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the benefice of saxmundham with kelsale-cum-carlton

ONE CHURCH

four congregations

St Peter, St Mary & St Peter, St John, Connections

BENEFICE NEWS

Okay - so we can't put a paper copy into your hand at the door, but we can drop an e-copy into your inbox.

We're experimenting with a style of Benefice News more suited to online reading... but still printable (hopefully). It's a steep learning curve, but fun.

Please reply to this email, if possible - just to let Adrian know that it arrived.

Contributions for the next issue will be gratefully received. Please offer up any and all items of encouragement or insight, things to raise our spirits and help us keep a focus on our God.

Email them to notices@saxstjohns.org.uk

A bizarre farewell

Andy & Jan - we're so sorry that we can't offer you a proper send-off. There should have been some laughter, some tears, some reflecting, some jokes and, of course, some sausage rolls. Alas, none of this is possible. Please do know, though, that we all wish you the very best; a full, long and healthy retirement where you can write the next chapter of your lives together. Make new friends and even more wonderful memories as our Lord continues as your constant companion. Bless you both.

And all the people said...AMEN.

Services in the Benefice

Following the Archbishops' announcement, we have ceased to conduct public worship services in the Benefice. However, as an aid to worship within the Benefice, St John's and Connections will attempt to provide access to recorded or live-streamed acts of worship (conducted behind closed doors with only household members present) and hopefully in varied styles.

This Sunday we plan to have a sound and vision recording from St John's (available on the website from 10am)

www.saxstjohns.org.uk

...and a live Facebook segment from Connections, starting at 10am.

[Connections Facebook page](#)

... there is also a Connections YouTube channel where you can subscribe tap the bell to get notifications whenever there's new material.

[Connections YouTube Channel](#)

ALL FEEDBACK WELCOME!

British Summer Time

BST officially begins at 1:00am on Sunday, March 29th.

Hooray. This means that coronavirus will last one hour less!

WHAT'S GOING ON

Nic writes:-

COVID-19 high risk individuals

If you have received, or within the next couple of days receive, a notification from the NHS that you are among the 1.5 million people in the UK who are at high risk in the current epidemic and are therefore instructed to self-isolate for 12 weeks, please ensure that you notify the Pastoral Care team (by email to

pastoral.care@saxstjohns.org.uk

or by contacting Chris Williams, Sue Potter or me by phone, or by telling your nominated pastor when s/he calls you), as soon as is reasonably possible. We are seeking to do as much as we can to support you both in terms of phone

support but also logistically with shopping etc.

Clearly, helping people in this group is our most urgent need and I'm sure that others will appreciate that supporting them takes precedence over other members of the congregation.

By the Grace of God and with each other's support we will endure this horrible episode and emerge on the other side. God bless.

Shopping for Church Members

We are increasingly finding that vulnerable members of our congregation need shopping. Our Pastoral Support scheme is designed to meet these needs in two ways:

For small volumes of essential perishable items, we will be collating requests daily and then buying and delivering them later in the day.

For bigger shopping needs, we are working together with the soon-to-be-launched IP17 Good Neighbour Scheme which will source and deliver standardised shopping baskets of an approximate value of £20. We will deliver different baskets for meat-eaters and for vegetarians with contents as follows:

Vegetarian Canned baked beans, soup and pasta sauce; Milk; Eggs; Sugar; Dairy products such as, butter and cheese; Bread; Flour, Rice and pasta; Vegetables, such as potatoes, carrots and onions; Vegetarian proteins, chick peas, lentils etc.; Essential household items (Anti Bac, Soap, Loo Roll, Toothpaste)

Meat Canned baked beans, soup and pasta sauce; Milk; Dairy products such as margarine, butter and cheese; Bread; Flour, Rice and pasta; Meat products, such as sausage, bacon or cooked meat; Vegetables, such as potatoes, carrots and onions; Fresh meat such as chicken or beef; Essential household items (Anti Bac, Soap, Loo Roll, Toothpaste); Sugar; Green Veg; Fruit.

Obviously, the exact contents are likely to be subject to availability, so the contents above are provisional.

If you are a Church Member you will, I hope, already have been speaking to a nominated Pastor and can make either type of shopping request through him/her. We do not accept cash but, for church members only will provide a reasonable level of credit to keep you provided for during this crisis.

If you have prescriptions to be collected etc., please also route these requests

through your nominated pastor.

