday

8am – Morning Prayer, St Hugh's Shrine
8.30am – Holy Communion, St Hugh's Shrine
12.30pm – Eucharist, St Hugh's Shrine
5.30pm – CHORAL EVENSONG (Choristers & Lay Vicars), Nave

Wednesday

8am – Morning Prayer, St Hugh's Shrine
12.30pm – Eucharist (BCP), St Hugh's Shrine
5.30pm – Evening Prayer, St Hugh's Shrine

Thursday

8am – Morning Prayer at St Hugh's Shrine
8.30am – Holy Communion, St Hugh's Shrine
12.30pm – Eucharist, St Hugh's Shrine
5.30pm – CHORAL EVENSONG (Lay Vicars), St Hugh's Choir

Friday

8am – Morning Prayer, St Hugh's Shrine
9am – 'Stillpoint', Ringer's Chapel (Third Friday of the month only)
12.30pm – Eucharist, St Hugh's Shrine
5.30pm – CHORAL EVENSONG (Choristers & Lay Vicars), Nave

Saturday

9am – Morning Prayer, St Hugh's Shrine

12.30pm – Eucharist, St Hugh's Shrine

4.30pm – Evening Prayer, St Hugh's Shrine

Evensong 25 June

Join us as we say thank you to our friends and colleagues who have left the Cathedral during the pandemic. We will be making a presentation to John Campbell our former Dean's Verger as we have been unable to do this sooner due to the pandemic. Anyone wishing to contribute to the collection for John should pass their contributions to the Vergers Vestry.

Online Prayer Wall

Lincoln Cathedral offers an online prayer wall where prayers can be left from the comfort and safety of your home and a virtual candle lit. Visit <https://lincolncathedral.com/prayers/>

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LRSN is a volunteer-led organisation that provides pastoral and practical support to farming and rural people during periods of anxiety, stress and problems relating to their families and businesses.

LRSN is open for business and ready, willing and able to help you, whatever your problem, wherever you are in Lincolnshire. If you or someone you know needs to talk through an issue, please contact us using our helpline number, 0800 138 1710. Visit www.lrsn.co.uk

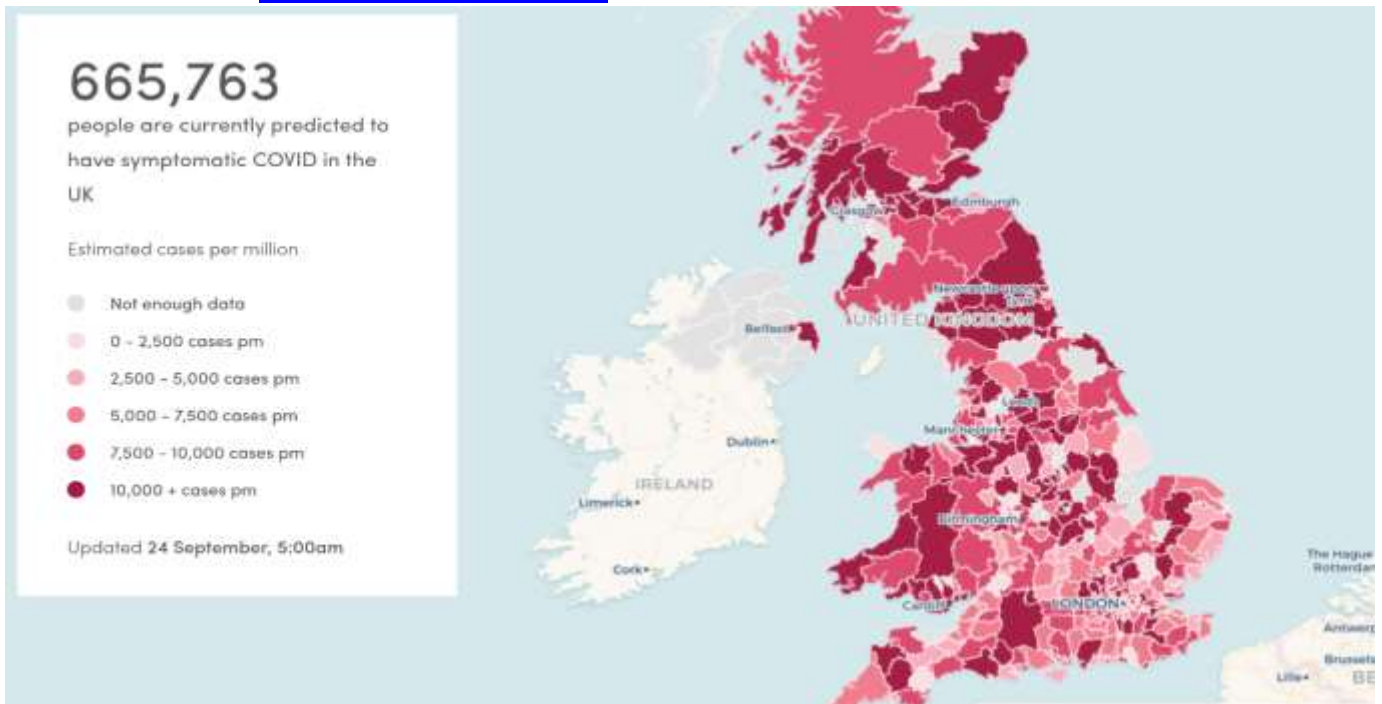
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Events

