

Thursday 24 September 2020

Dear Friends,

We all know the importance of healthy eating and regular exercise. We know we should take care of our bodies and our mental wellbeing. Eating your five-a-day, going out for a daily walk, making sure you have enough sleep and rest are goals we could all agree with. Yet research is showing that during lockdown this has not been so easy. When asked, more than a quarter of people said they had been drinking more and eating less healthily. Apparently sherry sales were up by 35% in April and May and more than 30% of those asked had put on weight. When life is stressful and uncertain it is less easy to hang on to good intentions, even though we all know we should.

However, we are not simply bodies and minds. We are not only about food and exercise. We also need to look after our spirit. How do we do that? What keeps us going spiritually? What will sustain us in the coming months ahead?

Like regular good food, I feel sustained by the daily cycle of prayer. Every morning we say Morning Prayer, which includes a Psalm - if ever there was soul food, it's the Psalms! – a reading from the Hebrew Bible and one from the New Testament, prayers and a sharing in the Lord's Prayer. It has been so encouraging to be able to continue to pray together, even via Zoom, to support each other and to begin each day with God. You are very welcome to join us – log in details are in this newsletter.

Others may find benefit in a time of quiet contemplation or meditation. Food, be it real or spiritual, comes in so many varieties, yet once in a while it is good to think about what we receive or take in. Where do you get your nourishing spiritual food? Not as an optional extra, but as an important part of staying healthy. God cares about our whole being: body, mind and spirit. If you need reminding: do read Psalm 139!

The new **NHS Covid-19** contact tracing app is now available to download on to your smartphone (available from both the Apple App Store and Android's Google Play). Each public building should now have a special QR code that allows you to automatically 'check-in' using this app to scan the code rather than writing out your name and contact details. Each of our churches has their own QR code and we would be grateful if you would scan this on your phone (if you have a smartphone with the app) when you arrive. There are several copies of the code near the entrance, so there's no need to queue up to use just one.

The **Sunday services** this Sunday 27 September will be at 9.30am at St Matthias and St Mary Magdalene, and 11.00am at St John the Divine. The Sunday services the **following Sunday, 4 October** (Harvest) will be at 8.00am and 9.30am at St Mary Magdalene, 9.30am at St Matthias, and 11.00am at St John the Divine. Although there will be paper copies of the Order of Services available for those who would like one (these paper copies will 'belong' to you alone – please take them home with you), you will be able to download a copy of the order of service on to your phone or tablet before coming to church – please go to <https://www.richmondteamministry.org/orders-of-service-readings> and download it - don't forget to bring your device with you! Please remember to wear a face covering in church, unless you are exempt from doing so.

All three churches will be celebrating the **Harvest Festival** on **Sunday 4 October**. Richmond Foodbank has indicated that they currently have ample stocks of food, but that they would very much welcome financial contributions as they hope to acquire a larger van to support their delivery service. Please follow the link below to make a donation:

<https://uk.virginmoneygiving.com/charity-web/charity/displayCharityCampaignPage.action?campaignId=11165>

Thank you for your support.

Sadly, we are still unable to offer either a crèche area or Junior Church for our young people, so we encourage parents to bring a book, soft toy or other suitable resource for their own child, if that is helpful. But do know that young people are very welcome and belong to our worshipping community.

Our churches continue to be open at specific times **for private prayer**, when you will be able to light a candle, and reflect or meditate:

St John the Divine will be open on Saturdays, 10.00am – 12noon and Tuesdays, 9.30am – 12.30pm

St Mary Magdalene and St Matthias will be open on Saturdays, 10.00am – 12noon.

The latest edition of **Team Talk** is now available on our website - <https://www.richmondteamministry.org/wp-content/uploads/2020-09-Autumn-Edition-web.pdf> Paper copies are not being produced this time.

You are welcome to come to **Morning Prayer via Zoom** on Mondays to Thursdays, 8.30am. Do make sure you are signed in just before 8.30am as we start on time. If you have access to Daily Prayer, that helps, but even without a book or the app you can still join in prayer!

Zoom details for September:

<https://us02web.zoom.us/j/84123937911?pwd=MUJlVGRyWTBFUFBtMGxVVVNyMXUrQT09>

Meeting ID: 841 2393 7911

Passcode: RTMSept

Zoom details for October:

<https://us02web.zoom.us/j/89255710188?pwd=eVBVTGk0Rm5aeWxTckYzMDRYWk5WZz09>

Meeting ID: 892 5571 0188

Passcode: RTMOctober

Please note that the **Parish Office** will be closed next week, Monday 28 September – Friday 2 October. From the week beginning Monday 5 October Tina will be working remotely on Mondays and Tuesdays and in the Office (which will be open to visitors) on Wednesdays and Thursdays. This is for the foreseeable future.

We continue our prayers for all members of our congregations and the community we seek to serve, and send blessings for the coming week.

