



"where the river flows everything will live"

THE PARISH OF TIDENHAM (& St Briavels and Hewelsfield & Brockweir) **WEEKLY PARISH BRIEFING SUNDAY 5 JULY 2020**

Changes Afoot.

We are processing the guidance following the Government announcement that church buildings will be able to reopen for public worship from 4 July, and we will keep you informed of developments in the Parishes here, and dates/times of any gatherings. Please just be aware that even when we return to our buildings things are inevitably going to be different. Online worship provision is likely to remain in place for the foreseeable future alongside any return.



Victor Meldrew! Which one?

I've certainly had my moments of moaning and complaining in recent weeks and months. I've moaned about the Government's response to the pandemic, I've moaned about the media coverage and I've moaned about the leads getting tangled around my feet by my office desk! Oh dear, I can feel myself moaning about the fact I've been moaning! "It's not the best way to live is it David?"

The basics of CBT (cognitive behavioural therapy) point out that our thinking affects our emotions and our behaviours. St Paul, who I think is a great psychologist, was all over this when he wrote his letters to the early Christians. *"Be transformed by the renewal of your mind"* (Romans 12:2) and, *"be made new in the attitude of your minds"* (Ephesians 4:23). He was well aware of the link between what our minds are up to and the feelings and subsequent behaviours that result, and the links there can be to our spiritual, physical and relationship wellbeing.

It can be tough to reprogramme ingrained patterns of thinking, but not impossible! Perhaps the first step is to acknowledge and recognise when it's happening. With a bit of reflection and self awareness we can 'notice' what we're doing. This step is really quite important. Noticing and naming an issue and being honest about it is a big step in beginning a process of change and renewal. As I love to say, *"honesty is the first part of the conversion."*

The next step is asking ourselves where this thinking of coming from. In noticing this we might begin to see our response for what it is and consider that there could be an alternative and more healthy thought response that could replace the usual ways. That isn't always easy if we have been thinking a certain way for many years, and it certainly isn't easy if we have bees in our bonnets about something! However practicing responding differently in our thinking can make a big difference, particularly when we employ God's help with some simple spiritual techniques!

Three little things that help me (and I've a long long way to go to be renewed in some of my thinking):

1. **Breathe in the present moment.** Just STOPPING for a second, dropping the shoulders and breathing deeply and becoming aware of your body can stop the emotions and behaviours from escalating. If you're having a row at home or getting worked up inside, just STOP for a second and interrupt the thoughts feeding your feelings. *"Be still"* just for a moment can make a big difference.
2. **Have a replacement thought** you can call to mind that's good and lovely. *"Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."* Philippians 4:8
3. **Be hopeful rather than sceptical, negative, angry, complaining and moaning** etc... It was my Lent discipline a few years ago. Instead of waking up to moan I woke up and the first 'think' (not a typo) I

did was hopeful things about the day, or even the immediate task. *“Set your minds on things above, not on earthly things.”* Colossians 3:2 and *“May the God of hope fill you with all joy and peace as you trust in him.”* Rom 15:13

So on that note, it's not all bad news on TV. There have been some fabulous religious (and gardening & cooking) programmes in recent months. Songs of Praise this Sunday will be celebrating the founding of the NHS and paying tribute to all those essential workers who have been working on the front line. In our online worship too we will be showing our appreciation for all those people who have kept our communities going in recent months. **Thank you to all of you people who have been fulfilling your vocation in your lives day by day and contributing to the health and vibrancy of our lives in these parishes where we live.** That's a good think!

Where the river flows everything will live! May we live life together in the flow of God's love.

Revd David Treharne

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

UP COMING ONLINE SERVICES/GATHERINGS

Prayers and Bible Readings for Trinity 4 (5 July)

A huge thank you to all who contribute to our weekly worship. A special thank you to Alex White for his musical and technical abilities, which are a blessing to so many when we cannot physically gather.



Sunday, 5 July 2020 - the 4th Sunday after Trinity

Vicar David will be leading the worship on the Tidenham Parish Online Church YouTube channel. It will be available from 9am on Sunday morning.

