

# The Parish Voice

## Ascension to Pentecost



## From the Editors:

Dear all

Many thanks to everyone who has contributed to this issue of Parish Voice. As last time, we will be publishing online via the church website, but for those who are unable to access this, we will continue to deliver a printed copy.

After an opening piece by Priest in Charge, James Shakespeare, the magazine contains a series of daily reflections to guide you through the period from Ascension Day to Pentecost (page 5 onwards). This is followed by an alternative (or additional) programme called 'Thy Kingdom Come' and finally there are additional resources for families (page 30 onwards).

The following section (page 38) was intended to include items which people have found helpful during the period of lockdown whether a poem, a reading list, a recipe etc. Unfortunately the magazine email address has blocked all access and we are unable to see messages that have been sent. We have set up a brand new email address:

**[parishvoicesje@gmail.com](mailto:parishvoicesje@gmail.com)**

The joy of digital publication means that if you wish to send us material over the next few days expand this final section then please do so. Our sincere apologies to anyone who sent material to the old address which is not included.

The final section (page 48) is followed by notices about local charities and initiatives which particularly need our support at this time along with local news items.

Very best wishes

Paula and Liz



*Thanks to Henry for the cover photo taken on Shelford Road.*

## Ascension to Pentecost 2020

*'I will turn the darkness before them into light, the rough places into level ground. These are the things I will do, and I will not forsake them.'* (Isaiah 42.16)

It is good to be releasing another special online Parish Voice, this time for Ascension to Pentecost, a highly significant period in our Christian calendar. This year it has added poignancy because, perhaps not unlike the disciples in Jerusalem, after the first Ascension Day, we are still waiting – waiting for the end of lock-down, and indeed for the slow journey back to normality, even if a 'new normal'. No doubt there continue to be many deprivations, for us as a Parish, for all those suffering ill health, loneliness or economic uncertainty, here and around the world, and the cancellation of so many important events: public examinations, sports and cultural activities, holidays, festivals. However, despite all of this, we are assured that God is with us, he is turning our darkness to light, and he still promises to renew and refresh us with the outpouring of his Holy Spirit.

In previous years we have had the immense blessing of 'Prayer 48', which inevitably can't happen this year. But the good news is that there is still much to pray about, we are still promised transformation - personal, church, and world - as we spend time with God, bringing the needs of so many to him, asking for the renewal of the church, and awaiting the Holy Spirit. This edition, in particular, offers us a daily spiritual reflection, from Ascension to Pentecost, based upon some key Biblical passages, including the Farewell Discourses of Jesus in St John's



Revd James Shakespeare

Gospel. I am most grateful to our Ministry Team for preparing them, and indeed for all our daily 'Thoughts' online, since the outbreak of the pandemic. Please do use this time to pray, to engage with these reflections, and we would also encourage you to use the resources of 'Thy Kingdom Come', the Archbishop of Canterbury's initiative for renewal, during this special season. Further details follow.

Otherwise I know that our editors are gathering material which indicates ways in which parishioners have been helped through these most challenging lock-down days. Further to Boris Johnson's message on 10<sup>th</sup> May, I am aware that this need for resilience, creativity and mutual support, is going to be needed, potentially, for quite a while longer. And even come July, we don't yet know exactly what form our worship or gathering, as a congregation at St John the Evangelist, physically, is going to take. We will be looking for guidance from our Bishops and Archbishop. Suffice it to say that we remain united in prayer and fellowship, whether online, by phone or physically gathered. And we know that the world is genuinely searching, the pandemic having raised so many questions about meaning and value, what really matters - questions which God in Christ, through our Gospel, answers. May we all remain united in truth and love, open to the future that God in Jesus has for us.

Lastly, you will find, in this Parish Voice, details of what is going on in our local community, as we continue to respond to COVID-19, as well as of charities that desperately need our support. Please do be generous, if you are in a position to do so, and if you are one who needs financial support personally, please let me know, so I can respond, sharing the resources made available to me. And remember also that our ministry and mission at St John's, including our mission links, continue, so do please be faithful, supporting the stewardship of our Parish. Thank you all.

**Reflections**  
**from**  
**Ascension Day**  
**to**  
**Pentecost**

## Thursday 21 May: Ascension Day

### Luke 24: 44-53

*'a waiting time...'*



Jesus said,  
“stay in the city,  
until you are clothed  
with power  
from on high.”

(Luke 24:49)

Ascension Day is the start of a special period of time – of waiting – for the coming of the Holy Spirit at Pentecost. In today’s reading the risen Jesus has appeared to the disciples, for the third time, in Luke’s Gospel. He announces Peace, and radically shifts the disciples’ perspective, by showing them that everything that has happened was necessary. It’s all been part of God’s intention, to bring forgiveness and salvation to the world.

Sometimes we need to allow time – especially when difficult and unexpected things have happened – to allow our perspective to be shifted, to see the bigger picture, and reality transformed by Jesus. Then our eyes are opened, like the disciples on the Emmaus Road, to the fact that Jesus has been with us all along and is preparing us for a purpose bigger than we have previously imagined.

At the end of this discourse, Jesus leaves the disciples with a unique challenge. They are the ones who will be going out at his witnesses, to proclaim the resurrection and salvation to the world. The baton is going to be handed over to them, as Jesus disappears from their sight and ascends into heaven. However, Jesus instructs them to wait in Jerusalem, until they

are 'clothed with power from on high'. In other words he promises them the gift of his Holy Spirit, to equip them for the work he wants them to do: 'See, I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high.' (Like 24.49) Waiting, 'staying here', is an essential part of the disciples' preparation for God's future work, through them. It is only through 'waiting', having had their minds opened, that they will receive the energy and gifts to witness to him. And the same is true for us to...

The lock-down may be extremely challenging, and we don't like being prevented from doing what we normally do. But, for now, we are encouraged to continue waiting - in a new way - to receive what God promises us: to prepare to be surprised by the joy and gift of his Holy Spirit. God is at work through us, and afterwards there will be an explosion of creativity and service, through St John's. But for now, and over these next ten days until Pentecost, we must wait – and pray. We must dare to pray devotedly, from the heart, attentive to the scriptures and into the needs of our world – trusting that God will 'clothe us with power from on high.'

Do visit the 'Thy Kingdom Come' website, and use its prayer resources for these next ten days, including its Prayer Journal <https://www.thykingdomcome.global/resources/key-resources-2020> , as well as our daily meditations in Parish Voice. A waiting time, if we allow it, may be just we are searching for, in order that God may refresh us, and reveal his purposes for our future.

Bishop John Pritchard challenges us, in 'How to Pray', to get better at slowing down and waiting: 'When are the potential slow-down times in your day? Don't pretend there aren't any! It might only be in the bathroom or in bed at night, but equally it might be walking the dog, driving, waiting at a checkout, or a dozen other times. So when are they – for you?'

I suspect, while lock-down lasts, there may be far more than we realise.... Let's use them, to wait on God, to pray, to allow our perspective to be shifted, and to be filled anew with his Holy Spirit. Amen

**Friday 22 May**

**John 14: 15-24**

*'If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you forever.'*



Today's reading is the very well known part of Jesus' Farewell Discourse to the disciples in which he explains that he will soon be leaving them, but promises he will ask the Father to send 'another Advocate'. He alone of all the Gospel writers uses the Greek word 'parakletos' to describe the helper who is coming. I love the associations of this word: 'consoler', 'comforter', 'counsellor' or 'helper'. It is sure, knowing John, that he intended all these meanings in his choice of the word.

