

THE PARISH OF TIDENHAM (& St Briavels and Hewelsfield & Brockweir)

WEEKLY PARISH BRIEFING SUNDAY 3 May 2020

Learning how to be still and relax

Like many other people I have had to battle with anxiety during my life. My parents showered me with love but boy did I learn how to worry well! I am sure I'm not alone in saying "I know I shouldn't worry but I can't help it. How can I relax and allow peace to penetrate my being?" Rather than preach at myself and you about this I thought I would offer some simple practical guidance that may help some of us with anxious feelings and thoughts. Carve out a little space and try.

Relax: Stop and be still. Sink back into a comfortable chair and let it support you. Remember and try to visualise God's promise that "Underneath are (his) everlasting arms." *Deuteronomy 33:27*

Relax your muscles: Have your feet planted flat on the floor. (*God is a sure foundation*)

Now unclench your hands, deliberately drop your shoulders down, let your jaw and lips open slightly. If your neck feels stiff (**DON'T** do this if you have a neck problem) then gently stretch your neck. Feel the relief of letting go.

Now slow your breathing down. Allow your breathing to become deeper, so that you're drawing in breath with your tummy as well as your rib cage.

Calming breathing:

Breathing well is a very spiritual thing. God breaths life... Genesis 2:7 & Job 33:4. Jesus breathed on the disciples after his resurrection saying "receive the Holy Spirit" John 20:22.

- Breathe deeply and slowly right down to your tum (feel your chest relax & tummy knots untangle).
- As you breathe in, Breathe in God's life & peace: and out, Breathe out all the anxiety and worry.

When we panic, we over breathe. Anxiety triggers our fight or flight mechanism, which is fine if we're being chased by a wild animal, but not when we're sitting down or trying to get on with daily life!

Invite God's Presence

Ask for the Spirit of God to come. Picture a warm wave of the Spirit rolling down you, calming you and taking your anxiety with it. *"Let go: Let God."*

- Take time to repeat a prayer or verse e.g. *"Come Lord Jesus" or "Be still and know that I am God."*
- Perhaps ponder the words of Jesus in Matthew 28:11 *"Come to me all who are weary and carrying heavy burdens and I will give you rest"*
- Listen to a favourite piece of music, hymn or contemporary worship song that you can focus on.
- Do one enjoyable thing each day e.g. A warm relaxing bath, a favourite book or programme, a thoughtful walk outside – **if permitted.**

I am so thankful that the Christian faith doesn't shy away from tackling issues of worry and anxiety. There are many Bible verses that reveal and address this human struggle. The Christian tradition of meditation and contemplation provides rich material and experience for us all to draw on. In this season of Eastertide we frequently recall how the risen Jesus stood amongst his disciples and said "peace be with you." Jesus imparts peace, calms our fears and can deliver us from the bondage to worry and give us life.

May Christ the Good Shepherd call you and lead you into peace

God bless

Revd David Treharne

Vicar of Tidenham with Beachley and Lancaut and Priest in Charge of St Briavels with Hewelsfield & Brockweir.

PRAYERS AND BIBLE READINGS for the 3rd SUNDAY of EASTER

The Collect for this Sunday the 3rd Sunday of Easter (also known as Good Shepherd Sunday) is:

Risen Christ, faithful shepherd of your Father's sheep: teach us to hear your voice and to follow your command, that all your people may be gathered into one flock, to the glory of God the Father.

The Bible readings for this coming Sunday are: ***Acts 2:42-end and John 10:1-10***

At 10.30am on Sunday 3 May Vicar David will appear on the Parish YouTube channel... 'Tidenham Parish Online Church.' The material will also appear on the Parish website (follow the 'News' tab) & Parish Facebook page.

Following the success of coffee time last Sunday you are invited to gather on Zoom at 11.30am with a cuppa to hand. Zoom is relatively easy to get on to if you have access to the Internet. Click on this link to download and join the meeting:

<https://us02web.zoom.us/j/83002388238?pwd=WTgzRElWdUNSaG41SjQzbHF5ZExNdz09>

If you need help to do this give one of the team a ring or email.

