



Weekly News

2nd August 2020

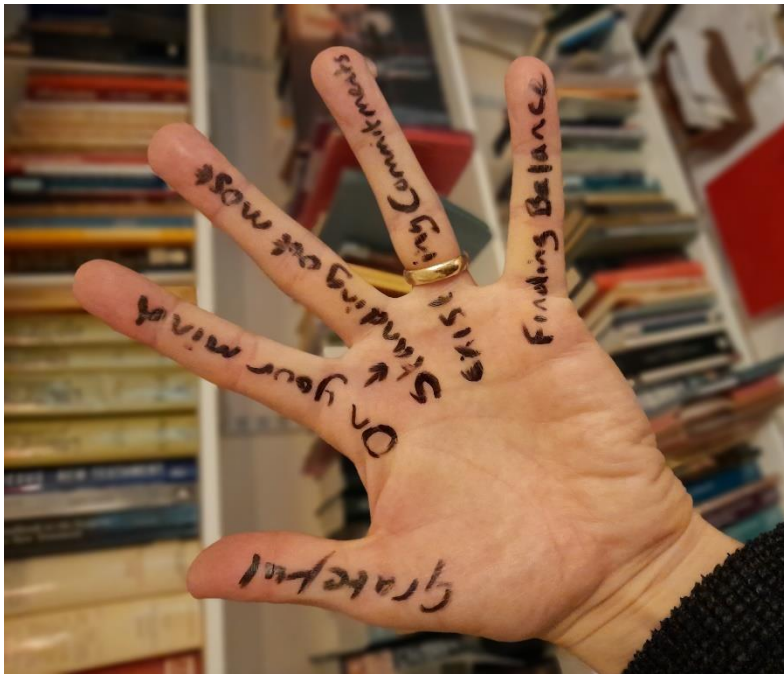
The Eighth Sunday after Trinity

www.stpetersharrogate.org.uk

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

What are we going to do today?

Each day is a precious gift, so how can we make the most of every one? God gives us the gift of life, so how can we discern how to spend each day well? A practice I find useful when considering this kind of question is the 'Five Finger Examen'. There are lots of different versions of this practice, here is the one I use:



The Thumb – what am I grateful for?

Gratitude is always a good place to start. Reflecting on the things we are grateful for at the start of the day provides a headline that recognises God's goodness and the positive possibilities of the day from the start.

The Index finger – what is on my mind at the moment?

This is a free-flow exercise of simply noticing what rises to the surface of our attention when we give a little space for it to do so.

The Middle finger – what stands out as particularly important?

Out of the collection of things that are on your mind perhaps one or two arrest your attention as particularly important. Make a mental note of these.

The Ring finger – what am I committed to?

If you have prior or ongoing commitments you'll need to find pace in your day to honour them.

The Little finger – finding the balance

By integrating your commitments with the things that stand out as particularly important, create an agenda for the day. Who knows, the result might feature in your reasons for gratitude tomorrow.

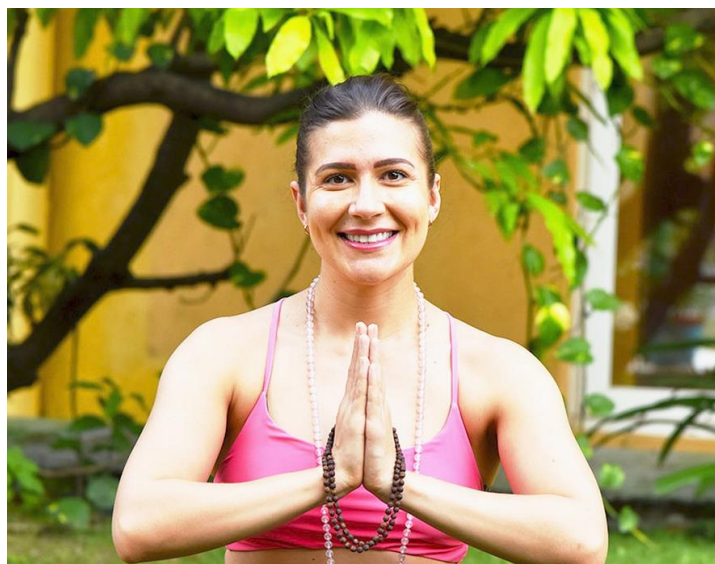
Alan Garrow, *Vicar of St Peter's Church*

Sharing the Peace without touching



How do we share the peace in a time when the COVID-19 virus is spreading? What do we do to greet each other in worship (and, indeed, in everyday life) if shaking hands is not advised? Many people opted for the elbow or fist bump, but as it's become clear that we need to keep at least two metres apart, we've had to become more creative.

