



News from the Parish – 5th July 2020

When we re-opened for private prayer I was reminded of the hymn "*One more step along the world I go*". Now that we are resuming for services, but without the singing of hymns (see below) my mind kept on returning to "*O still, small voice of calm!*" from the final verse of the hymn "*Dear Lord and Father of Mankind*".

The final verse refers to 1 Kings 19:11-12 :

The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.

Whilst there will be times in the future when we can worship and praise with volume, but there are also times when a whisper is just as effective.

For those shielding or self-isolating

Whilst it is great news that we are resuming services, a number of the congregation (and I include myself) are shielding or self-isolating and therefore cannot take part in the services. This is a long haul and, I know, frustrating for many.

The guidance from the C of E does suggest a potential to hold services for those who are shielding / self-isolating (I suspect outside with 2 metres ++). At the moment we have no exact plans for this, but if we are happy with what we can do within churches, we very much hope to explore this in the near future.

In the meantime, our thoughts and prayers are with all in the parish.



Resumption of church services

With a massive thanks to all those who have undertaken risk assessments, cleaned, thought about and made arrangements, we are proposing that services will resume at each of our churches this Sunday.

The services for this Sunday will be :

9.00	St Mark's	Parish Eucharist
10.00	St Margaret's	Parish Eucharist
11.15	St Mary's	Parish Mass

Please note that the 8.00 at St Margaret's will **not** go ahead this week, but we hope that it will restart next Sunday. We need to see how all the services go and how we handle the issue of cleaning between services.

We also hope that the normal Thursday communion at St Margaret's will take place at 10.00 am.

However, the actual form of the services will be different :

- There will be no singing, and hence no hymns during the service or sung responses (do please respond, but not with great gusto!)
- Communion will be of one kind (bread), and will be given to communicants standing up who will follow a one-way system around the church
- There will be no gathering after the service in the church. Those who wish to talk (at a social distance) should do this outside the church.
- A list of those who attend has to be kept (for test and trace purposes) so please make yourself known to the duty warden or nominated person as you enter
- Any service sheets or books will have been quarantined 48 hours before (and will be after) and should be collected and returned only by you to a central space. If appropriate, please bring your own prayer books or bibles, or if you know the service well please feel free not to use one.
- There will be a collection bowl near the door, although on-line giving is preferred (details further down). The collection will be quarantined before counting and banking.

These decisions will be kept under regular review by the Churchwardens and the officiating priests.



PARISH OF BUXTED & HADLOW DOWN
ST. MARGARET THE QUEEN • ST. MARY THE VIRGIN • ST. MARK THE EVANGELIST

Every effort will be made to ensure that the Parish abides by government regulations and guidance, including that provided by the Church of England (<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-churches>) and Diocese of Chichester, but parishioners and those attending worship are asked to do everything that they can to help us and abide, in their turn, with the regulations and guidance.

In particular, please :

- Follow the instructions and requests of the duty wardens or sidespeople, including any written guidance / signs
- Maintain a 2 metre distance from others (1metre + is not an option)
- Practise hygiene at all times. If possible, bring your own hand sanitiser, or use those provided on entering and leaving, or after touching surfaces.

Each church has a maximum capacity for social distancing, dependent upon the number and size of family groups. We think that we have sufficient capacity for a "normal" congregation, but please do bear with those who are stewarding the service.

If you are feeling at all unwell, we ask that you do not attend.

The guidance suggests that those who are over 70, or clinically vulnerable, are advised to stay at home. The decision is yours.

We will have agreed a maximum safe capacity for each church, after which we will (apologetically) have to limit attendance.

Prayers

We pray for the families of all those who have recently departed.

"Come to me all you who labour and are overburdened" says the Lord. Let us pray before the Father with our petitions, trusting him to help and save us.

We pray that all Christians will work with the Lord, helping all who find the burdens of life too heavy.

We pray for all political leaders that their lives may be directed by the love of justice.



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We pray for ourselves that we may have a healthy and humble awareness of our own failures.

We pray for the sick and all who are housebound. Through us may they know the Lord's care.

We pray for all who work in hospitals, nursing homes and hospices; that kindness and compassion may inform all their work.

Providing support

Fr David Milnes continues to provide spiritual support, by email and telephone, and we know that a number of you have appreciated this. His details are him at : FRMILNES@aol.com or 01825 830076 .