This new Advocate will never again leave, marking a significant change in God's dealings with Man. From now on the Holy Spirit will live within God's followers. John almost suggests that the Trinity will become a four-fold relationship, with the intimate relationship between Father, Son and Holy Spirit now expanded to include the believers. John emphasizes this astonishing revelation through his repetition of language such as 'he will be in you ... I am in my Father and you are in me, and I am in you...those who obey my commandments are the ones who love me. And because they love me, my Father will love them. And I will love them.' John implies that followers of Christ should not aim to be more Christ-like but to 'participate' in him.



In the light of the incredible reassurance that God and Christ have made their homes with us, how can we ever imagine that there is any distance between us and God? As Paul writes in the beautiful Romans 8:31-39 passage: 'I am convinced that nothing can ever separate us from God's love. Neither death nor life... neither our fears for today nor our worries about tomorrow...indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.'

*Keep us, good Lord, under the shadow of your mercy in this time of uncertainty and distress. Sustain and support the anxious and fearful, and lift up all who are brought low; that we may rejoice in your comfort knowing that nothing can separate us from your love and that you are always with us.*

**Saturday 23 May**

**John 14: 25-29**

*'The Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you.'*



Today's reassuring passage tells us of the Lord continuing to give encouragement and comfort to the disciples just hours before His arrest and crucifixion. Their whole world would soon be turned upside down. Rather than being focused on Himself, the Lord's focus was on equipping them for the trials that they would face. Imagine, He is about to face torture and a most painful death and His only concern is solidifying in the followers souls His joy and peace. What an amazing thing!

He tells them that the Holy Spirit will be sent to them by God and himself, the Son. The Holy Spirit will teach them and remind them of all He has said to them. Imagine you are leaving for a long trip and you have to tell your family or colleagues everything they need to do in your absence. You can see they are hearing your words but are they listening and will they remember everything? The Holy Spirit will be there to remind them and this would prove to be crucial to the life of the church and the writing of the New Testament. How must it have felt to be hearing these words? How could they be sure of all He said? They must have felt bewildered, uneasy and afraid but He goes on to encourage them;

*‘Peace I leave with you; my peace I give you’*

Peace is a common Hebrew greeting however Jesus uses it in an unusual way. He uses it to speak of the salvation that His work will achieve for His disciples - a total well being and inner rest of spirit in fellowship with God. His parting gift, His last will is true peace. This must have comforted them, they must have felt excitement even facing what was to come to them.

*‘Do not be troubled and do not be afraid’*

The disciples had just received very troubling news. The news that He would not be with them for very much longer. The realisation that they were going to be alone without His guidance must have been terrifying and must have filled them with great sadness. The Lord is comforting them, He tells them it will be ok that they are not to worry. He goes on in the passage to tell them He is coming back to them. He assures them that they should be happy for Him to be going to the Father and that the Father is greater. This is important for them to know that even He is at God’s mercy and that the incarnation is by God and this helps to understand the unity of the Father and the Son. Further on He assures the disciples, He is telling them of what is to come not to cause upset or worry but so that when He returns they will know it is Him and they will believe in all He has taught them.

After being assured of the Holy Spirit’s coming and the assurances that He will come back to them; they must have felt a little better although any doubts or fears they had can be completely understood and I would imagine there were plenty. However; the Lord returning and the Holy Spirit filling them will have banished these.

The overall lesson for the disciples is that the Holy Spirit will comfort them, and us, they can trust in the Holy Spirit, as can we. When they accept the Holy Spirit into their hearts they will have His joy and peace and can share this with everyone.

*Come, Holy Spirit, fill the hearts of your faithful.  
And kindle in them the fire of your love.  
Send forth your Spirit and they shall be created.  
And you will renew the face of the earth.*

**Sunday 24 May**

**Acts 1: 6-14**

*As they were watching, he was lifted up, and a cloud took him out of their sight.’ (Acts 1.9).*



Painting: *The Lord's Ascension*, by William Henry Margetson (1861-1940)

The ascension – merely an exclamation mark?

What is the significance of the ascension? We know the death and resurrection of Jesus are of great theological importance. But does the ascension really matter?

Judging by the attention it receives in many churches, the ascension can easily be ignored. Often it acts as a mere add-on to the resurrection – an exclamation mark at the end of the phrase ‘Christ is risen!’.

Yet it is clear from the writings of church theologians in the fourth and fifth centuries that the celebration of the ascension forty days after Easter had already been firmly established as a major festival in the Christian year.

That tradition was continued over many centuries, reflected in the fact that, in several European countries today, Ascension Day is a national holiday.

The founders of this tradition shared with the writers of the New Testament the belief that the significance of the ascension lay in its affirmation of Jesus' authority above all physical and spiritual powers. This is reflected, for instance, in Peter's declaration that Jesus had been exalted to the right hand of God and had subjugated every power beneath his feet (Acts 2.33-36).

Whereas the resurrection is the vindication of Christ's messiahship and sonship, therefore, the ascension is Christ's enthronement. Just as the resurrection proclaims, 'he *lives* – and that forever', the ascension proclaims, 'he *reigns* – and that for ever.'

*Risen and ascended Lord, thank you for your authority above all that is within us and around us that is hostile to you. May we live in the freedom of your reign in every sphere of our lives. And may the world come to know the liberating truth that you are King and Lord. Amen.*

**Monday 25 May**

**John 15: 1-11**

*'I am the true vine, and my Father is the vine-grower.'*



Our reading today includes the last of the seven *I AM* sayings in John's Gospel. It comes midway in the record of the Last Supper (chapters 13-17). Jesus, aware of his impending departure from this world, gives both direction and assurance to the disciples surrounding him. Judas, who was about to betray him, had already left, and was the prime example of the branch of the vine that had not borne fruit and would be cut off and burnt as the picture that our Lord was painting described. His vivid picture also picks up the fruit of the vine in the wine that was being shared.

Our Lord reminds those present that If they keep God's commandments, they will abide in his love, just as Jesus has kept his (and their and our Father's) commandments and abides in his love. He concludes by drawing them into his narrative, telling them that he has said these things that his joy may be in them, and that their joy may be complete.

As we dwell in the joy of this Easter Season between our Lord's resurrection and the coming of the Holy Spirit at Pentecost we also remember today, the Venerable Bede, who gave his life to the Lord as a monk, scholar and historian. We pray that we might follow his example in bearing fruit that will

bring God's Peace and Love to this world.

And remembering the invitation from Archbishop Justin Welby, to be part of the global prayer movement "Thy Kingdom Come", we all commit to playing our part in the renewal of the nations and the transformation of communities.

A Poem by Malcolm Guite  
*I Am the Vine*

How might it feel to be part of the vine?  
Not just to see the vineyard from afar  
Or even pluck the clusters, press the wine,  
But to be grafted in, to feel the stir  
Of inward sap that rises from our Root,  
Himself deep planted in the ground of Love,  
To feel one's leaves unfold, a tender shoot,  
As tendrils curled unfurl, as branches give  
A little to the swelling of the grape,  
In gradual perfection, round and full,  
To bear within oneself the joy and hope  
Of God's good vintage, till it's ripe and whole.  
What might it mean to bide and to abide  
In such rich love as makes the poor heart glad?

