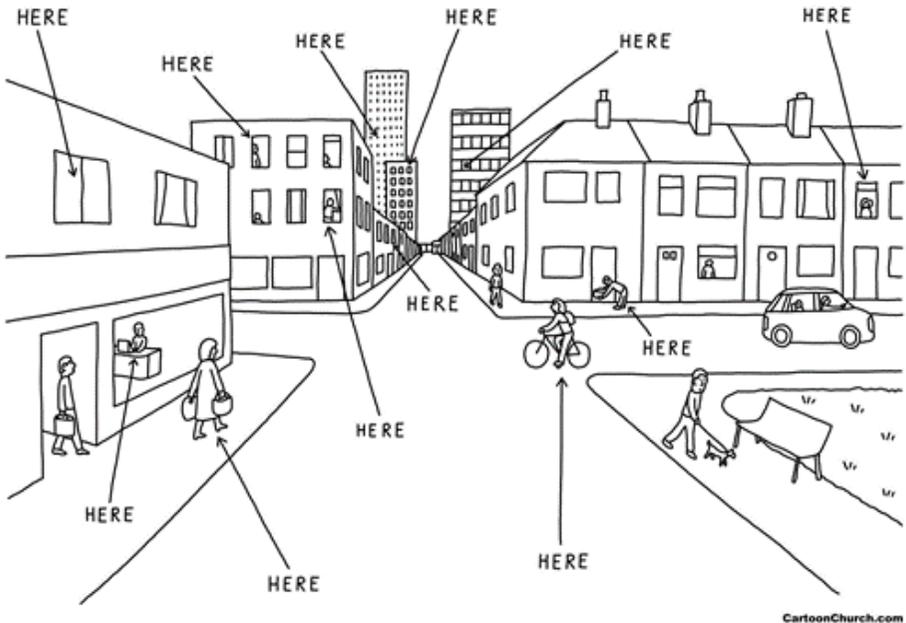




Parish of Wiverton in the Vale:  
One flock, One Shepherd, Six Pastures  
Notices 24<sup>th</sup> May 2020

EASTER 7 (Sunday After Ascension)

## WHERE THE CHURCH IS



CartoonChurch.com

### FROM THE RECTORY

A week or so ago Rev'd Fred Connell sent me this picture. Fred wrote, *"This painting (a Copy) was given to me after I visited the artist Jacqui at home. She was in the middle of painting this picture and as soon as I walked into the room I was overwhelmed, and tears ran down my cheeks. We stood and prayed together and then I had tea with her and her husband Alex in the garden. Jacqui sent me a package some months later, and I was surprised to open this framed picture. It's on my study wall and reminds me of them, their journey of faith, and of ours."*

## *Above the storm*



I thought You might like to see the picture too. It brought tears to my eyes at first viewing. There is something, for me, about this picture that is so uplifting. Fred's email and the picture were such a blessing.

It has been said, *"All people are a blessing, some when they come in and some when they go out."*

Sometimes I think my email in box is a little like that. Some emails bring such warmth and encouragement, others seem to drain life, enthusiasm, and strength for the tasks ahead. Fortunately the latter is rare.

Perhaps for you it is phone calls, or even unwanted thoughts, or memories that seem to pop into your mind unbidden.

These are tough times. We are grieving. Coping in varying degrees with absence and loss. Absence of loved ones. The loss of freedom. We have lost the pleasure of being able to perform simple everyday tasks without a second thought; lost being able to gather for worship.

We have lost physical contact. I guess even those of us who are not 'huggers, and I think I would probably be in the middle of that spectrum, would be missing the opportunity of a hug from a friend right now!

The list could go on...

These are tough times mentally and emotionally. Some of us are thriving. Some of us are not. For many of us there are up-days and down-days. Days when we wake full of energy, other days when we wake exhausted. Those in the know, explain that it is the norm for one day in three to be difficult now.

We need to learn to be kind to ourselves and with each other. We need to learn to listen well, and to encourage.

David was a great leader in Israel. The prophet Samuel anointed him king whilst there was another king, Saul, still ruling. This made life incredibly awkward for David, and increasingly dangerous. At one particularly low point in David's life, his good friend Jonathan came to find David. Not just any friend but Saul's son. Jonathan risked life and limb to visit David.

He brought two precious gifts;

Himself. His own presence. These men were close friends. How we need our friends, now, by any means!

And, the ability to help David find God in the situation.