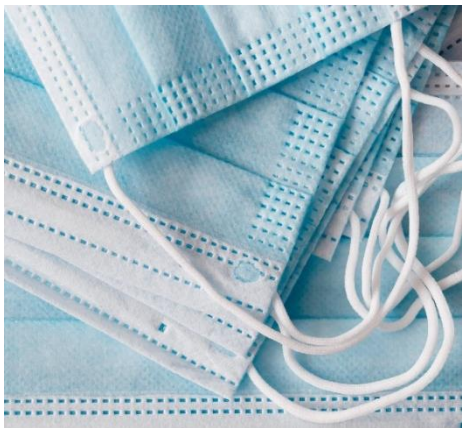
Perhaps the simplest form of universal human greeting is to wave and smile. We use it to say hello and goodbye. It's one of the first gestures we learn as children. But is sharing the peace during worship just a way of offering a friendly hello to those sitting around us? Christian worship is filled with profound actions: bowing heads in prayer; making the sign of the cross in blessing; standing in reverence during the reading of the Gospel. The Peace is just such an ancient and profound action, practised by the early Christians.



'Peace be with you' is a greeting Jesus himself used to his disciples. The apostle Paul opened each of his letters with the words 'Grace and peace with you'. I was taught that when we share the peace we make peace with one another before we come to the Lord's table. But for me when I stretch stretch out my hand and say those words, I acknowledge God's peace within both of us – that we are one in Christ (Ephesians 2 v 14 – 21).

I have recently been using *Namaste*, which translates as, 'I bow to you'. It is a word and gesture (*see above*) of respect, honour and love. It means, essentially, 'The holy in me bows to the holy in you.' It is exactly what some of us mean when we say, 'The Christ in me meets the Christ in you.' It is the passing of a deep peace between us. In response to COVID-19, Jessica Young, a professor of Dance and Movement Therapy has developed an alternative, [safe way to share the peace](#) without making physical contact – perhaps you might like to try that! Peace be with you.

Marian Chambers, *Editor of The Weekly News*



Face Coverings in Church

The wearing of face coverings by all who attend our churches, in any capacity, is now strongly advised by the Church of England. The new guidance was issued on Thursday 23rd July and says:

'We strongly advise that face coverings should be worn by all those attending a place of worship, including ministers, worshippers, staff, volunteers, contractors and

visitors, where there may be other people present; remembering that they are mainly intended to protect other people, not the wearer, from coronavirus COVID-19 and that they are not a replacement for physical distancing and regular hand washing.'

Harrogate Fair Trade Shop is open again

The Harrogate Fair Trade Shop located in St Peter's porch, has reopened after months of lockdown. For the time being they have reduced their opening hours to 11:00 am to 3:00 pm weekdays (except Wednesdays) and Saturdays. They are stocking fair trade facemasks – triple layered, washable and reusable. They're made in Cambodia by a company that mainly employs artisans who have been victims of polio. Harrogate Fair Trade Shop is staffed by volunteers and, in common with many charities, has seen its volunteer numbers dwindle because of the pandemic. It is now actively looking for people with a passion for fair trade to come and help out for a couple of hours a week. If you can help please contact Vicky Wild harrogatefairtradeshop@hotmail.com.

And speaking of facemasks...

Another *Harrogate in lockdown* image from Michael Bell.



Readings for Sunday 2nd August

The Eighth Sunday after Trinity

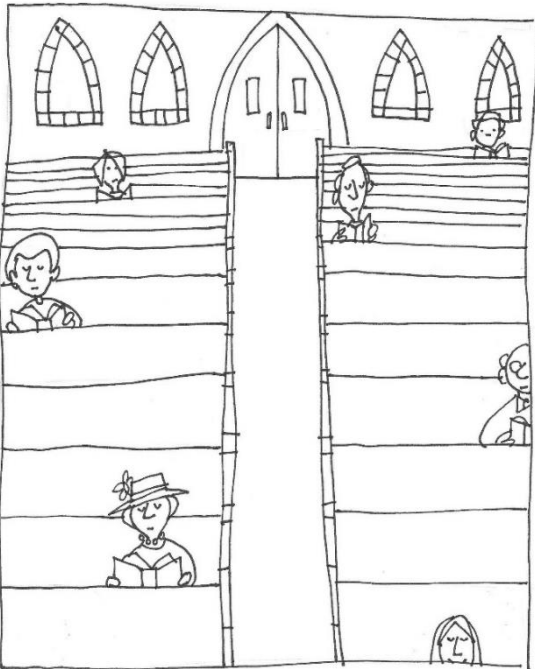
Old Testament	Isaiah 55 v 1 - 5
Gospel	Matthew 14 v 13 - 21
Epistle	Romans 9 v 1 - 5
Preacher	Sarah Martin