**Tuesday 26 May**  
**John 15: 12-17, 26-27**

*'This is my commandment, that you love one another as I have loved you.'*



This is the one commandment Jesus gives in John's Gospel. And it is a commandment. Not a request. Not an option in life. Not something we can do if we feel like it. Jesus is telling us to love each other. It is a deliberate decision we make about how we treat people – regardless of how we feel about them.

Many people struggle with this command and don't understand how they can be made to love – surely we can't choose who we love, we might argue. But Jesus would never command the impossible. He is not asking us to love one another out of our own being and our own strength, but in response to the fact that He loves us. He is asking us to love each other with the same quality of love he has for his Father, and that his Father has for him, and that Father is God, who is Love.

He demonstrates the strength of this love by explaining that love lays down its life for a friend. This verse, which is used in the Act of Remembrance each year, may seem extreme but Jesus is asking us to go out of our way to



help people, to serve people, to share with people, to make an effort to show our love.

Jesus gives this new commandment in place of the Old Testament: 'love your neighbour as yourself' because he has demonstrated the extent of the love he is asking us to share in the way he lived and ended his life. The more we ponder the enormity of Jesus' love for us, the better we should be able to share that vast love with those who need it.

*Almighty God, who has given us a new commandment that we should love one another, give us also the grace that we may fulfil it. Make us gentle, courteous and forbearing. Direct our lives so that we may look each to the good of the other in word and deed, through Jesus Christ our Lord. Amen.*

*(A prayer of Bishop Westcott, 1825-1901)*

Wednesday 27 May

John 16: 4b-15

*'I still have many things to say to you, but you cannot bear them now.'*



Duccio di Buoninsegna, 'Christ Taking Leave of His Disciples' panel from the Maesta Altarpiece (1308--1311)

If you have ever had the experience of being with someone, particularly someone you love, during their final hours, then you will know how significant their last words are. They take on extra significance and you may well turn them over in your mind for many years to come. Sometimes it is only after death that we find the words and thoughts of a loved one; in a letter or a diary, and we sigh and ask 'why didn't they ever tell us...'

Today's words come from those of Jesus, spoken during the Last Supper, in a section we often call the Farewell Discourse. Gathered together with his disciples, those men and women with whom he has shared three years of life and ministry, he tries to sum up all he wants to pass on to them. It's a long passage, but even so, Jesus knows he cannot say everything that he needs to say. It's not just time that's against him; but the disciples own readiness. Jesus knows that understanding always comes gradually and so he shares only as much as the disciples can manage. And perhaps, at the end, it will be not the words, but the symbolic actions of feet washing, and sharing bread and wine, which will stay with them and teach them the most.

Our faith is similar. Our knowledge and love of God gradually unfurls; through word and action, through prayer and through the guidance and support of the Holy Spirit. Sometimes we take baby steps and sometimes we take giant leaps. Slowly, as and when we are ready, we learn new things about God, about ourselves and about our journey of faith.

It brings me to mind of Paul's words, in the letter to the Corinthians; "I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready." (1 Corinthians 3.2). There are always some teaching that we are ready to hear, and some which we cannot yet bear. That's why scriptures can always speak to us afresh; as every time we immerse ourselves in it, God is ready to show us new things.

Like Advent and Lent, this period of Ascension to Pentecost is a time where we can grow in faith and deepen our prayer-life with God. It is a time when we can take those next steps, listening to God and walking faithfully with each other. As you reread today's reading, you might like to reflect on the following questions:

I wonder what Jesus would want to say to you right now.

I wonder what words or teaching you are ready for.

I wonder what would be 'too much' for you to hear and for which you are still not ready.

Thursday 28 May

John 17: 20-26

‘that they may all be one’



As we continue in that ‘waiting time’ between Ascension and Pentecost, we are nearing the end of our reflections on the Farewell Discourses in St John’s Gospel. Jesus may already have ascended to the Father, but we are meditating on his poignant closing words to his beloved disciples – and us. John 17 is a profound prayer for the disciples, containing much wisdom. It is separated into three parts. The first part focuses on the Trinity, Jesus’ relationship with the Father, and seeking the fulfilment of God’s glory; the reality from which the Church flows. The second part focuses on the disciples, those who were with him in his ministry, and witnessed to him after his resurrection and ascension into heaven. Today’s reading moves to the third group, *‘those who will believe in me through their word’*, in others words ‘you and me’ – all who will become Christians through the apostles’ witness. And at the heart of Jesus’ prayer for us, is ‘that [we] may all be one’.

It may surprise us that above all Jesus prays for our unity, our togetherness, our love for each other. Why is this so important? Surely there are more pressing concerns, such as who will provide leadership, who is going to do what – something now, as we anticipate the end of lock-down, more

important than ever, as we look to the shape of the church to come. But Jesus' great prayer reveals that our unity reflects the unity between the Father and the Son, and is the primary means by which the world will come to believe. And what's more, if we are united, in the tough love of genuine belonging and Christian community, then we *will* naturally realise what to do, how to minister and lead God's Church, how to reach out, how to serve him in the world. Together we will find the way, and become a vehicle of God's saving love and mission today. Nothing could be more important.

Think of one way in which we, as a congregation, could genuinely grow in love and unity, in the months ahead, listening to each other, strengthening our common bonds and sharing gifts.

*Lord, thank you that in your ministry you prayed for us, that we might be one, reflecting your glory, and so leading many to believe in you. Lord, help us at St John's to live as one. Inspire and guide us, with imagination, generosity and humility, to reflect the love of your Son, our Saviour Jesus Christ. Amen*

Friday 29 May

John 21: 15-19

*'Jesus said to Simon Peter, "Simon son of John, do you love me more than these?"  
He said to him, "Yes, Lord; you know that I love you."' (John 21.15)*



We are often encouraged to contemplate God's love for us. But how often are we challenged to consider our love for God? Perhaps we serve God, fear God, honour God, respect God, obey God. But do we *love* God?

Jesus could have asked Peter any number of questions about the quality of his discipleship and commitment. But he only asks him one question: 'do you love me?'

He asks it three times. Three times, in response, Peter confirms his love. And three times Jesus tells him to 'feed my sheep'. This matches the number of times Peter had denied Jesus at the start of his passion.

The numeric correlation carries a message. It is one of God's sheer grace and forgiveness towards sinners. Here is a man who had thought he was a dedicated follower of Jesus; then proved to himself that he was in fact a persistent denier of Jesus; but now finds that he is installed, with equal persistence, as a pastor of Christ's flock.

It is a model of God's unlimited love for us. How unlimited, in response, is

our love for him?

*Lord Jesus, you restored your failing disciple Peter and entrusted him with feeding your flock. Thank you that this reflects your unlimited love towards all failing disciples, like ourselves. May that unlimited love so inspire us that we can say, from overflowing hearts, that we love you.*

**Saturday 30 May**

**Romans 8:18-30**

*‘In hope we were saved. Now hope that is seen is not hope... But if we hope for what we do not see, we wait for it with patience.’*



Today's reading comes from Paul's letter to the church in Rome. It was written in the Spring of AD 57, from Corinth when Paul was on his third missionary journey at a time of continued growth in the church, a time when both Jew and Gentile were discovering their new found faith. Paul in his letter seeks to explain that faith.