Details will also appear on the Parish website (the 'News' tab) & Parish Facebook page.

You are then invited to gather on Zoom at 11.30am for a coffee time together. 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/89127603577?pwd=aVovU3ArTTdVRjdGbDVxekt4NTVkQT09>

Meeting ID: 891 2760 3577

Password: 262874

The Bible readings for this coming Sunday are: **1 Corinthians 1:18-24 & Matt 5:13-16**

The Collect for this Sunday:

Gracious Father, by the obedience of Jesus you brought salvation to our wayward world: draw us into harmony with your will, that we may find all things restored in him, our Saviour Jesus Christ. Amen.

Holy Communion is now available, we will be offering a simple, safe, socially distanced, small group of 6 in celebrations of the Eucharist on Wednesday 8 & 15 July at 12noon-1pm in the Vicarage marquee. To book please contact Clare (booking is necessary) tidenhamadmin@btinternet.com 01291 627478. Thanks

TV BBC 1: This Sunday 5 July 2020

10:45 Sunday Morning LIVE

13:15 Celebrating Florence Nightingale and the NHS Songs of Praise:

Katherine Jenkins is in London to mark the birthday of the NHS and Florence Nightingale's bicentenary, and the Archbishop of Canterbury pays tribute to all carers on the frontline.

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 5 July

Thanksgiving

For all the key workers, especially the armed forces and those who work for MOD.

That God has called each of us to be in relationship with him and each other.

That we are all unique children of God.

For our church family and our 'natural' family.

That we can have some distanced contact with friends and family.

Intercession

Locally

For Jim and Sue Watson and family following the sudden death of their daughter Samantha.

For Andy Royle, facing an operation on 16th July, for protection during surgery and for swift recovery.

The recently bereaved... especially with the continued limitations around funerals.

For those who are unable to travel to funerals.

As the lockdown eases that all would continue to be sensible and sensitive.

For parts of the UK that are continuing in lockdown, for strength for those who live there.

For good physical and mental health.

For peace for all waiting for diagnosis or treatment, in the uncertainty of waiting, that they would know

God as their sure and certain foundation and source of hope.

For Nicki Bullivant as she begins her curacy in the Parish.

For our clergy and leadership team as they consider the way forward over the coming weeks and months.

For God's guidance. That we would show each other patience and understanding as we move on together.

Nationally

For our government and local leaders that they would have wisdom in decision making.

For the NHS, as they continue to provide health care for so many.

"Living life together in the flow of God's love."

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.

PARISH NEWS AND INFORMATION

St Luke's Church Open - St Luke's Church will be open 10am-12noon Monday to Friday. With additional



volunteers we may be able to open up St Mary & St Peter's Tidenham and/or St Michael and All Angels' Tidenham Chase. If you are able to help open, close and supervise visitors to church and cleaning please do email Clare

tidenhamadmin@btinternet.com Many thanks! ***Please note that we have been given***

guidance that if you are in the clinical vulnerable category (e.g. over 70's) we are currently unable to accept your kind offers to volunteer at the current time, but a big thank you for the offers!

Church Family Photos - Please email a picture of yourself, your family to Jane so we can compile a family 'photo album' so we can see each other even though we cannot gather. Email or telephone Jane Penny.

Church grounds Prayer Trail - Prayer Trails are now located in the grounds of all 3 church buildings: Tutshill, Tidenham and Chase. Copies of prayer prompts also available on Parish Facebook Page or by emailing tidenhamprayers@btinternet.com

Meeting at the Vicarage - a marquee is up in the Vicarage garden. If you would like to meet up with other members of the church family to share communion or a prayer time safely, places are available on Wednesdays at 12noon. Please contact Clare to book a place tidenhamadmin@btinternet.com

Children & Families - Jane Penny is producing worship resources suitable for families and children available on the Tidenham Parish Facebook page and Tidenham Parish Online Church YouTube channel. Splash Families are invited to gather via Zoom at 3pm each Sunday. Please contact Jane for the link.