This week's worship online

As not everyone can come to Church and take part in the services every week, we are continuing to live-stream services. To join in follow these links: [9:30 am Holy Communion](#) and [11:00 am Matins or Holy Communion \(BCP\)](#). You can also join in with [Zoom Coffee](#) after each service for 10 minute chats with three or four others. [Morning and Evening Prayer](#) are at 8:00 am and 5:00 pm from Monday to Saturday and will be live-streamed on Facebook and Zoom. You can also watch any of these services at a later time on the [St Peter's Church YouTube Channel](#).

To keep everyone safe, please:



- **follow the one way system** – down the side aisles and up the centre aisle;
- **keep your distance** at all times, even when you share the peace;
- **form a single, distanced queue** in front of the dais to receive Communion – a wafer, but not wine, will be distributed (please indicate in advance if you need a gluten-free wafer);
- **remember no refreshments** will be served after the service, but bottled water is available if you need it;
- **leave via the West Door** after the 9:30 am service, if you are able. **Thank you!**

St Peter's Church is now open for:

Private prayer from 11:00 am – 2:00 pm every day except Sundays.

Services on Sundays – 9:30 am Family Communion and 11:00 am Matins or Holy Communion (BCP) – to check availability and to book a pew contact our Parish Administrator, Carole Raw at stpeters.office@ntlbusiness.com.

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

A hot **Sunday Lunch** (with distanced seating) is served from 1:00 – 1:30 pm.

Hot food to eat in (with distanced seating) or take away, available 4:30 – 4:50 pm on Mondays, Wednesdays and Fridays.

Food parcels available 4:30 – 4:50 pm on Tuesdays, Thursdays and Saturdays.

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
Doctors and nurses
- Tues** All who are affected by
Coronavirus COVID-19
Local businesses who are having
to close
- Wed** St Peter's Food Parcel Scheme
Foodbanks all over the country
- Thurs** All our emergency services
Harrogate police officers
- Fri** Those who are guiding our nation
The Chief Scientific Adviser and
his team
- Sat** All our retired Clergy
All in the nursing homes and
hospices of our Parish

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** Psalm 30
1 Samuel 14 v 24 - 46
Luke 23 v 13 - 25
- Tues** Psalm 36
1 Samuel 15 v 1 - 23
Luke 23 v 26 - 43
- Wed** *Oswald, King of Northumbria, Martyr, 642*
Psalm 34
1 Samuel 16
Luke 23 v 44 – 56a
- Thurs** ***The Transfiguration of our Lord***
Psalm 27
1 Kings 19 v 1 - 16
1 John 3 v 1 - 3
- Fri** Psalm 31
1 Samuel 17 v 31 - 54
Luke 24 v 13 - 35
- Sat** Psalm 42
1 Samuel 17 v 55 – 18 v 16
Luke 24 v 36 to end

The Collect for the Eighth Sunday after Trinity

Almighty Lord and everlasting God, we beseech you to direct, sanctify and govern both our hearts and bodies in the ways of your laws and the works of your commandments; that through your most mighty protection, both here and ever, we may be preserved in body and soul; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

or

Lord God, your Son left the riches of heaven and became poor for our sake: when we prosper save us from pride, when we are needy save us from despair, that we may trust in you alone; through Jesus Christ our Lord.

Art Meditation with Shaeron Caton Rose

Earlier in the year, during Lent, St Peter's Church hosted the large scale banner in the Glass Foyer by local artist Shaeron Caton Rose. With the support of Leeds Methodist Mission, Shaeron is offering a weekly art meditation, initially during the COVID-19 crisis. Each week she will be offering two images, some of her thinking and a simple practical and meditative art action. To join in visit her website:

www.shaeron.com/post/art-meditations



Responding with Hope summer photo competition



The annual photo competition is returning on 20th July to celebrate Christian life, great and small, across the Diocese of Leeds. **Responding with Hope** is this year's theme, which aims to generate a fantastic gallery of people and places of worship. It is open to everyone and the best picture will star on the Diocesan website and online newsletter. Please send in your pictures by joining the [Leeds CofE Camera Club](#) closed group Facebook page, please use the hashtag #RespondingwithHope. Or you can email them

to communications@leeds.anglican.org with your name and where the image was taken. The competition closes on 1st September 2020. Good luck!