Today is the last day of the Easter season and we are about to experience an explosion as the Holy Spirit is seen in Jerusalem at Pentecost, descending as tongues of fire on the disciples, when as a result of that infilling of the Holy Spirit, Peter was able to convert some three thousand new disciples. It was the birth of the Church as the Gospel spread out from Jerusalem to the world.

The choice of our passage in the Lectionary is therefore pertinent to that impending birth. Paul writes “We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.”



Paul is telling his readers that their new faith fills and guides them through the action of the Holy Spirit, and confirms in them and in us, the promise of salvation and of our future inheritance as adopted children of God.

At this time of expectation and hope from the release of the world from Covid-19, our reading puts into perspective that even bigger hope of the coming Kingdom. That hope sustains our faith, and we are told by Paul that the Holy Spirit guides and prompts us in that yearning and in prayer.

And so we should all be encouraged that despite the sufferings of the present time, God is always with us if we listen to his voice through prayer and reading or wait in silence on him. If we are able to do that, our HOPE will be strengthened and we SHALL know his presence in our lives however difficult and challenging our present circumstances may be.

At this time we are also encouraged by Archbishop Justin Welby to be part of the global prayer movement known as "Thy Kingdom Come" as we all commit to playing our part in the renewal of the nations and the transformation of communities.

*Heavenly Father we thank you for your love and your blessings and for that hope which promises that nothing can separate us from your love in your Son our Lord Jesus Christ. Amen*

## Sunday 31 May : Pentecost

### Acts 2: 1-21

*'When the day of Pentecost came, they were all together in one place.'*



Stained glass window from St Aloysius' Church, London

At the end of these ten days of prayer, we arrive at the Feast of Pentecost. It's a festival that is often less celebrated than Christmas and Easter, but like them, it is one that changes everything. On this day, we remember the disciples, gathered together in one place, who received the gift of the Holy Spirit. And we remember a reversal of Babel; how 3000 scattered people, of many different nationalities, came together, heard their own language being spoken by the apostles and become united in faith and fellowship, allowing their lives to be changed by the message that was proclaimed.

When the day of Pentecost comes this year, we will not be together in one place, to worship, to pray and to wait upon the Spirit. But as scattered people, we can still be moved to experience God's love and power afresh. Because Pentecost has always been about unification, about the Holy Spirit reaching across the breach and bringing people together despite their

differences... The Holy Spirit is not constrained by social distancing and if there's one thing we know about the Holy Spirit, it is that she, even more than COVID-19, is highly infectious!

And so, this Pentecost we can celebrate that the Holy Spirit continues to fall upon both old believers and new believers; on those who are confident and full of faith and on those who are a little bit unsure. This breath of God falls upon each and every one of us, and draws us both to God and to a deeper sense of belonging with each other; a community of believers which spreads across the globe. In the unity of the Holy Spirit we are comforted because we discover that, despite the distances that separate us, none of us are in isolation – each of us continues to be part of the Body of Christ; a body that knows no barriers and no restrictions. A body which is held together through the overflowing love of God, which itself knows no bounds

This Pentecost, as we celebrate the work of the Holy Spirit, let us also notice how we experience her acting in our lives. Because she is there, when we feel our hearts comforted and we find peace; despite conflicting advice and very real fears. She is there, prompting us to phone up old friends who we discover really needed to hear our voice. She is there, when we decide to check on our elderly neighbour and when we see the best in a bad situation and when we feel that sense of warmth during prayer. The Holy Spirit is there, nudging and encouraging and provoking, and holding us together as one Church even when we cannot be together in one place.

*Holy Spirit, sent by the Father,  
ignite in us your holy fire;  
strengthen your children with the gift of faith,  
revive your Church with the breath of love,  
and renew the face of the earth,  
through Jesus Christ our Lord. Amen*

(Collect for Pentecost)



Thy Kingdom Come is a global prayer movement that invites Christians around the world to pray from Ascension to Pentecost for more people to come to know Jesus.

Since its start in May 2016, just three and a half years ago, God has grown Thy Kingdom Come from a dream of possibility into a movement. In 2019 Christians from 172 countries took part in praying 'Come Holy Spirit', so that friends and family, neighbours and colleagues might come to faith in Jesus Christ.

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*

After the very first Ascension Day the disciples gathered with Mary, constantly devoting themselves to prayer while they waited for the outpouring of the Holy Spirit at Pentecost. Like them, our reliance on the gift of the Holy Spirit is total – on our own we can do nothing. Through the centuries Christians have gathered at that time to pray for the coming of the Holy Spirit. 'Thy Kingdom Come' picks up this tradition.

We are praying that the Spirit will inspire and equip us to share the Good News

of Jesus Christ with our friends and families, our communities and networks. It has been amazing how many varied ways there have been in which people from every tradition have taken up this challenge. The effects have been remarkable.

It is our prayer that those who have not yet heard the Good News of Jesus Christ and his love for the world will hear it for themselves, and respond and follow Him. Specifically, we again invite each and every Christian across the country to pray that God's Spirit might work in the lives of 5 friends who have not responded with their 'Yes' to God's call.

Please do look at the resources on the Thy Kingdom Come website, including their Prayer Journal and Digital Family Prayer Adventure Map.

*"In praying 'Thy Kingdom Come' we all commit to playing our part in the renewal of the nations and the transformation of communities."* Archbishop Justin Welby

<https://www.thykingdomcome.global/>

# **Resources for Families**

## Ascension Day

*As the disciples were watching, Jesus was lifted up, and a cloud took him out of their sight. Then suddenly two men in white robes stood by them. 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.*

*From Acts 1 v 9-11*



L'Ascensione (The Ascension) by Giotto, c.1305

### **Read: Acts 1. 1-11**

On Ascension Day, which takes place 40 days after Easter, we remember Jesus' ascension (going up) into heaven. Every Sunday we read passages from the gospel; the stories of Jesus' life here on earth. Since Easter, these stories have focussed on the ways in which the disciples met with the risen Christ. But Jesus couldn't stay on earth in this way. Jesus returned to

heaven where he lives with God. From there, he continues to love the whole world and although Jesus is not physically present with us any more, he has sent the Holy Spirit, the comforter, to be with us. On Ascension Day we also start this special time (from Ascension to Pentecost), where we pray for the work of the Holy Spirit in our lives, just as the disciples did.

In the reading, the disciples were asked why they were standing around looking up at the sky. Like them, we are challenged to look not just towards God but also to go out and practise Christ's command to be His witnesses in the world.

### **Ideas for you to do as a family today:**

Search for 'Ascension Paintings' online – there are many beautiful paintings of Jesus going up to heaven (including the one above). Talk about your favourite painting. Then try to paint your own version!

Think of things that go up into the air e.g. kites, rockets, planes. Pick one and then build it – send us a photo or video of it flying!

One of the traditional pieces of music for Ascension Day is 'God is gone up with a merry noise' – can you make a merry noise today? Maybe you could make your own musical instrument using things you can find round the house!

Finally, think about the command to be God's witnesses in the world. How can you go out to be a blessing to the world around you? It doesn't need to be anything very big, the smallest of things can bring great joy.



