



Weekly News

5th July 2020

The Fourth Sunday after Trinity

www.stpetersharrogate.org.uk

St Peter's Church, Cambridge Road, Harrogate, HG1 1PB

Today marks the 72nd anniversary of the founding of the NHS

We are sincerely thankful for all those, many members of the St Peter's community among them, who work in our health service. Today Melissa Mellis, Lead Specialist Screening Practitioner, Harrogate, Leeds and York NHS Bowel Cancer Screening Programme, tells us a little bit about her work. If your work has also been particularly affected by COVID-19, we'd love to hear your story.

I've been a qualified nurse for 25 years and worked within this role for the last 5 years. My work involves seeing patients in community clinics across Harrogate, Leeds and York. We counsel individuals, as they are anxious having received an abnormal test result and fearful they have cancer, which many do not. They're assessed for fitness for a colonoscopy (camera examination of the bowel) and we explain the procedure. Individuals are given time to make a decision (should they require it) whether they wish to proceed and if appropriate we book them a colonoscopy at either Harrogate, Leeds or York Hospital(s). If there are health issues we liaise with specialist doctors to safely proceed. We attend the colonoscopy procedure to support the patient with their outcome, referring them into the hospital should they require further treatment.

During Coronavirus, appointments and colonoscopies have been suspended. We have been managing the patients who were caught 'mid system' and are trying to safely co-ordinate how they proceed. All contact is via telephone and we have just restarted colonoscopies. This is complex as we must minimise exposing anyone, which includes staff, to the risk of Coronavirus. We are making steady progress and adjusting quickly to ever changing guidance whilst reuniting our team which saw most redeployed to support the Trust's overall Coronavirus response.

I feel the words that keep me going and best describe how I feel are: *Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.* Galatians 6 v 9





NHS Birthday 2020

This is a message from NHS England; more on how you can get involved with the NHS Birthday is on their website.

On Sunday 5th July 2020, it will be 72 years since the NHS and social care system was established.

2020 has been the most challenging year in NHS history. This year, the birthday is an opportunity to recognise, reflect and remember. To recognise the skills, commitment, achievements, compassion and diversity of all 1.9 million people, across more than 350 different professions.

Over the last few months staff have worked around the clock to tackle coronavirus – caring for the 100,000 patients with COVID-19 who needed specialist hospital treatment and treating countless others besides, redesigning services and creating backup Nightingale hospitals.

Everyone across the NHS is hugely grateful to the thousands of former doctors, nurses and other health service staff who came out of retirement to battle coronavirus, the fellow key workers – from bus drivers and refuse collectors to social care staff and teachers – who kept the country running and, of course, all those who stopped the spread of the virus by following the advice to stay home and save lives. Everyone has had a part to play and, in the most difficult days, frontline workers were sustained by the support of the public.

On Sunday 5th July we invite everyone to come together at 5pm and applaud the commitment, courage and sacrifice shown by so many. Everybody will be encouraged to stop what they're doing and join with others (following social distancing advice of course) in their streets or neighbourhoods to applaud not just the NHS and other key workers but all those who have volunteered or helped keep services and community networks going. Following the applause, we hope people will enjoy a drink or a cup of tea and reflect with family, friends and neighbours.

Lockdown has been a tremendously challenging time for everyone, but at the same time we have seen countless examples of people doing their best and achieving amazing things – fundraising, volunteering, returning to NHS careers, helping out neighbours, being more active, and a greater willingness to talk about and address mental health issues. Thank you!

Parish Walk has raised £1, 680 (so far)

Helen Harrison, Jan Edwards and Gillian Thornton visited 18 churches in total on their Parish Walk to raise funds for St Peter's food ministry. Three other groups were inspired to do their own walks – the Brewer family, the Bursell family and Sarah Martin with Alex and Zak Armour. So far £1,680 has been raised, but you can still donate: please visit their Just Giving Page or cash, in an envelope marked **Helen Harrison – Parish Walk**, can be left in the Donations Box in Church. We can claim an extra 25% on donations through Gift Aid if we have your name and address – email helenudy@ntlworld.com. More details and pictures are available on our website!

Welcome to St Peter's Church

We are pleased that you have chosen to come in and, if you've come for a time of reflection and prayer, we hope you will find peace and a closeness to God. In the Bible in Psalm 46 God says, 'Be still and know that I am God'. So, sitting in God's presence in the quiet of this building where past generations have offered their prayers is an excellent way to pray. However, sometimes we need words to help us to articulate what we feel. So here are some prayers that may offer some starting points for your own reflection and prayer:

Keep us, good Lord,
under the shadow of your mercy in
this time of uncertainty and distress.
Sustain and support the anxious and
fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate
us from your love
in Christ Jesus our Lord. **Amen**

Jesus, our companion,
when we are driven to despair,
help us, through the guidance of
your spirit
and through the friends and
strangers we encounter in life,
to know you as our refuge, our way,
our truth and our life. **Amen.**

