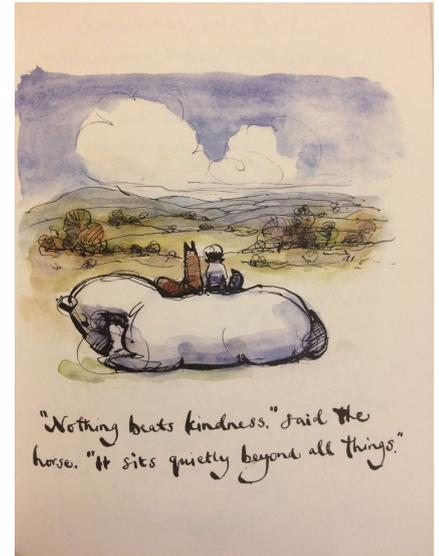


16/4/2020 *Weekly Letter to our Church and Community*

Dear friends, sisters and brothers,
We pray following on from Easter that wherever you find yourself in your household, either closer to Good Friday or enjoying Easter Sunday or a bit of both, we are holding you in our prayers.

We had the privilege of Leila treating Rupert and I to an Eritrean Coffee Ceremony in the garden on Easter Day. It was a blessing and made our Easter Day special sharing this with her. We then had to have the English tradition of an Easter egg hunt!!



We hope you all found worship to tune into and enjoy. There are so many amazing, creative and uplifting expressions of faith to really feel a part of and spiritually grow from.

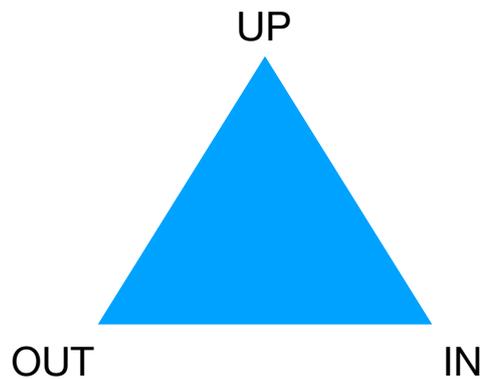
Everything I am reading at the moment is more alive than ever and this week I was struck by John 20:19-26.

Twice Jesus enters through locked doors and in both cases he said *"Peace to you"*

In this time of lockdown we are praying that where we cannot physically be to enjoy, to hold, to hug, to cry, and to laugh, Jesus by his holy spirit will be, entering through our doors and bringing reassurance to every situation with his words:

"Peace to You".

Thank you to everyone who is reaching out connecting to family, neighbours and friends. I know I am learning a lot about myself and trying to listen to what God is teaching me.



Our three dimensional UP, IN, OUT lives are modelled on the fullness of our life in Christ.

UP with God

Many of us will hopefully be able to have more Up time with God. Craig Orr at our staff zoom meeting felt we are in lock **UP** rather than lock down. If it is helpful to see our time like that, please hold onto that picture. I am finding time to pray for the situation and the individuals affected so sadly. It really helps each day just to rest in God's love and promises and for the whole day to be given over to some kind of active prayer. Allowing God to bring people to mind all through the day that I can offer prayer for.

Sharing with Angela Elfick working in Barnsley Hospital Intensive Care Unit it is SO HARD. Her prayer is for strength for each moment, emotional energy for the families of loved ones, and replenishment for the exhaustion she feels at the end of each shift. But she is grateful for knowing that God is her strength and shield. For those of us who can experience this as Lock UP time please keep praying for those on the front line.

IN with Jesus

Your **IN** is your home, your household; on your own, with others, with pets. Please look after yourself in the midst of your IN space. I love the Charlie Mackesy drawing at the top of the letter. Pray for kindness to yourself and to those in your household. When our children were young we went through phases of having a kindness box which we wrote notes down when someone did something kind and put it in the box. At Sunday lunch we opened it and read them out and it really helped change that season.

OUT with the Holy Spirit

We are hearing so many stories of beautiful reaching **OUT** to others; taking a photo of the churchyard and sending it to a friend who can't get there, cut de sacs meeting at a certain time each day to check everyone is well, buns being left on doorsteps and other beautiful kindnesses.

In the bible it says "Don't get tired of doing good" so with God's strength and Holy Spirit keep listening to those whispers from God and keep responding to these promptings because to those receiving them they are like postcards from heaven.

Easter changes from the confusion of pain and bewilderment to the discovery of newness, life and hope. God moves in between.

With our love, prayer and blessings to you all this week,
Sally and Rupert

This is a brilliant web-site to enjoy exploring, sent to us by Sarah Cutts.

www.ageofcreativity.co.uk

AGE OF CREATIVITY

The Age of Creativity is a network of more than 1,000 professionals who all believe that creativity and culture supports older people to experience better health, wellbeing and quality of life.

Our network is free and accessible to all

This is a helpful way of praying through an hour, from a friend of City of Sanctuary, Sheffield.

JUST AN HOUR A DAY

TEN MINUTES: SIT IN SILENCE

- Silence. This does not mean no noise. It means you sit comfortably and just listen to yourself, and in all that is happening to you discern the voice and word of God. It doesn't matter if your mind wanders or goes off in a tangent. Note what comes in to your mind

TEN MINUTES: WRITE

- Write down some of your thoughts from the moments of silence, or other words. Just write. This is not to share with others, it is for you

TEN MINUTES: READ

- Read something. It could be a few pages of a book...your Newspaper...

TEN MINUTES: REFLECT AND PRAY

- Read a short passage from the Bible. It could just be one verse. Reflect on this. What does this portion of scripture say to you? You may wish to write down a sentence or two to capture your reflection. Pause for a prayer. This could simply be to say the "Lord's Prayer" with full attention

TEN MINUTES: LISTEN TO MUSIC

- Listen to your favourite music. Or tune in to your favourite music station on radio, eg Classic FM or whatever

TEN MINUTES: GARDENING

- Just ten minutes to complete this special hour. A bit of weeding. Or as Jesus suggested, "consider the flowers and the birds" in your Garden. If you don't have a Garden, tend indoor plants, or just "consider" them

Construct one hour a day like this. This is your hour. After this, you can spend time as you wish to, and with others to support them.

Eat and drink in moderation. Reduce consumption generally.

Live radiantly.

Inderjit Bhogal

Just a reminder: Holy Trinity Brompton are running The Marriage Course free of charge online. They have just launched a new course and invited us all to join in. 7 weekly sessions with a rolling start to the course beginning every Monday for the next 7 weeks. So get booked on and enjoy!
htb.org/marriage

<https://www.westyorkshire-pcc.gov.uk/coronavirus#Sup>

Very useful Coronavirus web page from West Yorkshire Police and Crime Commissioner. (health guidelines, volunteering opportunities, various links for financial help, various links for mental health help, etc).

Thank you Caroline

Will Van De Hart: Pastor at Holy Trinity Brompton.

Mind and Soul Foundation mindandsoulfoundation.org

Really helpful and a wide ranging selection of support networks