PRAYER REQUESTS FROM THE CHURCH AND COMMUNITY

Thank you for sending in your prayer requests. Please feel free to email tidenhamprayers@btinternet.com, please make it known whether your prayer request is PRIVATE or okay to send out to the public.

Tidenham Parish Prayers for Sunday 3 May

We would like to thank everyone for your prayers and support when Martina and Seth had the Virus. They have now recovered, and we are so relieved. Thanks be to God who hears us and answers our prayers.

Renate and family

For all the 'unseen' workers who serve their communities, especially postal workers and delivery drivers.

Praise God for the continued community support.

For the messages of support and prayer from our partner Dioceses around the globe.

For the rain that is bringing refreshing life to creation.

For the worship/prayer phone line available for those without internet access.

Intercession

Locally: David Rees and family, following the death of his mother, Betty.

All who are grieving at this time.

Blessed are those who mourn, for they shall be comforted (Matthew 5 verse 4)

Please also refer to previous bulletins for local prayer requests.

Nationally: Please pray for all those who find themselves in prison during the coronavirus outbreak.

For those who are scared and those who had been hoping for an earlier release.

We bring before you all the staff who care for the prison residents, for your love and peace to surround them as they go about their work. We pray that each person within our prisons could know you and that you will work powerfully through the teaching materials to be sent into Leyhill prison. We pray for the families affected by prison stays - for the children missing parents, for the people missing their spouses, loved ones and friends.

For the researchers and scientists developing a vaccine. For wisdom and creativity.

Internationally: This Sunday, 3rd May, we were due to have Rhona Marshall from Christian Relief Uganda with us, so our prayers focus on that charity and the nation of Uganda. (Update below from their Chairman, Julie Parker)

Here are a number of issues that you could pray for:

The safety of the people of Uganda and wisdom for the government and health experts as they make important decisions.

Safety for the staff and children who attend Maria's Care and who are now in their own homes in their villages.

For those who live in more remote villages and may not get to hear news of the virus.

Hospitals - for the health and safety of all those working there, and for equipment and medication.

That the locusts that have invaded the country and are about to increase in population will go. Because of the lockdown, the people who were spraying the crops to kill them cannot now do this. So, if the locusts increase, they will devastate the crops which will have a big impact on people getting food.

For more information <https://christianreliefuganda.org/>

PARISH PRAYER

Where the river flows, everything will live.

Where the river of God's love flows, everything will live.

Where the river of God's forgiveness flows, everything will live.

Where the river of God's joy flows, everything will live.

Where the river of God's blessing flows, everything will live.

Where the river of God's people's prayer flows, everything will live.

Where the river flows, everything will live.

Tidenham Parish. March 2020

PARISH NEWS UPDATE

Despite not being able to gather publicly while our church buildings remain closed, our life together as a church family hasn't stopped. We now focus on what it means to be a Christian community while we cannot gather together for worship.

Lord, we are not people of fear: we are people of courage. We are not people who protect our own safety: we are people who protect our neighbours' safety. We are not people of greed: we are people of generosity. We are your people God, giving and loving, wherever we are, whatever it costs, for as long as it takes, wherever you call us. Amen

Barbara Glasson, President of the Methodist Conference

Children & Families - Jane Penny is producing worship resources suitable for families and children which will be available via email.

The Eucharist

The Eucharist is still being celebrated locally at the Vicarage, and for as long as the lockdown lasts we will continue to offer a live streamed communion service on the first Wednesday of the month, as is the tradition in this parish. The dates and times for these services (assuming social distancing regulations continue) for the next two months are:

- Wednesday, May 6, 12:15 PM, parish Facebook page
- Wednesday, June 3, 12:15 PM, parish Facebook page

D-Day – Friday 8th May is the 75th Anniversary of VE Day. Across the UK lots of planned events have had to be cancelled/postponed due to the Coronavirus. However, I am pleased to say that at 11am our very own Ruth Rusling will be playing the Last Post outside her house. This will hopefully be filmed and streamed on Parish YouTube Channel and/or Parish Facebook page. We can all still remember and say "thank you."