*“And Saul's son Jonathan went to David at Horesh and helped him find strength in God.”*

**1 Samuel 23:16 (NIV)**

Jonathan helped David to find his way back into God's presence, We can gently help each other, by prayer or loving words, back to the God who loves us and cares for us more than words can express.

Would Jonathan have encouraged David by Zoom or by a phone call? I am pretty sure he would have had a go!

Whenever we can, let us be those who bring blessing and encouragement, and may we trust that it will come our way too, when it is needed...

One thing is for sure when we encourage others, we too are encouraged.

With love,  
Rev'd Rachel



## Dealing with loneliness and isolation: Five Top Tips

Find simple ways to deal with loneliness and isolation.

1. **Pray. Light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.**
2. **Talk about how you feel.** This may be difficult if you are self-isolating, but do use the telephone, internet, and social media. If you need to contact a counsellor this can be arranged by your GP, or via local agencies, or privately. The Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.
3. **Focus on the things that you can change, not on the things you can't.**
4. **Look after yourself - physically, emotionally, spiritually.** Plan in things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.
5. **Look after others. Even if only in small ways, but do what you can:** a smile, a kind word, writing a letter or an email.

To download a copy

<https://www.churchofengland.org/faith-action/mental-health-resources/dealing-loneliness-and-isolation-five-top-tips>

## Supporting good mental health

The effects of mental health problems are huge, and given the challenging times we are living in with coronavirus, it's more important than ever that we take steps to support good mental health.



To that end, we've updated our mental health reflections booklet with new material to provide hope, reassurance and comfort, you can download it below:

<https://www.churchofengland.org/faith-action/mental-health-resources/supporting-good-mental-health/supporting-good-mental-health>

### CHRISTIAN AID WEEK - with a difference!



Yes, this week has been Christian Aid Week, but with no actual envelopes, collections or hunger lunch! Echoing the parable of the Good Samaritan, we are nevertheless figuratively asked to cross to

the other side of the road to respond to the needs of our neighbours who are not like us. Please go on to the [Christian Aid website](#) to check out the kind of things they are doing and to make a donation. It would be wonderful if we could all donate as least as much as we would in normal circumstances. Christian Aid, like all charities at this time, is dealing with higher levels of need than ever with less income coming in, and this week is their main fundraiser through the year. We can play our part in putting that right! Thank you.



[Thy Kingdom Come](http://thykingdomcome.global) is a global prayer movement that invites Christians around the world to pray for more people to come to know Jesus.

Due to the current Coronavirus pandemic, Thy Kingdom Come is going to look slightly different this year.

During the 11 days of Thy Kingdom Come, it is hoped that everyone who takes part will:

- Deepen their own relationship with Jesus Christ
- Pray for 5 friends or family to come to faith in Jesus
- Pray for the empowerment of the Spirit that we would be effective in our witness
- Download Thy Kingdom Come App  
*The free Thy Kingdom Come App has daily videos, bible readings, reflections, and podcasts from N.T Wright.*

**• Join Parish Morning Prayer on Mondays and Thursdays at 9am.**

...See Diary for details.



## READINGS

### Ezekiel 36: 24-28

<sup>24</sup> I will take you from the nations, and gather you from all the countries, and bring you into your own land. <sup>25</sup> I will sprinkle clean water upon you, and you shall be clean from all your uncleannesses, and from all your idols I will cleanse you. <sup>26</sup> A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. <sup>27</sup> I will put my spirit within you, and make you follow my statutes and be careful to observe my ordinances. <sup>28</sup> Then you shall live in the land that I gave to your ancestors; and you shall be my people, and I will be your God.

### Acts 1: 6-14

<sup>6</sup> So when they had come together, they asked him, “Lord, is this the time when you will restore the kingdom to Israel?” <sup>7</sup> He replied, “It is not for you to know the times or periods that the Father has set by his own authority. <sup>8</sup> But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” <sup>9</sup> When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. <sup>10</sup> While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. <sup>11</sup> They said, “Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.”

<sup>12</sup> Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day’s journey away. <sup>13</sup> When they had entered the city, they went to the room upstairs where they were staying, Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James. <sup>14</sup> All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

## DIARY FOR THE WEEK AHEAD

### SUNDAY 24<sup>TH</sup> MAY

#### **10.30am – Pause for Prayer and Reflection** (on our website)

The service this Sunday will be led by Revd Rachel. Katharine Bacon will be preaching, Sid Mitchell will be leading the intercessions, Dorothy Thompson will be leading sung worship and Hilary Tabron will be sharing a testimony.