**“Christ has no body on earth now but yours,  
no hands but yours, no feet but yours;  
yours are the eyes through which he looks  
with compassion on the world;  
yours are the feet with which he walks to do good;  
yours are the hands with which he blesses all the world.”**

Saint Teresa of Avila

**Almighty God,  
who called your Church to witness  
that you were in Christ reconciling the world to yourself:  
help us to proclaim the good news of your love,  
that all who hear it may be drawn to you;  
through him who was lifted up on the cross,  
and reigns with you in the unity of the Holy Spirit,  
one God, now and for ever.**

Collect for Mission and Evangelism

## Ascension to Pentecost

*Then the apostles returned to Jerusalem. When they arrived, they went upstairs to the room where they were staying. Those present were Peter, John, James and Andrew; Philip and Thomas, Bartholomew and Matthew; James son of Alphaeus and Simon the Zealot, and Judas son of James. **They all joined together constantly in prayer**, along with the women and Mary the mother of Jesus, and with his brothers.*

*From Acts 1 v 12-14*



Before the disciples did anything else, they joined together in praying constantly. Between Ascension and Pentecost, can your family pray together each day (or pray more together, if you already do!). For instance, you could commit to do one of the following:

Saying grace at the main meal each day

Praying the Lord's Prayer together at the beginning of the day

Praying together for the day that has passed, before you go to bed

If you would like more creative ways of praying, you might like to look at:

Prayer Spaces in Schools have created a page of ideas for creating a prayer space at home:

<https://www.prayerspacesinschools.com/prayer-spaces-at-home>

Join in with the Thy Kingdom Come Family Prayer Adventure (map, app and podcast):

<https://www.thykingdomcome.global/resources/digital-family-prayer-adventure-map>

Pray As You Go, Family Examen (for the end of the day):

<https://pray-as-you-go.org/player/prayer%20tools/anexamenforthefamily>

Lots of creative prayer ideas (particularly for younger children):

<http://flamecreativekids.blogspot.com/search/label/prayer>

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.**

## Pentecost

*Those who accepted his message were baptized, and about three thousand were added to their number that da*

*Acts 2, verse 41*



### **Read: Acts 2. 1-21**

The festival of Pentecost comes 50 days after Easter (and 10 days after Ascension Day) and remembers when the first disciples received the gift of the Holy Spirit, which Jesus had promised. In the reading for today, we hear how all the disciples were together when the Holy Spirit came upon them. It was probably hard to describe something so amazing, but images of both wind and fire are used. After they were filled with the Holy Spirit, the disciples all started speaking different languages, which amazed all the people that were listening. Then Peter spoke to the crowds and told them about Jesus; through these words, many believed and were baptised.

Since the day of Pentecost, the Christian Church has grown so that it now has approximately 2.4 billion members across the globe. Because of what happened on that day, Pentecost is often thought of as the birthday of the church.

## **Ideas for you to do as a family today:**

As we celebrate the birthday of the church, why not hold a birthday party at home! You could make a cake, play some games and sing 'Happy Birthday'.

Build a model church out of lego, duplo, or another construction toy. As you build it, you might like to pray for people you know from church and for people you would like to become part of the church.

At church, the colour for Pentecost is **RED**. How many red things can you find in your house today – maybe you could create a collage of red pictures or even dress up in red for the day.

Younger children might like to try painting wind and fire using poster paint and spreading it through blowing into straws.

Older children might like to try making these Kirigami flame spinners <http://www.arvindguptatoys.com/toys/chandelier.html>

Talk to each other today about how you experience the Holy Spirit – what words would you use to describe it?

**Almighty God,  
your ascended Son has sent us into the world  
to preach the good news of your kingdom:  
inspire us with your Spirit  
and fill our hearts with the fire of your love,  
that all who hear your Word  
may be drawn to you,  
through Jesus Christ our Lord.**

*Prayer for Thy Kingdom Come*

# **Helping You Through Lockdown**

# Beatitudes for a Global Pandemic

## BEATITUDES

FOR A GLOBAL PANDEMIC

BLESSED ARE THOSE  
WHO STAY INDOORS



FOR THEY HAVE  
PROTECTED OTHERS

BLESSED ARE THE  
UNEMPLOYED AND THE  
SELF-EMPLOYED



FOR THEIR NEED OF  
GOD IS GREAT

BLESSED ARE THE  
CORNER SHOPKEEPERS



FOR THEY ARE THE  
PURVEYORS OF SCARCE  
THINGS

BLESSED ARE THE DELIVERY  
DRIVERS AND THE POSTAL  
WORKERS



FOR THEY ARE THE  
BRINGERS OF ESSENTIAL  
THINGS

BLESSED ARE THE HOSPITAL  
WORKERS, THE AMBULANCE CREWS,  
THE DOCTORS, THE NURSES, THE CARE  
ASSISTANTS, AND THE CLEANERS



FOR THEY STAND BETWEEN US AND  
THE GRAVE, AND THE KINGDOM OF  
HEAVEN IS SURELY THEIRS

BLESSED ARE THE  
CHECKOUT WORKERS



FOR THEY HAVE PATIENCE AND  
FORTITUDE IN THE FACE OF  
OVERWORK AND FRUSTRATION

BLESSED ARE THE  
REFUSE COLLECTORS



FOR THEY WILL SEE  
GOD DESPITE THE  
MOUNTAINS OF WASTE

BLESSED ARE THE  
TEACHERS



FOR THEY REMAIN  
STEADFAST AND  
CONSTANT IN  
DISTURBING TIMES

BLESSED ARE THE CHURCH  
WORKERS: THE DEACONS,  
PRIESTS AND BISHOPS



FOR THEY ARE A COMFORTING  
PRESENCE IN A HURTING  
WORLD AS THEY CONTINUE TO  
SIGNPOST TOWARDS GOD

BLESSED ARE THE SINGLE  
PARENTS,



FOR THEY ARE COPING  
ALONE WITH THEIR  
RESPONSIBILITIES AND  
THERE IS NO RESPIRE

BLESSED ARE THOSE WHO  
ARE ALONE,



FOR THEY ARE CHILDREN OF  
GOD AND WITH HIM THEY  
WILL NEVER BE LONELY

BLESSED ARE THE  
BEREAVED,



FOR WHOM THE WORST HAS  
ALREADY HAPPENED. THEY  
SHALL BE COMFORTED

BLESSED ARE THOSE WHO  
ARE ISOLATED WITH THEIR  
ABUSERS



FOR ONE DAY - WE PRAY -  
THEY WILL KNOW SAFETY

BLESSED ARE ALL DURING THIS TIME WHO HAVE PURE HEARTS;  
ALL WHO STILL HUNGER AND THIRST FOR JUSTICE; ALL WHO  
WORK FOR PEACE AND WHO MODEL MERCY



MAY YOU KNOW COMFORT. MAY YOU KNOW CALM. AND MAY THE  
GRACE OF OUR LORD JESUS CHRIST, AND THE LOVE OF GOD, AND  
THE FELLOWSHIP OF THE HOLY SPIRIT, BE WITH US ALL. AMEN

TEXT: JAYNE MANFREDI

CartoonChurch.com

Beatitudes for a Global Pandemic  
By Jayne Manfredi, Dave Walker

## Hello from the 'South Island'...

It is now over 10 years since we left Cambridge and St. John's to live on the Isle of Wight. And until now we have never felt 'cut off'. It has therefore been the highlight of the week to tune in to services from St John's on a Sunday morning and to see faces and hear the voices of those we know taking part in worship. Some of these faces we have known since birth and it's truly lovely to see how things have developed in Hills Road.