Nothing can separate us from the love of God

Last Sunday, 26th July, the weekly online service on the Church of England's website came from the Diocese in Europe. The service, led by the Revd Fiona Simon, was filmed at the Pro-Cathedral of the Holy Trinity, Brussels, where she is associate chaplain, and centred around a message that



separation and isolation - even after months of lockdown and distancing measures - can be overcome through God. The preacher was the Ven Dr Paul Vrolijk, from the Netherlands. He is the Archdeacon of North West Europe and Senior Chaplain at Holy Trinity. In his introduction the Rt Revd Dr Robert Innes, Church of England Bishop in Europe, talked about the life and work of the Diocese, which serves over 300 congregations across 42 countries in and around Europe. You can still watch or listen to the service on the [Church of England](#) website www.churchofengland.org.

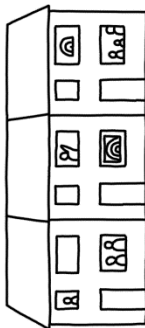
Beatitudes for a Global Pandemic

The text for *Beatitudes for a Global Pandemic* was written by Jayne Manfredi, based on Matthew chapter 5. Illustration by Dave Walker. Click [here](#) for the video version

BEATITUDES

FOR A GLOBAL PANDEMIC

BLESSED ARE THOSE WHO STAY INDOORS



FOR THEY HAVE PROTECTED OTHERS

BLESSED ARE THE UNEMPLOYED AND THE SELF-EMPLOYED



FOR THEIR NEED OF GOD IS GREAT

BLESSED ARE THE CORNER SHOPKEEPERS



FOR THEY ARE THE PURVEYORS OF SCARCE THINGS

BLESSED ARE THE DELIVERY DRIVERS AND THE POSTAL WORKERS



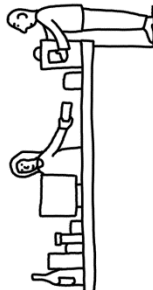
FOR THEY ARE THE BRINGERS OF ESSENTIAL THINGS

BLESSED ARE THE HOSPITAL WORKERS; THE AMBULANCE CREWS, THE DOCTORS, THE NURSES, THE CARE ASSISTANTS, AND THE CLEANERS



FOR THEY STAND BETWEEN US AND THE GRAVE, AND THE KINGDOM OF HEAVEN IS SURELY THEIRS

BLESSED ARE THE CHECKOUT WORKERS



FOR THEY HAVE PATIENCE AND FORTITUDE IN THE FACE OF OVERWORK AND FRUSTRATION

BLESSED ARE THE TEACHERS



FOR THEY REMAIN STEADFAST AND CONSTANT IN DISTURBING TIMES

BLESSED ARE THE CHURCH WORKERS; THE DEACONS, PRIESTS AND BISHOPS



FOR THEY ARE A COMFORTING PRESENCE IN A HURTING WORLD AS THEY CONTINUE TO SIGNPOST TOWARDS GOD

BLESSED ARE THE SINGLE PARENTS,



FOR THEY ARE COPING ALONE WITH THEIR RESPONSIBILITIES AND THERE IS NO RESPIRE

BLESSED ARE THOSE WHO ARE ALONE.



FOR THEY ARE CHILDREN OF GOD AND WITH HIM THEY WILL NEVER BE LONELY

BLESSED ARE THE BEREAVED,



FOR WHOM THE WORST HAS ALREADY HAPPENED. THEY SHALL BE COMFORTED

BLESSED ARE THOSE WHO ARE ISOLATED WITH THEIR ABUSERS



FOR ONE DAY - WE PRAY- THEY WILL KNOW SAFETY

BLESSED ARE ALL DURING THIS TIME WHO HAVE PURE HEARTS; ALL WHO STILL HUNGER AND THIRST FOR JUSTICE; ALL WHO WORK FOR PEACE AND WHO MODEL MERCY



MAY YOU KNOW COMFORT. MAY YOU KNOW CALM. AND MAY THE GRACE OF OUR LORD JESUS CHRIST, AND THE LOVE OF GOD, AND THE FELLOWSHIP OF THE HOLY SPIRIT, BE WITH US ALL. AMEN



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.

Prayer for medical staff and researchers

Gracious God, give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure.

Strengthen them with your Spirit that through their work many will be restored to health; through Jesus Christ our Lord. **Amen.**

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!**

Next Week's Deadline

The deadline for the next edition of the Weekly News (9th August) will be noon on Wednesday 5th August. Please send any items (including photos) to Alan Garrow or to Marian Chambers (addresses below).

Key Contacts

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