You will find the relevant readings below.

Please [click here](#) to join the service at 10.30am (or later).

<http://www.wivertoninthevale.co.uk/ppr>

#### **11.45am – Time for a Cuppa** (via [Zoom](#))

To avoid issues experienced by a high volume of Zoom users on a Sunday morning, a cuppa after the service will continue to be at 11.45am until the issues have been resolved. There should also be plenty of time to grab a drink first...

Please [click here](#) to join us for a cuppa after the service on Sunday.

<https://us04web.zoom.us/j/76087298645?pwd=K1JCTHpCdTZLUIU3T3JHMWFJVEExLdz09>

Meeting ID: 760 8729 8645

Password:

4k6FCR

### MONDAY 25<sup>TH</sup> MAY

#### **9.00am – Thy Kingdom Come Parish Prayer** (via [Zoom](#))

Please [click here](#) to join *Thy Kingdom Come Parish Prayer*.

<https://us04web.zoom.us/j/75238305174?pwd=YS80YWU4WkIDUkxxamhMQVN5TUU5dz09>

Meeting ID: 752 3830 5174

Password:

6jBiFR

### WEDNESDAY 27<sup>TH</sup> MAY

#### **11.00am – Coffee, Cake & Chat** (via [Zoom](#))

St Giles Church, Cropwell Bishop invites you for Coffee, Cake and Chat...bring your own...

Please [click here](#) to drop in and say hello and meet old friend and new.

<https://us04web.zoom.us/j/75198734799?pwd=dzZjZm90VDRwZ2RYVUt4NE5LTHBwQT09>

Meeting ID: 751 9873 4799

Password:

4w25Ji

### THURSDAY 28<sup>TH</sup> MAY

#### **9.00am – Thy Kingdom Come Parish Prayer** (via [Zoom](#))

Please [click here](#) to join the *Ascension Day Morning Prayer*.

<https://us04web.zoom.us/j/78992323856?pwd=ckFrT21zV2FiRmkvRDVrekw3TnZ2Zz09>

Meeting ID: 789 9232 3856

Password:

5bUdwW

## ANSWER TO PRAYER from Maureen Wright

Some months ago a friend asked me to pray for a friend of their granddaughter's child. She told me their story after which I asked her if their name could be added to our church prayer list, she agreed. The child was extremely ill suffering from sepsis being nursed in intensive care, very gradually they started to respond to treatment, finally recovering sufficiently well to be moved to the paediatric medical ward. The parents were so thankful for the prayer support they had received.

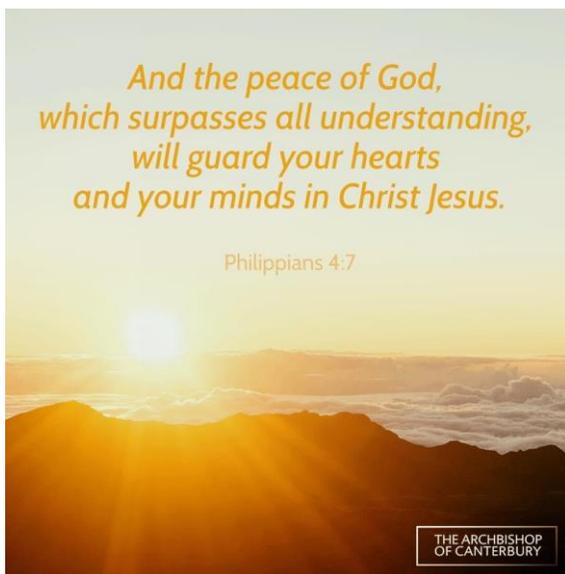
The doctors were delighted at the recovery, but it came at a price, they had to tell the child's parents that amputation of part of both legs was required, and part of his fingers also. Everyone continued to pray.

Now the parents enjoy a healthy, happy, independent child who is learning to walk on their prosthetic legs and learning resourceful ways to use cutlery, as well as enjoying playtime.

I wanted to share this with you as an encouragement that Prayer Does Change Things, the Lord knows our needs before we ask, He promises that if we pray in faith, He will hear and answer our prayers. What a marvellous promise - let us always continue to pray, the Lord is waiting to hear us.