One reason for our isolation, of course, is the ferry service which is only carrying food and necessary goods such as heating oil, and it is difficult to travel to see one's family, especially given that even if one can get on the ferry you cannot get out of your car to use the facilities. [In normal times one is not allowed to stay in one's car!]

Anyway all that being the case we live in one of the most beautiful places in the kingdom. The Isle of Wight has a circumference of 70 miles and a population of 141,538. Our particular village of St. Lawrence is tiny and adjacent to Ventnor on the very southern part of the Island. The climate is almost Mediterranean (well usually!) and the landscape of the whole Island is like a 'little England'. We call ourselves the 'South Island'. Socially we live in a very busy place – one can be out doing something different every day of the week. Our churches (we have two in this village) are part of a United Benefice of four parishes, but geographically we are cut off from two of these by a landslip which happened several years ago meaning that to visit two of the other parishes we have to travel quite a long way comparatively. Our parish church is of a similar age to St. John's and has pre-Raphaelite stained glass windows of significance; our Old Church is 12<sup>th</sup> Century, tiny and beautifully peaceful – and only a few yards



away from our home. Our tiny congregation (usually around 15) is enthusiastic but bowed down by the financial responsibility of maintaining two precious buildings with an Electoral Roll of only 30 people. We



have a benefice choir (for joint services, funerals, weddings) and at present our Rector leads a Zoom service each Sunday morning with another 'chat' session during the week when we can exchange our news.

So you can imagine that at this present time we do miss being with you all on our usual regular trips to Cambridge and Norfolk to visit our family. We haven't seen any of them now for around 13 weeks except through the power of technology. We did have a family quiz courtesy of Zoom yesterday – that was great fun with even the little ones chipping in with answers!

The Island has been lucky in that we have had only a small outbreak of Covid 19 although this has resulted in nearly 30 deaths. We are exceptionally well served by our NHS hospital in the main town of Newport and have a wonderful community of friends and necessary services down here – our village shops in particular. I have just been given a pack of face masks to make up; that will be interesting as they have come with some very 'wild' patterned material.

You are all in our thoughts and prayers; please remember us 'in isolation'.

David & Bridget Garton ([bridgetgarton@talktalk.net](mailto:bridgetgarton@talktalk.net))

## New Born

(An Easter Prayer)

For new born lambs  
Amidst the flocks of sheep  
Grazing in green fields,  
Father - we thank you.

For tiny chicks with pointed beaks  
Pecking their way to freedom,  
And for natural habitats'  
Father - we thank you.

For long-legged foals  
Chasing around the meadows,  
For riding horses and race horses,  
Father - we thank you.

For all birds of the air  
Who raise their fledglings  
And pipe their tunes,  
Father - we thank you.

From all abuse and cruelty,  
All killer diseases,  
All violent culling,  
Father - protect them.

For all your creatures  
Diverse and beautiful,  
Father - we thank you.

"Let everything that has breath  
Praise the Lord!"

*Beryl Johnson*

## Lockdown Baking from the Holden Family

One thing we have enjoyed doing together during lockdown (along with half the population apparently, judging from the scarcity of flour!) is baking!

Perhaps our most successful recipe so far Mary Berry's chocolate brownies (we gauge successful on how long cakes last). We don't like coffee or walnuts so we adapted the recipe to be more child-friendly/simple.



Here it is: (it is basically just chocolate )

### Ingredients:

375g plain chocolate, broken into pieces (we used about 300g)

250g stork/baking margarine

2 eggs

250g caster sugar (we reduced to 200g)

90g SR flour

250g plain chocolate chips

### Method:

1. Grease a 30 x 23cm baking tin and line with greaseproof/baking paper.
2. Put chocolate and marg in a bowl and sit over saucepan of simmering water until chocolate and marg all melted. Remove from heat.
3. Beat eggs and sugar in a bowl. Gradually beat in the chocolate mixture. Fold in the flour and chocolate chips.
4. Pour into tin and bake at 190c/Gas 5 for about 40-45 minutes until crust dull and crisp but middle still gooey. Leave to cool in tin, then cut into pieces.

They actually improved and got more gooey after a day or two – if you can wait that long!

## Credo

When I was in my teens I realised I had to make a commitment to God or not. I realised that there was no way to prove an Eternal Being, and it had to be a leap of faith. I needed to commit to Jesus or decide this wasn't any thing worth following.

I was lucky enough to be brought up in a sensible Christian family, and I realised that this family had gone before me and had something to say. My grandmother was central to this. Every morning she would go to her Bible and take time to consider and pray. Even my brother who had no belief reckoned my grandma had exceptional perception. I made the leap of faith and it has not let me down over six decades.

I believe in a God who is reasonable and is in control of our destinies, and when times have been tough, this has not let me down. I expect my God to be all pervasive and he will be there when we really need him when we pray in faith and let go. I have been very lucky in my faith, and it has shaped my life, thoughts and friends and I am grateful.

I believe that Jesus is the Messiah and was sent by God the Father to show us the way and I believe that the Holy Spirit dwells within us and helps us with wisdom and perception, and all the fruits of the spirit are ours if we pray.

I believe that God is there in the world and will help us and control us if we let him. I pray now that he will help us to move forward in all we do and say.

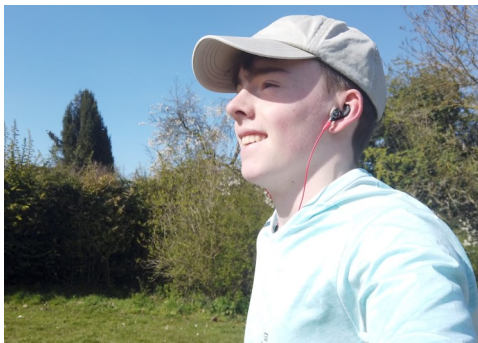
Gail Kenney.

## Running Through Lockdown

### Henry:

When lockdown was first introduced, my mind immediately jumped to what to do with the extra time I had been given. I knew I wanted to set a physical goal, since I had more time to run.

In the first 30 days of lockdown, I ran 5 kilometres every day - this was not only an immense milestone for me but it helped keep my spirits bright in these times of hardship.



Since then, I have done lots more running and use it as a way to clear my head and escape the house. I think we are lucky to have the opportunity to exercise and I didn't want to neglect that. My friends George and Ed have also been running too - we use it as a medium to challenge one another and stay in touch - where we could be lying around watching TV, we set each other goals and try to beat each other.

Although we can't run together, running is a great way to stay connected. Last week, for my birthday they made me run a trail around the local area, following hidden clues to end up ultimately finding my present: a running T-Shirt!

### George:

Rising early and going out carefree of matters is great for your body and you often find yourself racing the clock urging yourself to improve ... you have good days but also importantly less successful days however you always have your run which lightens everything ... Despite not being able to physically run together with my friends me Henry and Ed have still been able to keep in contact and share our progress. There has been an added bonus that we have been able to share and compose new routes I had never felt possible before ... Running is integral to me whilst in lockdown.