When someone is in hospital

Lord God, whose Son, Jesus Christ,
understood people's fear and pain
before they spoke of them,
we pray for those in hospital;
surround the frightened with your
tenderness;
give strength to those in pain;
hold the weak in your arms of love,
and give hope and patience
to those who are recovering;
we ask this through the same Jesus
Christ, our Lord. **Amen**

A prayer for the NHS

Everlasting God, at this time we lift
to you those from all nations and
backgrounds who work on the front
line in healthcare.
Give them skill and wisdom in their
work.
Be their strength and their shield as
they give of themselves in the care
of others.
Amen

A prayer for the bereaved

God of love and mercy,
embrace all those
whose hearts today
overflow with grief,
unanswered questions
and such a sense of loss.
Grant them space
to express their tears.
Hold them close
through the coming days.
Amen.

Loving God,
thank you for this house of prayer
where we praise and thank you
for all you have given us.
Help us to go out into the world,
refreshed by your Spirit,
to do what you have called us to do
in Jesus Christ, our Lord. **Amen**

Readings for Sunday 5th July

The Fourth Sunday after Trinity

Old Testament	Zechariah 9 v 9 - 12
Gospel	Matthew 11 v 16 – 19 and v 25 to end
Epistle	Romans 7 v 15 - 25a



This week's online worship

Although St Peter's is now open for private prayer, our services continue online with 9:30 am Holy Communion and 11:00 am Matins or Holy Communion (BCP) each Sunday – today our preacher is Alan Garrow, Vicar of St Peter's Church.

Morning and Evening Prayer are at 8:00 am and 5:00 pm from Monday to Saturday – please come and join us, just follow the links on our website.

Re-opening of church buildings for public worship

Following the Government announcement that church buildings will be able to reopen for public worship from 4th July, providing physical distancing remains in place, the Bishop of London, Sarah Mullally, who leads the Church of England's Recovery Group, said: "I welcome the Prime Minister's announcement today that we will soon be able to begin to meet and worship together in our church buildings



again. The last three months have been an extraordinary time - the first period without public worship and the sacraments in England in more than 800 years. There will be real joy as we begin to come together again – if even at a physical distance – but I also know that many will be understandably cautious at this news. We will not be returning to normality overnight - this is the next step on a journey. There will still be restrictions and we must all still do everything we can to limit the spread of the virus to protect each other, especially the most vulnerable."

The Church of England issued new advice on the conduct of public worship in a safe and appropriate way on Wednesday 1st July. St Peter's Parochial Church Council (PCC) plans to open our Church for worship on Sunday 26th July 2020.

St Peter's Church continues ...

St Peter's Church is closed except for:

Private prayer from 11:00 am – 1:00 pm each weekday and on Saturdays.

The Breakfast Club, which provides a free, takeaway breakfast from Monday to Saturday (8:20 – 8:45 am) for all those who are hungry or in need. A hot takeaway

Sunday Lunch is available at St Peter's Church each week from 1:00 – 1:30 pm.

Hot takeaway food, tins and whatever else we have to give away is from 4:00 – 5:00 pm every day.

Please pray for those who have asked for our prayers:

Nicky Aitken, Pat Anderson, Ruth Bowes, Mary Burcher, Louise Emrullahu, Cathy Fuller, Pam Gardiner, Vicky Harrison, David Hipkin, Caroline Kelly, Sian Lockwood, Charlie Martineau, Peggy Palmer, Sheila Pantin, Alan Richardson, Michele Roszak, Frances Roxby-Proud and Colin Sinclair.

Also in our prayers this week:

- Mon** All healthcare workers
All those volunteering to help the NHS
- Tues** All those killed and injured in the London bombings 15 years ago
All our emergency services
- Wed** All who are affected by Coronavirus COVID-19
Those who are bereaved
- Thurs** The team preparing and serving Sunday Lunch at St Peter's
All who work in foodbanks
- Fri** Those who are guiding our nation
All Members of Parliament
- Sat** Dennis Richards, Lay Reader
Staff and residents of care homes

Daily Readings

Morning Prayer is at 8:00 am and Evening Prayer at 5:00 pm daily. These are the Bible readings we will be using in Church each morning this week. Why not read them at home if you are unable to come to the service?

- Mon** Thomas More and John Fisher, Reformation Martyrs, 1535
Psalm 80
Judges 13 v 1 - 24
Luke 17 v 20 to end
- Tues** Psalm 89 v 1 - 18
Judges 14
Luke 18 v 1 - 14
- Wed** Psalm 119 v 105 - 128
Judges 15 v 1 – 16 v 3
Luke 18 v 15 - 30
- Thurs** Psalm 92
Judges 16 v 4 to end
Luke 18 v 31 to end
- Fri** Psalm 88
Judges 17
Luke 19 v 1 - 10
- Sat** Psalm 97
Judges 18 v 1 – 20, 27 to end
Luke 19 v 11 - 27

The Collect for the Fourth Sunday after Trinity

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;

grant this, heavenly Father, for our Lord Jesus Christ's sake, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

or

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.