*And the peace of God,  
which surpasses all understanding,  
will guard your hearts  
and your minds in Christ Jesus.*

Philippians 4:7



## A PRAYER FOR MENTAL HEALTH *(by Reverend Susan Gregg-Schroeder)*



Give us courage to face our challenges and open us today to the many ways you are already working in our midst. Help us to identify mental illness as the disease it is, that we might have courage and wisdom in the face of ignorance and stigma. Inspire us as we seek to overcome fear, acquire knowledge, and advocate for compassionate and enlightened treatment and services.

Lead us as we open our hearts and homes, our communities and job opportunities, our houses of worship and communities of faith. Enable us to find ways to be inclusive of persons living with mental illness in our everyday lives. Be with doctors, therapists, researchers, social workers, and all those in the helping professions as they seek to overcome ignorance and injustice with care and compassion.

Sometimes, Loving God, we feel discouraged and hopeless in the face of so many challenges. Help us to see ourselves as you see us...persons of value and worth...persons of creativity and potential. May we come to understand the interconnectedness of mind, body and spirit in bringing about health and wholeness. And may we go forward into our communities with a renewed sense of vision, hope and possibility for the future.

**Amen.**

### **COLLECT**

Risen, ascended Lord,  
as we rejoice at your triumph,  
fill your Church on earth with power and compassion,  
that all who are estranged by sin  
may find forgiveness and know your peace,  
to the glory of God the Father.

**Amen**

**PRAYER MATTERS** *Please remember in your prayers this week:*

Our mental wellbeing and wholeness.

We give thanks for:

Our farmers and all who are involved in the processes that take our food from field to table.

Our hard working and faithful NHS staff, and all key Workers.

The community support groups in our villages.

Our homes.

We pray for:

Our schools;

In particular head teachers and governors as some children and staff begin to return to school

Families facing severe hardship and children missing their school meals.

Our farmers.

Good growing weather.

Gentle spring rains to enable crops and grass to grow.

Employees returning to work.

Employers as they provide safe working environments.

All facing the financial impact of these times.

Guidance for the leaders in government and health officials as they make exceedingly difficult decisions.

Scientists, researchers, and medical personnel as they work towards producing an effective vaccine

Food banks, that they might find the resources they need.

We remember;

Those we know and love who are sick at this time in body, soul and mind. Those for whom we have been asked to pray and all who love them including Dick Bond and John. The family and loved ones of those who have died recently especially the family of Thomas Ernest Selby, known as Ernie, and Joyce Bagnall, aged 89 from Langar.

Lord, in your mercy,  
hear our prayers.

**HOW CAN WE GIVE?** The Church of England receives no government funding other than some tax concessions, and our churches are dependent upon money given or raised locally to fund their ministry and upkeep, including heating, insurance and maintenance.

Since we are not able to host services, if you are not already contributing by standing order, this might be the right time for you to consider this. *If you would like to find out more about this, or to change an existing order, please contact Max in confidence via [treasurer@wivertoninthevale.co.uk](mailto:treasurer@wivertoninthevale.co.uk)*

### **KEEPING IN TOUCH; STAYING INFORMED**

These **notices** are posted week by week on the Parish website:  
[www.wivertoninthevale.co.uk](http://www.wivertoninthevale.co.uk)

*Paper copies are available at church services.  
To receive a copy of these notices by email every Saturday, please subscribe to the website notification service at [www.wivertoninthevale.co.uk/subscribe](http://www.wivertoninthevale.co.uk/subscribe)*

### **KEY CONTACTS**

#### **Rev'd Rachel**

email: [rector@wivertoninthevale.co.uk](mailto:rector@wivertoninthevale.co.uk)  
phone: 07944 992178 N.B **Rachel's day off**: Friday

#### **Parish Administrator**

Anna Hemati Kang Sofla: 07592 873751  
Email: [administrator@wivertoninthevale.co.uk](mailto:administrator@wivertoninthevale.co.uk)  
Anna can direct enquiries to the most appropriate person.

#### **Safeguarding Officer / Coordinator**

Gareth Parker the Safeguarding Coordinator for the Parish, and any concerns regarding a safeguarding issue should be directed to him.  
07738 091338 or [gareth.parker@wivertoninthevale.co.uk](mailto:gareth.parker@wivertoninthevale.co.uk)

**Further information and contact details can be found on the parish website at [www.wivertoninthevale.co.uk/whos-who](http://www.wivertoninthevale.co.uk/whos-who)**