Jill writes:-

Bereavement Café

In light of the current situation with Coronavirus we have decided to suspend the Bereavement Café. We will review whether or not to restart at a later date when things are safer.

In the meantime we still have a Bereavement Care Team who would be happy to speak to anyone in need. If you need any support please ring Jill Stuchfield on 07917 690275. Jill will either speak to you herself or arrange for someone else to speak with you. Please do not hesitate to call if you need to.

Listening Ear

A reminder that the Listening Ear ministry is still available. If you have a problem or difficult time that you would like to talk about, Jill is available. She will listen to you, keep your confidence and help you to find your own way through the difficulty. Contact Jill either by phone 07917 690275 or by email to:

listening.ear@saxstjohns.org.uk

Foodbank

Our foodbank supplies are running low and our churches are no longer open as drop off points. The supermarkets continue to provide collection points but you may not wish to visit them. If you would prefer to donate money please make your cheque payable to "LCC Foodbank" and post it to 8 Hadenham Road, Lowestoft. NR33 7NF. Alternatively, you may give online at

<https://www.trusselltrust.org/get-involved/ways-to-give/>

Money you give can be used to buy the food that is needed.

Keep in Touch

Contact details for St.John's church officers can be found on our Website

www.saxstjohns.org.uk/contact-us/

Also, Fran has recently emailed a pdf Church Directory for everyone to use. If you didn't get one... first check your spam/junk/trash folder, and if it's not there, please ask Fran to try and send it again. And remember we have offline friends who might like you to print'n'pop a copy through their letter box.



At The Crossroads - the church shop

During the current crisis the Church Shop is, of course, closed.

If you have a regular order for Bible Reading notes and have not received your copy yet, please let me know. Our lovely friends at Sax Velo are still open for business and have very kindly agreed to act as intermediaries for collection.

Please either email the church shop

atthecrossroads@saxstjohns.org.uk

or 'phone me (shop manager) on 01728 605715 (when answered by Call-guard, simply say, "for the shop" - or something similar). Thanks.

An update on CAP

CAP suspended their face to face service as soon as it became clear that there was a possibility continuing might be a risk to clients and frontline staff. They then set about trying to find new ways to work and this is an extract from their latest news release.

Continuing our Debt Help service

- *Clients who have had their first visit*

As a priority, the Debt Operations team have been working hard to progress clients who have already had their first or second visit. We are now hoping to move our second and third visit models temporarily to be a phone-based 'visit'.

Before we can launch this, we need to test the new process to make sure that it is as smooth as possible while still complying with the Financial Conduct Authority. The work is progressing well and we're confident that we should be able to roll this out within the next two weeks.

To help us with the launch, we'll need Debt Coaches to do a small bit of training on the new processes so they are well equipped to do these 'visits' over the phone.

- *Clients who have not yet had their first visit*

We're also working hard to create a process for clients who are booked in for their first visit and are aiming to have this ready by 20 April.

Prayer - Continuing prayer for CAP is crucial. If you would like to join the Suffolk Coastal Debt Centre Whatsapp group please follow [this link](#)

WHAT'S ON HOLD

Spectacular - Waitrose Community Tokens

Open-air cinema for the Community. Put your tokens in the box for St John's film and community picnic night. Save the days - 4th and 5th July (we're still hoping). Film:- "The Greatest Showman"

Growing in God

Stephen, Jack, Fran & Adrian are going to pick up the mantle of seeing what could be done to further St John's "Growing in God" agenda. Please be thinking and praying about where we could take this when we are post-coronavirus, and maybe even share ideas of how to be growing now.

If you hadn't guessed...

...the process to select a successor for Andy is on hold!

Blue Service Book Round Up !

The St John's blue service books were being updated this month... but the urgency has evaporated. Please ask Viv or Fran if you have any questions.

Lockdown

by Brother Richard: {Contributed by Shirley.T}

Yes there is fear.

Yes there is isolation.

Yes there is panic buying.

Yes there is sickness.

Yes there is even death.

But,

They say that in Wuhan after so many years of noise

You can hear the birds again.

They say that after just a few weeks of quiet

The sky is no longer thick with fumes

But blue and grey and clear.

They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.

Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
so that the elders may have someone to call on.

Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary

All over the world people are slowing down and reflecting
All over the world people are looking at their neighbours in a new way
All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.

So we pray and we remember that

Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.

Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic

The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.

Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.

... and finally ...

A Note to Contributors

During this time when social contact is so restricted, please be aware that readers may need contact details if they are to respond appropriately to your notice.

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