



The Parish of
ST NICHOLAS,
SUTTON
Priest-in-Charge: The Revd Frances Arnold

The Rectory,
34 Robin Hood Lane,
SUTTON
SM1 2RG



Emma, Hannah and me, bent over in the doorway, at the Foodbank on Friday 29 May

31 May 2020

St Nicholas Church and Coronavirus (11)

Dear Sisters & Brothers,

Sutton Community Works encourages churches in the borough to support projects that respond to local needs. Community Works currently operates 6 different projects, including the Foodbank and the Street Pastors.

Street Pastors have a base at St Nicholas and include two members of our congregation, Clive and Jenny. We are very pleased to learn that Street Pastors are going to be back on the streets again from this Friday: caring, listening and helping those in need.

Foodbank serves those who find themselves in food crisis. I was pleased to see at first hand the good work that is taking place when I joined the volunteers there last Friday.

In the time since lockdown Sutton Foodbank has seen:
320 visitors with vouchers, which represents: 540 Adults & 241 Children = 781 in total

In the same period last year (i.e. March 25th to 31st May) Foodbank saw
185 visitors with vouchers, which represents: 243 Adults and 104 Children = 347 in total

This represents a 125% increase in numbers fed during this Covid19 crisis

Mark Tomlinson, Projects Director, says:

Please pray for the Foodbank as we continue to help those in need.

There has been a tremendous effort: from our volunteers in serving clients at the centres and doing home deliveries; in restocking our centres; from those pre-packing bags; from those sorting the food at Big Yellow and with British Gas transporting food; from those collecting food from Asda, Waitrose and Tesco on a regular basis and from Sue doing the rota and Elaine dealing with vouchers.

Please pray for us as we move into the next phase of exit from Lockdown that we continue to observe social distancing to keep one another safe, but also as we seek to make decisions about what the Foodbank will look like in the next few months and beyond.

In terms of needs, we are asking for specific food items. The best way to do this is online...
USING BANKUET <https://sutton.foodbank.org.uk/give-help/donate-food/>

At the moment we are ok for volunteers. However, we may need some in a few months.
If people are interested, they can register an interest by emailing admin@suttoncommunityworks.org

A prayer for our community

Lord God you have taught us
that we are members one of another
and that we can never live to ourselves alone:
we thank you for the community of which we are part,
for those who share with us in its activities,
and for all who serve its varied interests.
Help us, as we have opportunity,
to make our own contribution to the community
and to learn to be good neighbours,
that by love we may serve one another,
for the sake of Jesus Christ our Lord. **Amen.** *(Frank Colquhoun)*

Church of England worship

Bishop Christopher is encouraging everyone to say the Lord's Prayer daily and suggests either 1 or 7 pm.

You can find national online resources including weekly streamed services and daily audio at
<https://www.churchofengland.org/more/media-centre/church-online>
as well as additional worship provision on the BBC, for example Radio 4 Sunday morning worship at 8.10am
(or later using BBC Sounds) and the service on BBC1 later in the morning.

Bishop Christopher's service is available on his Twitter stream:
@BishopSouthwark and on the Diocesan Facebook and YouTube channels
at <https://www.facebook.com/SouthwarkCofE> and <https://www.youtube.com/user/SouthwarkDiocese>

Pastoral Network

A big thank you, as ever, on behalf of all of us, to the Mothers' Union/Lunch Team joint initiative who are continuing with their
marvellous work in co-ordinating telephone/WhatsApp support and supply of provisions to those self-isolating.
A particular thank you to Nicki Richards, Jeff Richards, Emma & Keith Cann, Liz & Chris Cann, Lily Bande, Helen Yately, Paul Butler
and Diane Young.

"I am still getting phone calls from 'the group', so comforting" (comment from an admirer!)

Staying in touch

Stay in touch about ways that we can care for you and pray for you. I'd be glad to hear from you.
My contact details are: rector.stnicholassutton@gmail.com 020 8642 3499
Thank you for your calls. I love receiving telephone calls from you.

In particular can I make a plea to those who find themselves in pressing need (or who know of others of our
number in difficulties)? Please don't feel that you have nowhere to turn. I really want you to contact me in the
first instance. When you do, I will either be able to help you myself or point you in the right direction for
access to food or emotional support for people who are struggling during the pandemic.

Love one another

Please continue to watch out for each other and contact me or the wardens, John Kerr or Geoff Rendall, if you are concerned for
someone.

And do be assured of my prayers for you. May almighty God keep us safe in body, mind and spirit as we ask him in Jesus' name.
Thank you too for your continued prayers and support.
With warmest good wishes to you all,

Frances

ST NICHOLAS CHURCH SUTTON

31 MAY 2020 PENTECOST

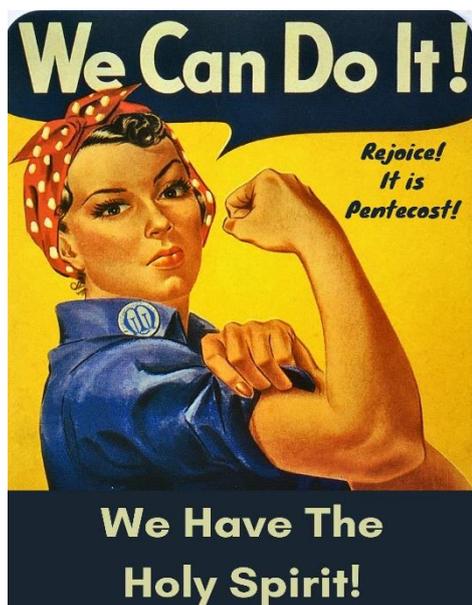
IN THE PAST WEEK...