Anne, Neil and Wilma

*This week the letter has been written by Revd Wilma Roest*

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Please pray for:

...**Fr. Jamil Khadir and the Anglican congregations in Nablus** in the West Bank and the Anglican Church in Beirut

...**Adam and Jessica**, who will have their marriage blessed at St Matthias this Friday

...**James and Sacha**, to be married at St Mary Magdalene this Saturday

...**Christ's School**, especially for the Governing Body

...**Glass Door Staff**, and for guests, especially those who are currently sleeping on the streets

...**all those who work for the NHS**, for carers and key workers

...**the sick and those in need** – Hermione Lockyer, Ron Bond, Madge Thorns, Valerie Llewellyn, Bob Smith, Molly Lambert, John Roberts, Sarah Swanson, Joy Clarke, Chris O'Toole, Patricia Doling

...**the departed, may they rest in peace** – Maureen Langley

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## **Church, Community and other news:**

### **Volunteers needed:**

It has been wonderful that so many people have been able to help neighbours and friends during these past months. Now your church needs to ask for some volunteering help. Can you offer time and skill? We are looking for people who might be able to help with the following:

- be a Foundation Governor at Christ's School (i.e. appointed by the PCC), ideally with business or finance background
- be the Richmond Team Ministry PCC Secretary, supporting the Team Rector in preparing for PCC meetings and providing a link to the Diocese.

All these roles need filling and all are important. Of course you would receive support and guidance as you serve the church in a unique way. Do talk to a member of the clergy, if you are interested or would like to learn more.

Introducing **'WILD CHURCH'** at St Matthias on Sunday 4 October at 11.00am.

For many people praising and connecting with God feels easier outside the church's walls, and we appreciate now more than ever just how vital the natural world is to our physical, emotional and spiritual wellbeing. Wanting to find new ways to connect with people during these uncertain times, and realising that spending time outdoors is probably a little safer than inside, has encouraged me to offer a different sort of worship experience. **'Wild Church'** is a new way of being church outside, it's about discovering God through creation, and making connections between our faith, the planet which sustains our life, and how we live. It is particularly suited to children who are such naturals when it comes to awe and wonder! I am really excited about the opportunities worshipping outside our church walls will bring and to discovering God in the beauty which surrounds us every day. I heartily encourage you to give it a try no matter what your age! So here are the details:

Where: St Matthias, meeting in the garden adjacent to Kings Road.

When: 11.00am on Sunday 4<sup>th</sup> October

Theme: Harvest

How long: approx. 45 minutes

**Please book your place in advance by emailing me, Revd Anne Crawford:**

[anne.crawford@richmondteamministry.org](mailto:anne.crawford@richmondteamministry.org) Don't forget to wear weather appropriate clothing, and feel free to bring a folding chair if you think you may need a seat. We will be observing all the social distancing rules and working to keep everyone as safe as possible. I look forward to welcoming you and to sharing this new experience. Anne

### **Christian Aid Autumn Appeal:**

Due to Covid-19 restrictions we were unable this year to carry out street and church collections during Christian Aid Week in May. But the needs still remain. Christian Aid works with many vulnerable communities around the world helping them support each other. One such group is a farming community in Nicaragua whose coffee farms are threatened by climate change. With your support, Christian Aid can provide tools and community training so that they can continue to farm.

Please use the link below to donate:

<https://www.justgiving.com/fundraising/richmondchristianaid>

Go to Christian Aid's website to find out more:

<https://www.christianaid.org.uk/appeals/key-appeals/global-neighbours-autumn-appeal>

### **Glass Door:**

As many will know, following advice from Public Health England, it won't be possible to run night shelters this winter as we have for the last three years. Although there are many reasons, the key one is that it is not possible to maintain social distancing and a safe environment when many people are eating and then sleeping together in one shared space. Glass Door is looking at alternative provision, and we are talking with Glass Door about how for our communities can be involved.

We wanted to say a huge thank you to all our volunteers who worked so hard at the Glass Door shelters last season. Your commitment, compassion and adaptability made it possible to deliver a safe, welcoming environment and a delicious meal for 19 weeks.

If you are keen to get involved in other ways then the Glass Door Sleep Out (or In) fundraiser will look a bit different this year, taking place on Friday 2nd October. All the details of how to register can be found here <https://www.glassdoor.org.uk/Event/sleep-out-2020>

We are asking our volunteers to be patient while we work out how to support Glass Door in a way that is safe for everyone. For our Volunteer Co-ordinators the situation is frustrating, but also constantly changing. If anyone has any questions or would just like to have a chat about the current situation please don't hesitate to contact Isabelle Swann on [swannisabelle@hotmail.co.uk](mailto:swannisabelle@hotmail.co.uk)

## Give A Little

We are hugely grateful to so many who continue to make their weekly or monthly contribution to the finances of the Team, by standing order or direct debit. Contributions can also be made electronically in church and there will also be a plate for cash collections at the back of each church. However if anyone would like to make an additional donation to the work of our churches this can be done at <https://givealittle.co/campaigns/5260a080-4ee0-49b6-a1c3-d552ef9a0700> Whilst this is a challenging time for many, financially as well as emotionally, I hope we can continue to count on your support for the work of our 3 churches.

## Children and Youth activities:

**Eaglets** with story time and songs for young children, parents and carers, has now re-started, and is still currently meeting on Zoom on **Tuesdays from 3.30-3.50pm.**

**Mary's Little Lambs** meets on Zoom on Thursdays at 2.30pm, in more or less the same format we had before the summer holidays. There will be a short Diddy Disciple service with a story, a few songs, prayers and a bit of catch up time.

Here are the Zoom log in details you need:

<https://us02web.zoom.us/j/84871971852?pwd=cmEwZmNyY0toLlEwYThoSGtCdDliQT09>

Meeting ID: 848 7197 1852

Passcode: SMM MLL

## Where to watch church services or access resources while church buildings remain closed:

The Church of England have a special page for you to light a virtual candle and make time to pray which you can view here: <https://www.churchofengland.org/our-faith/light-candle>

You can also access more online services produced by the Church of England here: <https://www.churchofengland.org/more/media-centre/church-online>

With best wishes,  
Tina

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