But do you, or someone you know, want pastoral support of any kind? Or, alternatively, would you like to offer support; be it just a voice at the end of the telephone? Please let your churchwardens know.

Virtual Services

We appreciate that some of us remain shielded or self-isolating and have been advised against attending services for the moment, you can watch and listen to broadcasts from other places. In particular you may wish to join the Diocese at : <https://www.chichester.anglican.org/liveservices/>. Other sources (and resources) can be found at the Church of England site <https://www.churchofengland.org/>, or from the BBC and other broadcasters.

We are continuing with our selection of readings, and this week we have Sukie Jary, Rev Nick Lamb and Sophie Murray-Brown. All were volunteered (by me or their parents – in Sukie and Sophie's case) so thanks to them for accepting the invitation. If you feel able to do a reading, please let me know.



The readings for this week, with musical support, are :

- Epistle read by Sophie Murray-Brown, Romans 8: 9 & 11-13
- Psalm read by Rev Nick Lamb, Psalm 145: 8-15
- Gospel read by Sukie Jary, Matthew 11: 25-30

These can be found at :

<https://www.youtube.com/watch?v=LMbTYqWa9ZM>

Thanks to the readers, and ongoing thanks to John Marsh for the music and Ed George for putting this together

Moment of Reflection

With thanks to Fr David Milnes :

TRINITY 4

Gospel – Matthew 11: 25 - 30

*The Lord invites the weary and overburdened to come to him.
'Come to me, all you who labour and are overburdened, and I
will give you rest. Shoulder my yoke and learn from me, for I am
gentle and humble in heart, and you will find rest for your souls.
Yes, my yoke is easy and my burden light.'*

Jesus says that his burden is light. We can be burdened by all kinds of things. We have burdens placed on us by a society, pressurising us to buy more, especially to kick start the economy. And then we have the burden of others' unreasonable expectations and demands. Add to this our own burdens of guilt, our low esteem, the unattainable goals we set ourselves, our poor self-image, and we can be completely crippled by burdens. The central message of the kingdom is how Jesus carries us, and through his act of sacrifice enables us to carry each other.



Jesus' yoke is easy; it is well-fitting, bespoke, tailor made to the individual. Because the task he sets us is simple: be yourself. Be the person God wants you to be and to do so, use him as your teacher. Be gentle – acknowledge your need of God, don't think you have to do it all by yourself, don't overburden yourself with your own or others' unreasonable demands. Simply get to know Jesus, the person. *Learn from me... and you will find rest.* Only when, like the tax collectors and sinners, we are open to the word of God, and as we admit our dependence on him, we are able to receive God's mercy and create an oasis of love. And then we will *find rest for our souls*, carrying Christ's light into the darkness.

*May the Father sustain us on our journey. May the Son lift us up when we fall. Any may the Spirit fill our hearts with his love.
Amen.*

Roles in the Parish

Maybe, just maybe .. nagging may get a result. A reminder that the Parish relies on any number of volunteers to keep going and we still have a need for :

- a new PCC Secretary, as Richard Stanton has given notice that he is having to move house and so will be stepping down. He is very organised and will, I am sure, provide a full hand-over and support
- a Website Manager to help oversee the website. Training is available and, whilst others will prepare content – it is mainly uploading and keeping an eye on it.

If you feel that you can help, or know someone who might, please do contact a Churchwarden.



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The Virtual Collection Plate

Whilst there will be a collection plate at services (whose contents will be quarantined before counting and banking), however the guidance gives a clear preference for on-line giving.

If you are able to make a donation, then our bank details are :
HSBC Account: Parish of Buxted & Hadlow Down PCC A/C No: 11454064 Sort Code: 40-45-32. If you wish to gift aid then please ask for a form from the Treasurer (treasurer@bhdchurches.co.uk)

Alternatively, the Planned Giving Scheme is where you can make a monthly direct debit and Gift Aid is automatically calculated. You can sign up by telephone (0333 002 1271) and all you will need are your bank details and the Parish name (Parish of Buxted and Hadlow Down) and our PGS number (which is : *103080519*).

Thank you, in advance.

And finally

Is there anything more that we can, or should be doing for you? Please let us know cw@bhdchurches.co.uk

<https://www.bhdchurches.co.uk/>