Ed:

Okay I will be honest with you, my lockdown running experiences aren't as impressive as those of some other people I know. In fact there isn't actually that much of them at all. But at the same time I think that that's why I feel so strongly about this. Before lockdown I was running all the time, every Saturday it would be a 5k race with my friends at park run. And throughout the week I would be going on runs of various lengths. It was great, the competition was intense but friendly, and more about the speed of improvement than who was the fastest.

When lockdown started I suppose you could say disaster struck! Park run was of course closed and people were advised to stay inside as much as possible. Normally I am on my feet a lot and doing random sport or exercise often throughout the day, but that suddenly all changed. Suddenly I had to get almost all my exercise from planned runs or workouts. Over time though, as school resumed and I was landed with huge workloads, these lessened almost to the point of obscurity. Kind of amusing huh, what with this being about my supposed love of running.

But that's the thing, one day after reading an article about running I suddenly, almost out of the blue, felt ridiculously motivated again. I put on my trainers for the first time in weeks and set out on one of the running routes I used to know so well. I was a lot slower than I had used to be, but the movement still felt so natural. Even the aches and pains that set in felt familiar and friendly rather than sharp. When



you properly push yourself hard in a run the only real description I can give is that you feel happy. I could say that it is because of dopamine released in the brain, but that seems to take away from the achievement of it somehow. You feel proud of yourself, and your body feels both light and heavy at the same time. You feel tired but also you feel free. Running doesn't just help you to stay 'active' and 'healthy'. It's rewarding but challenging, and after avoiding it for a while I can fairly say that it affects other parts of your life too. So does this actually explain what running means to me? To be honest probably not... but maybe it will give you a sense of it. Maybe even enough to go and find out what running could mean for yourself.

## Writing Forum to build Community Memories

Kay Blayney is passionate about community engagement and as part of supporting the QE 'Happy to Help' initiative (see page 51) she is facilitating a writing forum for all ages.

Kay believes that everybody has a story to tell and that during these COVID-19 times, writing provides an opportunity to build up a community memory of this time. This in turn, will leave a legacy to generations to come...

Kay is the former and future Writer-in-Residence at Rock Road Library and says that your writing can be anything from a list, a poem, a diary entry, a letter, a play, a song or how about a Hymn.



Your writing can be:

- Emailed to Kay at [hello@queen-ediths.info](mailto:hello@queen-ediths.info)
- Left in the book exchange box at Joy's Garden, Baldock Way
- Posted in the letterbox at 301 Hills Road
- Left in the church letterbox (when it re-opens)

.....or just kept for yourself!

# Neighbourhood News



## Introduction to Neighbourhood News

### Rev. James Shakespeare

It is good as a parish church, in the context of the coronavirus pandemic, to be actively supporting local charities and community responses. Indeed across Cambridge and up and down the UK, churches are helping provide welfare and aid to those many families and individuals most affected.

What began as a local neighbourhood 'Happy to Help' scheme, with a letter to all local residents, rapidly expanded – through our partnership with the Queen Edith's Forum – to include a co-ordinated Help-Line, providing practical assistance to isolated people. We were also supported by our local Councillor team.

Out of this came the next phase of local support, the launch of a local Food Hub (complementing the city-wide Food Banks), at St James' Wulfstan Way, launched on Saturday 9<sup>th</sup> May. On the first day of opening this provided food for up to 60 individuals experiencing food poverty. Indeed statistics from the City Foodbank evidence a sharp increase in take up from our Queen Edith's Ward, with more than double the number of families fed than normal. It is moving to see so many dedicated residents and agencies, together with the City and County Councils, and local churches, coming together to support so many people in acute need.

Finally, we must salute all the amazing work going on at Addenbrooke's Hospital, as well as Arthur Rank, and our other Care Homes, to serve those needing care, critical support and treatment, not least victims of COVID-19. I would encourage you, in difficult times, to support our local charities, including ACT and Arthur Rank, as well as our Food-Banks, and the recent Christian Aid Week appeal.

In the next edition we will turn our focus onto some of our St John's Overseas Mission Links.

## **HAPPY TO HELP SCHEME**

### **HELP-LINE TEL. 01223 641012**

#### **IF YOU NEED SPECIAL ASSISTANCE WITH FOOD, MEDICINES OR TOILETRIES**

Alongside local schemes offering special assistance – during the coronavirus – such as food supplies, prescriptions or toiletries, as well as telephone contact – if any of you, at St John's, are in need of such assistance, please let me know straight away.

I am also pleased to announce that our local 'Happy to Help' scheme, which has encouraged neighbourhood mutual support, includes a dedicated phone line, enabling people to request support in a more formal way. People will then be linked up with volunteers from across the ward, through a centralised system which we have set up. I am on the management team of this project, which is being sponsored by the City Council, and has been drawn up in a record space of time. We will exist alongside other such schemes across the city, as well as street level social media groups, and wider statutory and volunteers schemes, including NHS responders and British Red Cross volunteers. The latter, alongside County Council resources, are specifically targeting at those with more specialist health needs.

Further details about the 'Happy to Help' scheme are available from the Queen Edith's website: <https://queen-ediths.info/> Dedicated helpline number: 01223 641012.

I am delighted that this initiative has come about, as a partnership between local churches, the Community Forum, local councillors, and others. If you would like to volunteer, please visit their website.

James Shakespeare

**HAPPY TO HELP**

**QUEEN EDITH'S COMMUNITY  
FOOD HUB**

**Free food, accessible to all**

Organised for the neighbourhood by community volunteers

Hosted at St James Church, Wulfstan Way

Every Saturday from 9 May, open 10:30 to 12:30

**Just turn up!**

Groceries, pre-cooked ready meals and more

Safe distancing protocols observed

Feel free to bring your own shopping bag

Can't get out to visit us? Leave a message on our  
"Happy To Help" line 01223 641 012 and we can deliver

St James' Church  
Wulfstan Way, Cambridge

**Queen Edith's**  
COMMUNITY FORUM

ST JOHN  
the evangelist



## Help your hospital appeal

Addenbrooke's and the Rosie maternity hospitals are under increased pressure to provide care during the current crisis and hospital staff are going above and beyond to make sure that this care continues.

Addenbrooke's Charitable Trust is asking for your help to support the hospital and it's amazing people. Unfortunately, due to restrictions the hospital cannot accept physical donations or gifts. Instead, the staff are encouraging people to donate money so that the hospital can best decide where the help goes.

Your invaluable donation will help aid the wellbeing of staff and patients through this difficult time, provide vital equipment needed to support the Intensive Care Unit, enable research into diagnostics and treatments, and much more...

**Please donate now.** Text **NHSHEROES 5** to **70085** to donate £5, or text **NHSHEROES 10** to **70085** to donate £10. Your help has already funded...

- Snacks and refreshments for NHS staff
- iPads to allow patients to communicate more easily with staff and for families to speak to critically ill relatives in intensive care
- Psychological support for staff and patients
- The development of a brand new diagnostic test for COVID-19
- Activity packs for children in hospital who usually have to share, but due to the current situation are no longer able to.



# Arthur Rank Hospice Charity

*making every moment count*

## **SOS! Support our Services...**

In extremely adverse circumstances, we continue to provide essential front-line care to patients and families across Cambridgeshire.