If your community event, coffee morning, fundraiser or event coming up and want it to appear in the parish magazine, The Bridge don't forget to email thebridgemaq@outlook.com by the publication deadlines in the month before your event.

Take 1 minute a day to report your health daily on the COVID-19 Symptom Study app even if you are well. Help science beat the virus.

Find out more at <https://covid.joinzoe.com/>

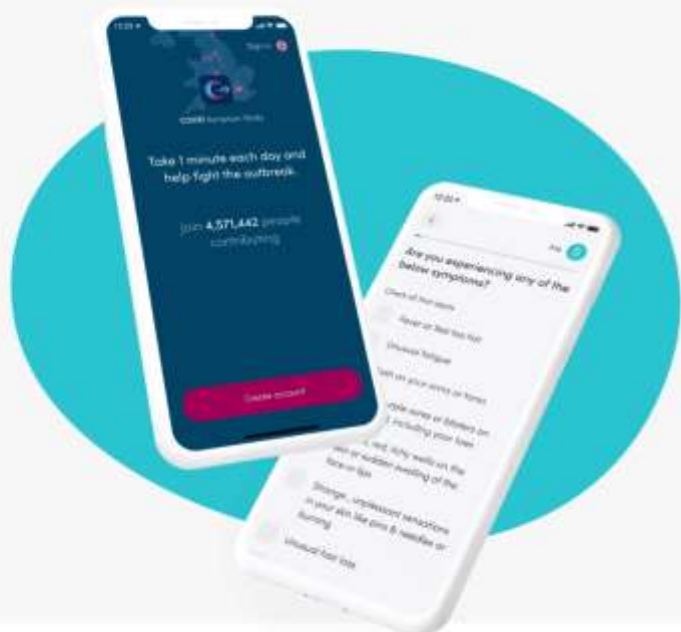


4,716,220

CONTRIBUTORS

People of all ages and backgrounds are joining together to fight COVID. Support the NHS, help scientific research and help us get out of this pandemic safely.

Take 1-min to report your health daily, even if you are well.