Hewelsfield – St Mary Magdalene Church Hewelsfield is open daily 9am-4pm for private prayer and reflection.

St Briavels - St Mary's church is open between 10am-12 noon daily for private prayer and reflection.

St Briavels Treasurer needed - After many years in the post, Roger Clewett, the Treasurer of St Briavels PCC has decided to retire at the end of the year. The PCC are now looking to appoint a new treasurer. If you are interested or know of someone who is interested please contact either of the churchwardens, Martin Pagnamenta or Jeremy Maltman, or the secretary to the PCC, Jean Sheraton.

Are you called to be a School Governor? - St Briavels Primary School is a Voluntary Aided School and the PCC need to nominate one Foundation Governor to be in post from September. Anyone interested please contact Rev David Rees for more information, thank you.

We were in the Gloucester Diocesan Weekly Bulletin last week, twice... with Nicki and Love Divine!!

<https://www.gloucester.anglican.org/2020/the-weekly-bulletin-23-06-20/>

Sedbury Space - has launched a virtual cafe on a Weds afternoon 2-3pm via zoom. If you are feeling isolated and lonely and would like to connect with others over a cup of coffee, you are welcome to join us. Contact Susan Riordan for details of how to join on



info@sedburyspace.org.uk

Life Explored - It's been reported that 25% of population have been turning to prayer and online services during the lockdown and people are asking some of those big questions of life. We are offering the opportunity to gather online over the next couple of months to discuss these questions using video clips to stimulate discussion. If you or someone you know is unsure of the Christian faith and would like to join in these discussions contact Janice or see parish website for more information.

CVM (Christian Vision for Men)



I wonder whether you would like to be gripped and excited by Jesus. I wonder whether you would like the Christian faith to be more accessible to men. If so, then please ring me, James Parsons, for a chat on 07970 489362. Christian Vision for Men is one

organisation that aims to do this. They have a range of resources available - for more information check out their web site at CVM.org.uk. Join James and others for a live streamed CVM event on Sunday evening at 8pm (James will send you a link) contact James for more details - james.darsie@gmail.com.

Financial Giving in the Parish - PCC wishes to thank all who have continued to give during the shutdown of the church buildings. If you would like to give please contact Ewen ewen.hamilton@outlook.com or 01291 626158 for help and advice. Standing order and Gift Aid forms are available to download from the website



New mental health service – Qwell, provides anyone in Gloucestershire over 18 years, access to self care resources, information, peer support and access to trained counsellors

<https://www.qwell.io>

Pastoral Care of the Church Family – A number of people within our Parishes have had bereavement in recent weeks. You are very much in our prayers. May God be with you in a special way. DO keep in touch with and support one another through this time. A reminder that if anyone from the church rings you the CHURCH is ringing you. However, if you are aware of someone struggling *please* do contact a member of the Team.



Good News – please do email in with any good news at this time.

There is a new Link Word Search available on the facebook page this week.

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/UcKjOlVDBT9M9usfhp2722w>

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

Tidenham Parish Contacts

Revd David Treharne	01291 760034	dtrevid@aol.com
Revd Janice Hamilton	01291 626158	janice-hamilton@outlook.com
Nicki Bullivant (Curate)	07922 833835	benedictusnicki@gmail.com (Parish Day is Thursday)
Revd David Rees	01594 530443	david.rees17@btinternet.com
Revd Canon Dr Tom Clammer	01722 504938	tomclammer@gmail.com
Fiona Gardiner	01291 624868	fiona.m.gardiner@btinternet.com
James Parsons	07970 489362	james.darsie@gmail.com
Jane Penny	01594 563803	cfmtidenham@btinternet.com
Ethan Richards	07933 249210	tidenhamyouth@gmail.com
Clare Presley (Admin)	01291 627478	tidenhamadmin@btinternet.com
St Briavels & Hewelsfield website		www.stbandhchurches.org.uk
Prayer requests	tidenhamprayers@btinternet.com	(by 12pm Wednesday for following Sunday)