We know that, however challenging the situation, we only get one chance to get end of life care right.

Our incredible colleagues are adapting, hour by hour, to keep everyone as safe as possible. At the same time, they are struggling with the harsh reality of not being able to offer a comforting hug, or a hand to hold, to family members and their loved ones at moments of heart-breaking loss.

### A devastating impact

The pandemic has already had a devastating impact on our ability to fundraise to sustain our vital services this year. Initial forecasts estimate a loss of £700,000 over the next six months. We need to ensure that we can carry on delivering essential care and services now, whilst also ensuring that services remain sustainable into the future.

### Will you respond to our SOS?

Please continue your financial support so that we can continue to provide essential services to our patients.

Please make your cheque payable to **Arthur Rank Hospice Charity** and send it to

The Fundraising Office  
Arthur Rank Hospice Charity  
Cherry Hinton Road  
Shelford Bottom  
Cambridge  
CB22 3FB

Or follow this link <https://www.arhc.org.uk/sos.asp>



**CANCEL THE DEBT**

**FIGHT CORONAVIRUS**



**Save lives.**

### **Christian Aid Week May 2020**

The people with whom Christian Aid works, in many countries of the world, are not ‘facing’ a climate change emergency but are ‘living’ with it, today, in the present. Now they are also today facing and sharing in the more obviously global emergency of the Coronavirus pandemic.

This pandemic is causing serious and tragic problems for us here in Europe, and it is causing even more severe problems in countries with less developed systems of communication and health care. The disasters of drought, related crop failures, hurricanes and subsequent flooding all lead to great poverty, and these countries have even less resources to use to combat the Corona Virus 19.

A significant amount of money is raised in Christian Aid Week each year, but this year the usual door to door /house to house collection cannot take place, because of the national situation. Also the fundraising activities and collections elsewhere have had to be cancelled. Christian Aid will be launching an on-line Christian Aid Week appeal and we can join in with asking its supporters to give as generously as they can so that the funds are there to help swiftly where help is needed. We would encourage you, please, to respond to this online appeal:

To make a telephone donation please phone: 020 7523 2269. To visit their website, please go to <https://www.christianaid.org.uk/>

To give directly into the Christian Aid Bank account please telephone: 020 7523 2226 for information.

If you have any queries, or if I can help, please do contact us: Duncan and Fiona Richards: [fionacooke@yahoo.com](mailto:fionacooke@yahoo.com)

Please continue to pray regarding the risks and tragedies relating to the Covid-19 pandemic, and also regarding the problems of Global Climate Change. The 2020 Climate Change Conference - UNFCCC COP26 - was to have taken place in Glasgow in November 2020, but has been postponed to an as yet undecided date in 2021, because of the Covid-19 pandemic.

I hope each of us will think deeply and choose to act as we can to reduce our own carbon footprint, and to equalise the world's wealth and share resources with all humanity.

## Homerton College News

### Charter Choir

The choristers, organ scholars, Daniel and I are most grateful for all the opportunities for worship during this academic year, culminating in the festal Evensong in celebration of the 10<sup>th</sup> anniversary of the Royal Charter, along with what subsequently became our final Evensong of the year, on 10 March. We have greatly missed singing and playing for our services this term, including the final service of the year, the Jazz Evensong, newly composed for, and dedicated to the Charter Choir, by our Guest Conductor, Douglas Coombes.

Choral Evensong will resume as soon as public worship, choral singing and presence back at University are permitted. We look forward eagerly to seeing you then.

### Homerton Singers



Firstly, warm thanks to James for hospitality and for hosting the first public concert of the Homerton Singers, conducted by Douglas



Coombes held in St John's last term, with guest singers from the Ensemble of Friends and three student conductors who had launched their conducting experience during the day workshop led a few weeks earlier by Douglas.

Secondly, we greatly valued the presence of such an appreciative and participatory audience. Thank you for adding so much enjoyment to the afternoon. The 'Homerton half' of the proceeds of the concert were donated to St John's Church in appreciation of our partnership and all the support given.

Although we have not been able to meet this term, we look forward to Monday evenings in the future and to welcoming new members, once we receive the 'all clear' to meet and to sing.

Douglas adds:

"It was good we managed to have a great Spring Concert and so end this temporary closure on such a high; and there will be more highs in the future. We just have to be patient."



## Cambridge Cookery School



Cambridge Cookery School has re-opened after a closure of several weeks. See a message from MD Tine Roche below:

I am going to open a limited take out service with freshly baked bread, filled Focaccia, sandwiches, salads, cakes and coffee. Safe queueing on our large traffic free terrace and lawn outside. We wear face masks and our card machine has antiseptic spray and wipes next to it so each customer can spray and wipe. All food in convenient take away boxes.

We will be open Wed-Sun 9am-1pm. I have staff who are self employed single parents and receive no benefits or help and most of my regulars live within 5 min walk or bike ride from us so it feels right to do this now.

I have been posting a daily blog since we closed, with recipes and cooking tips, which sits on our website [www.cambridgecookery.com](http://www.cambridgecookery.com) - it includes nettle soup (and a little mention of Trish, my nettle picker!) quick bread making and how to make sour dough, among other things.

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	Revd John Hillier (Tel: 844282)
Lay Minister Emeritus	Beryl Johnson (Tel: 243409)
Licensed Lay Minister	Kate Aylmer
Churchwarden	Peter Tavner (Tel 842226)
Churchwarden Emeritus	Peter West (Tel: 243834)
Parish Administrator	Lyn Harrison (Tel: 241316)
Email:	stjecambridge@gmail.com
Office Hours	Mon-Fri: 9.00am–12noon
Church Treasurer	Roger Lilley (Tel: 07950 088172)
Gift Aid Secretary	Joseph Philip
Organist & Choirmaster	Elizabeth Trenchard (Tel: 01954 201381)
Pastoral Assistants	June Huntsman (Tel: 501712)
	Anne Rigby (Tel: 210871)
Safeguarding Coordinator	Sarah Talmage (Tel: 01954 211252)
Parish Magazine Editors	Paula Wolff (Tel: 520669) and
	Liz Radice (Tel: 244791)
Email:	parishvoicesje@gmail.com
Advertising	Parish Office (Tel: 241316)
Distribution	Cherry Hopkins (Tel: 247361)
Health and Safety Officer	Peter Tavner (Tel: 842226)
Community Rooms Caretaker	David Biggs (Tel: 248474)
Traidcraft	Katie Knaption (Tel: 212089)
Toddle Along and	Parish Office, Tel 241316)
Children's Church	
Mother & Toddler Group	Lesley Jenkins (Tel: 565974)

### Uniformed Organisations

5th Cambridge Brownies (Tuesday 6pm term time only)	Shelly Palazzo (Tel: 07971 696626)
5th Cambridge Guides (Tuesday 7:30pm term time only)	Kristie Bewers (Tel: 510352)
28th Cambridge Beaver Scouts* (Wednesday 6pm term time only)	Denise Owen (Tel: 510357)
28th Cambridge Cub Scouts* (Monday 6pm term time only)	Jeremy Racher (Tel: 244085)
28th Cambridge Scouts* (Tuesday 7:30pm term time only)	Geoff Oliver (Tel: 413553)

\*At HQ, Flamsteed Road