BLESSINGS...

- Clap for Carers
- NHS staff
- Sutton Community Support Hub
- Retail staff
- Sutton Police
- Bus drivers
- Sky, a deeper shade of blue
- Less pollution
- Awareness of social justice issues during the pandemic

WE MISS...

- Worshipping together
- The organ and the piano and Pam, Isabella and Paul's playing
- Sharing the Peace (hands or elbows)
- Hearing from JAM & Spectrum
- Celebrating the church's birthday and our own birthdays together
- Coffee on Sundays and soup on Thursdays
- Light coming through the church windows
- Squirrels in the churchyard
- Pottering around the charity shops
- Coffee in Waterstones



Thanks to Jeff Richards for producing this Pentecost poster (Rosie the Riveter can inspire all of us, not just the MU!) – you can see the posters outside church

Southwark Diocesan Prayer Calendar (monthly)

can be found at <https://southwark.anglican.org/information/resources/prayer-calendar/> (this includes the Anglican Cycle of Prayer)

PRAYERS for...

- those suffering the economic, psychological & social effects of the crisis
- the disadvantaged & the vulnerable
- those in authority, including our local leaders in the Council, the Police, the NHS & our MP's
- essential workers including NHS/Care Workers, Emergency Services, Refuse Collectors/Retail Staff
- faith leaders
- those who mourn
- the family and communities mourning George Floyd & those who stand against racism and social inequality, striving for social harmony

AMONG OTHER THINGS, THIS WEEK I...

- Took part in a weekly Zoom meeting with the Churchwardens
 - Volunteered at the Foodbank
- Enjoyed looking at our newly-invigorated noticeboards (see above)

Worship

There will be an Order of Service for 10.30am Sunday morning worship each week. I will be leading worship from The Rectory. Please join me by following the Order of Service (which is sent to you and can be found on the website) and singing confidently in your own homes. I think of you all and pray for you each day.

Sunday 7 June is Trinity Sunday

I encourage you to make a habit of daily prayer, whether *A Way of Daily Prayer* (attached, or on website under Useful Information-Service Sheets);

Common Worship *Daily Prayer* <https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>; or *Book of Common Prayer*.

Bible readings for Morning and Evening Prayer:

Sunday 7 June Trinity Sunday

MP Exodus 3.1-6, 13-15, John 17.1-11

EP Isaiah 6.1-8, John 16.5-15

Monday 8 June *Thomas Ken, bishop, nonjuror, hymn writer, 1711*

MP Joshua 7.1-15, Luke 10.25-37

EP Job 7, Romans 4.1-12

Tuesday 9 June *Columba, abbot, missionary, 597*

MP Joshua 7.16-end, Luke 10.38-end

EP Job 8, Romans 4.13-end

Wednesday 10 June

MP Joshua 8.1-29, Luke 11.1-13

EP Job 9, Romans 5.1-11

Thursday 11 June Day of Thanksgiving for the Institution of Holy Communion (Corpus Christi)

MP Deuteronomy 8.2-16, 1 Corinthians 10.1-17

EP Proverbs 9.1-5, Luke 9.11-17

Friday 12 June Barnabas the Apostle

MP Jeremiah 9.23-24, Acts 4.32-end

EP Ecclesiastes 12.9-end, Acts 9.26-31

Saturday 13 June

MP Joshua 10.1-15, Luke 11.37-end

EP Job 12, Romans 6.15-end

Prayer List – Barbara, Vere, Stan, Roger, Phyllis & Hollis

Departed –Rosemary Armstrong, Alastair, Gwen, John, Christine Griffiths

Christine's funeral will take place at 2pm on 17 June at Sutton Cemetery. Close family only will be attending. Please keep them in your prayers.

Revd David Clark, Vicar of St Barnabas from 1959 to 1972, died on the evening of Wednesday 27th May. He had been taken ill at home suddenly on Sunday and was admitted to hospital. His wife asks that we hold him in our prayers, and we should pray for his family also.

O God, the protector of all who trust in you,
without whom nothing is strong, nothing is holy:
increase and multiply upon us your mercy;
that with you as our ruler and guide,
we may so pass through things temporal
that we lose not our hold on things eternal;
through Jesus Christ our Lord. **Amen**

NOTICES

GIVING DURING DIFFICULT TIMES. THANK YOU to those of you who are able to continue supporting the church by your regular giving during these unprecedented times. This is greatly appreciated.

The church is still functioning at local, national and international level; and it continues to need the financial, as well as the spiritual, support of its members, not least to maintain its support of local parishes and communities.

Some of you have kindly asked for guidance about the most helpful ways in which to make payments at this time and you will have received a message about this from the Treasurer.

St Paul's letters are full of useful advice about Christian giving, especially 2 Corinthians, chapters 8 and 9; he even gives specific directions in I Corinthians 16.2. It is almost as if he had foreseen our needs nearly two thousand years ago.

With renewed thanks for all your support in word, deed and prayer.

RAMBLES IN THE CHURCHYARD – permitted! Jeff Richards is posting a series of Churchyard rambles.

<https://www.youtube.com/playlist?list=PLyTT2iWuCCrQVLU-c81xTmmDcyhmz5hCk>

Sutton Foodbank -you can find a short video which gives a good update at - <https://youtu.be/fQ94oULIAOo>