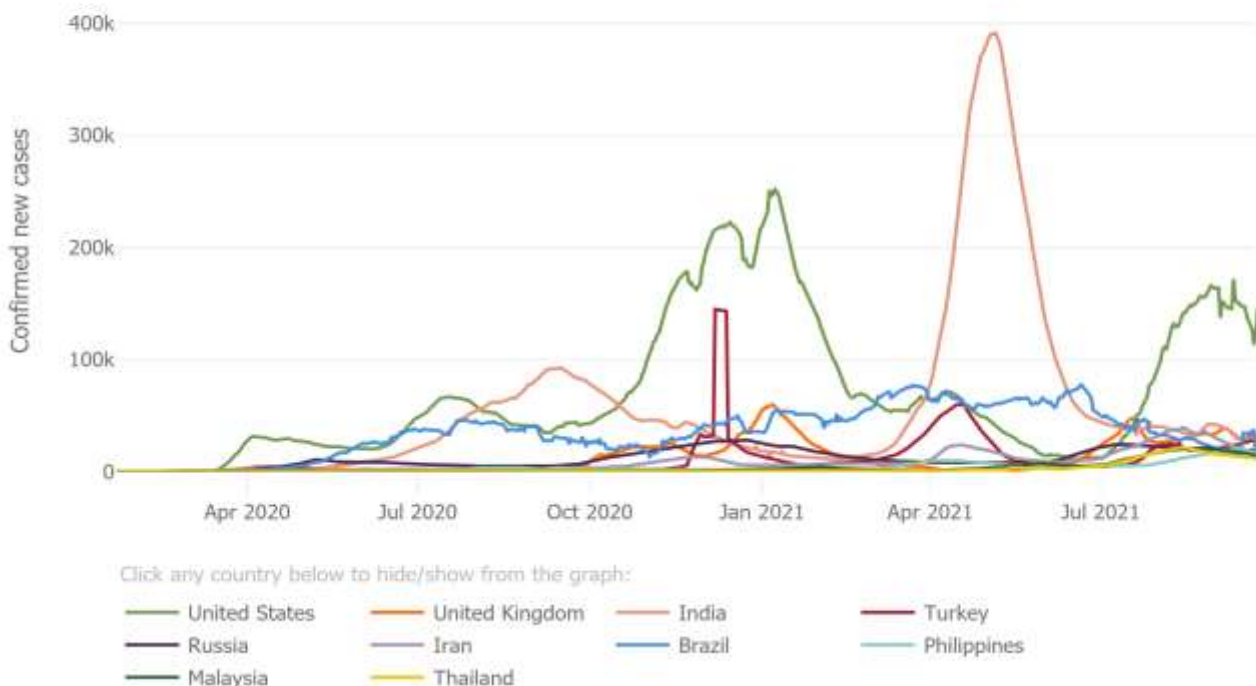
Latest figures

The Johns Hopkins [Covid-19 Dashboard](#) appears to be one of the best source for statistics on the spread of the virus. It is possible to see statistics and graphs for 191 countries with the latest known information.



DAILY CONFIRMED NEW CASES (7-DAY MOVING AVERAGE)

Outbreak evolution for the current most affected countries



Mental health

- The Church of England has produced some mental health reflections to help you in this time of uncertainty. You can access them at: cofe.io/MentalHealth.
- The Mental Health Foundation has also produced some useful resources, which can be found at: <https://www.mentalhealth.org.uk/coronavirus>
- You can find a host of other [mental health resources](#) from a variety of different organisations and charities. <https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues/>
<https://www.mind.org.uk>
- Some helpful books and resources are also available from [Sacristy Press](#) at <https://www.sacristy.co.uk/books/coronavirus-church-resources#>

Further links to mental health charities can be found on the NHS webpages at <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Topical Prayers

The Church of England website offers words you can use in your prayers for all kinds of situations ranging from the everyday to personal situations, family events and prayers for others. If you need some help finding the right words, please go to the Church of England website here

<https://www.churchofengland.org/prayer-and-worship/topical-prayers>

Daily Hope

Daily Hope is a free phone number (0800 804 8044) offering music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line. This will enable as many people as possible to access the content we are developing.

St Botolph's Church – Boston Stump



Service Times

Services are available in-person and some are available online, via Zoom. To obtain the login details for our online service, please email admin@parishofboston.co.uk or call (01205) 310929. You are most welcome to join us. Please note that COVID-19 safety measures are in operation.

Sunday services

First Sunday of the Month

8am – Said BCP Eucharist

11am – Sung Eucharist (also available online)

5pm – Choral Evensong (also available online)

All other Sunday's in the month

11.00am – Sung Eucharist (also available online)

Wednesday mid-week service

10.30am – Said Eucharist (also available online)



Do you need some help while self-isolating?

If you need a hand with collecting shopping or prescriptions, or just want someone to talk to, our NHS Volunteer Responders are here to help.

Call **0808 196 3646** or visit nhsvolunteerresponders.org.uk