What I love about St Peter's

In last week's front page article our Vicar, Alan Garrow, asked readers to tell him what they love about St Peter's. Here are some quotes from your replies:

I came to St Peters just over a year ago now, and immediately felt like I belonged there. The people are so friendly and after the service I stayed behind for coffee to get to know people better and made some nice friends. I love the choir, they always do a fantastic job, and add to the ambiance of the service. The church is always nicely decorated, and it is great when we have the Christmas trees displayed.

We feel like a big family, there to support one another, and do God's work wherever the need arises.

Glenda Marley

I tried various churches in Harrogate before I came to St Peter's and knew the very first time I attended a service that it was the church for me. The people at our Church are some of my very best friends. We met when Oscar was a toddler and we have been friends ever since and I am so grateful for their friendship. I love the mix of people and the warmth of the welcome I receive every time I come to Church in spite of my rowdy and riotous boys. I enjoy being part of the Music Group and have made new singing and musical friends, which is fabulous. I also think it is superb the range of services you run to suit all tastes. Furthermore, it is wonderful that you have managed to feed people throughout the crisis.

Caroline Jackson

I have enjoyed many aspects of St Peter's, but I particularly liked the sincere, loving, healing prayers shared with my partner and I during her battle with cancer. We always looked forward to this part of the Sunday service in the side chapel and came away feeling better. When it was no longer possible to attend Church we had the benefit of Holy Communion at home by Alan together with some uplifting prayers and chats with him and others from the Church. Once Gill was finally relieved of the suffering and went home to God's care, I have found great comfort from the wonderful friends we met. The fact that my new lifelong four-legged companion, Roma, has been welcomed into the Church demonstrates the love for all creatures great and small!

Roy Taylor

TRYING TIMES WK 10

GIFTS
OF THE
SPIRIT

PENTECOST
2020

PATIENCE

JOY

TRYING TIMES

SCHOOLS TO
RE-OPEN

SELF-CONTROL

JIM

TRYING TIMES WK 14

SIGNS
OF
HOPE

THE FOX
& FIGS

OPENING SOON!

JIM

IT'S YOUR MOVE
YOUR SECONDARY SCHOOL SURVIVAL GUIDE

Moving to high school this year?

YOU'RE INVITED TO A YEAR 6 MEET-UP!

We're gathering children from across Harrogate for a special Zoom meet-up on

THURSDAY 9TH JULY 7-8PM

Whether you're excited, nervous, scared or raring to go, our team of youth leaders will be on-hand to help you make the move!

- See other people in your year
- Learn how to tie a tie
- Play games & have fun
- Get some high school insider tips

COME ALONG AND BRING YOUR FRIENDS
You won't be made to answer any questions or to speak if you don't want to!

REGISTER NOW

THEHARROGATEHUB.ORG/ITSYOURMOVE

The 'It's your Move' meet-up is facilitated by The Harrogate Hub which works to unite churches for mission. Leaders from across local churches are coming together for this special event. Please see harrogatehub.org/itsyourmove for registration, safeguarding, code of conduct and privacy policy.

SANCTUARY YOUTH GROUP PRESENTS

COME "STAND BY ME" WITH "OPEN ARMS" TALENT SHOW

Talent-less or Talented it doesn't matter!
All acts are welcome, whether you are young or old, funny or serious, just show them what you've got!
Our talent show is in aid of Open Arms Malawi and Stand By Me, two great charities supporting children's welfare.

Details on how to donate can be found on the St Peters Website & Facebook page.

VIDEOS SENT TO CHRIS BY THUR 9TH JULY SHOW - SUNDAY 12TH JULY @ 6PM
ALL DETAILS ON THE ST PETERS WEBSITE & FACEBOOK PAGE

St Peter's Food Ministry

St Peter's is continuing to give out food **every day** to those in need. If you would like to donate something - toiletries, tinned and dried food - please bring it to Church from 8:00 - 9:00 am on Mondays to Saturdays, 1:00 - 2:00 pm on Sundays or 4:00 - 5:00 pm daily.

Thank you!



Next Week's Deadline

The deadline for the next edition of the Weekly News (12th July) will be noon on Wednesday 8th July. Please send any items (including photos) to Alan Garrow **or** to Marian Chambers (addresses below).

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Financial Giving

If you would like to support us financially at this difficult time, please use these bank details to contribute by BACS:

St Peter's Church PCC Harrogate
account at Natwest Bank PLC

Sort Code: 53-50-21

Account No: 67137628

or **download a Planned Giving Form** from the website. **THANK YOU!**