TV BBC 1 – Sunday 3 May. 10.45am – Sunday Worship The Very Reverend Kathy Jones leads the service for the fourth Sunday of Easter from Bangor Cathedral in Wales. 1.15pm – Songs of Praise

Free dial-in worship phone line launched - The Archbishop of Canterbury, Justin Welby, has launched a free national phone line as a simple new way to bring worship and prayer into people's homes. Daily Hope, is available 24 hours a day on 0800 804 8044 and offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.

Wordsearch – I know of quite a few people doing quizzes with others online. Tanya has provided a wordsearch. We will put it on the Parish Facebook page.

Self-Isolating - If you find yourself in the position of having to self-isolate or know of anyone else in the church family who is, please let us know by emailing - tidenhamadmin@btinternet.com .

Volunteering - As well as supporting the Chepstow Covid 19 Helping Group, we are hoping to partner Gloucester Diocese with 'Feeding the 5000'; a scheme to provide frozen home-style meals to those in need, either free or at very reasonable cost. Please email Clare - tidenhamadmin@btinternet.com if you can help with deliveries or collection of meals from Bream, or would like to help with co-ordinating the scheme and also if you know anyone who may be able to benefit from these meals. Contact details of the COVID-19 Helping group www.tidenhamparishcouncil.co.uk

Pastoral Care of the Church Family - We encourage YOU to keep in touch with one another and support one another through this time where possible. Who might you be able to phone this week? Remember, if anyone from the church rings you it is the CHURCH ringing you. However, if you are aware of someone who is particularly struggling please contact a member of the Team.

Stay safe online – Sadly there has been an increase in attempted scamming online, including some emails going saying they are from the Vicar (but aren't). Always check what emails you open. Please don't disclose any personal or financial information, be aware of grooming, stay safe and enjoy the important online connections.

Financial Giving - Thank you to all those who have reviewed their giving and either started standing orders or made one-off donations. Standing order and gift aid forms are available to download from the website. Please contact Ewen or Clare for any assistance.

Sedbury Space - successfully raised nearly £3,500 (incl gift aid) through the crowdfunding campaign to contribute to the costs of employing a Centre Manager for the next few years. A big THANK YOU to everyone who donated so generously. It's not too late to make a donation if you would like to. Contact Janice.

TIDENHAM PARISH ONLINE LINKS AND CONTACTS

Parish Website: This has information, documents and links to other sites.

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

Facebook page – all welcome to join and post comments.

<https://www.facebook.com/groups/114300818701466/>

YouTube channel: 'Tidenham Parish Online Church' with videos and resources to assist you in your devotions. <https://www.youtube.com/channel/UckRjOlVDBT9M9usfhp2722w>

Life Group meetings via Zoom – please contact relevant people if you'd like to join in

- Wednesday 10.30am. DTRevd@aol.com
- Wednesday 8pm. fiona.m.gardiner@btinternet.com
- Wednesday 8pm. janice-hamilton@outlook.com
- Thursday 1.30pm. Jane cfmtidenham@btinternet.com

Other Online local resources

Daily Prayer via Zoom with CYTUN Monday to Friday at 8.45 for 9am start <https://zoom.us/j/122778377>

Cytun Churches Together Facebook Page <https://www.facebook.com/groups/206786133181081/>

Chepstow's Virtual Café Online via Zoom Every Saturday at 2pm. Find the link on CYTUN Facebook page

Tidenham Parish Council www.tidenhamparishcouncil.co.uk has useful links and information

For the latest Church of England Covid 19 guidance which covers all kinds of issues including weddings, baptisms and funerals.

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-churches>

There are also some really helpful resources for prayer and worship on the Church of England website.

Click on this link...

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-liturgy-and-prayer-resources>

https://www.cte.org.uk/Articles/568755/Home/Coronavirus/Coronavirus_guidance_and.aspx

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St Briavels & Hewelsfield website		www.stbandhchurches.org.uk
Prayer requests	tidenhamprayers@btinternet.com	(by 12pm Wednesday for following Sunday)