



St Peter's Parish

e-newsletter

13th May 2020

www.stpeterrealing.org.uk

The Vicar's Letter Fruits of the Spirit – Kindness (Galatians 5.22-23)

Hasn't it been amazing how many people have offered to step up to the mark and give of themselves and their time to care for, support or protect others? The government called for 250,000 volunteers when this whole mess broke out and within days they were overwhelmed with $\frac{3}{4}$ of a million. I've been engaging with Ealing Council on how C-19 is affecting the Borough and what we can do about it. I was at first rather frustrated with the Council's response until I realised they were struggling not only under the weight of the pandemic and its affects on the vulnerable of our Borough but also under the phenomenal weight of volunteers and people clamouring to help. It has been quite eye opening and heartening.

I am sure we have all been in those situations where we would love to help but just don't know how to. A friend suffers a bereavement, we want to help and support them but in reality there is little or nothing we can do other than perhaps give them a hug. Such an awful feeling. Feeling helpless and useless is awful. It's awful because being so is not in our makeup, any of our makeup. It is natural for us to want to help and support wherever we can. Of that I am firmly convinced.

We often hear of awful things that happen in the world. Only today the news reported a Taliban attack on a maternity hospital in Afghanistan killing women and infants. Yet, praise God that is not the norm, even in Afghanistan. Kindness, in but a few exceptions, is part of who we are. It is how our society survives, how our community grows.

It is then initially curious that St Paul should say kindness is a fruit of the Spirit. We may have expected gifts from the Spirit to be particular to the Spirit rather than our humanity. We forget that it is to be fully human that we are called. And to be fully human is to be an integral part of the wider community. The coming of Christ was not to make us fully divine but fully human. To fulfil within ourselves the potential to be better than we are, to grow and become more. In doing so we proclaim the love God showers upon all humanity, willing it to be more than its sum. To be mindful and open, caring and loving to everyone, regardless of creed, colour, gender, sexuality. To be more like God in whom humanity is made complete.

Ephesians 4:32 – Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

Five 30min Sessions on the Holy Eucharist with tea or coffee and pictures Online @ 5.30pm led by Fr Adam

- 1st Session - 7 May Origin of the Eucharist (The Bible and the Church Fathers)
- 2nd Session - 14 May Introductory Rites (Forming a community to worship)
- 3rd Session - 21 May Liturgy of the Word (God speaks to us through Scripture)
- 4th Session - 28 May Liturgy of the Eucharist (The memorial of the Lord's Passion and Resurrection)
- 5th Session - 4 June Concluding Rites (Christian missiology)

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Stewardship and Giving

Thank you to all who have so generously contributed extra to church funds in these very difficult times. There is still time to contribute and you can use the banking details below to do so.

What has happened and the situation we have been left in financially also shows us how important our regular giving is. Our Stewardship should be the backbone of our life. It is our only source of income. The giving by the congregation should be covering the lion share of the costs of the church and the Hall should generate income that supplements church costs whilst covering its own running and maintenance costs. What has been brought into stark relief is that this is not happening. Costs are rising for the Hall and the Church and our giving is falling behind. Now the Hall cannot maintain itself, even though it generates a comfortable income, because it is being used to pull the church out of a financial hole which it can no longer do.

We need you to think very carefully about your giving to St Peters. It costs £100 or so per person per month to run St Peter's. Not all of us can afford that. Many of us are on fixed incomes. We all must give sacrificially; that is as best we can...and then, dare I say, a bit more. We also should consider including St Peters as a beneficiary of our estate. Legacies can be so helpful in building up reserves for the church, ensuring the future of a community that has given so much to us.

If you are able to review your giving you can do so online, through phone banking, or we can send you a bank mandate form. I can't over stress how important this is. Thank you for your support in advance.

Fr David

Bank: HSBC

Account Name: Parochial Church Council of St Peters Ealing Parish

Account Number: 60377082

Sort Code: 40 11 58

Or, if you prefer, just drop a cheque into the vicarage

Please contact me if you wish to discuss the church finances or your donation:
lindafos@aol.com

A big thank you to all who have supported St Peters Church during this difficult time!

Linda Foster

A Letter from Lockdown.

Dear Reader,

Since the lockdown started in the UK, I've heard and read of people who have had trouble finding ways to pass their time; some are furloughed and can't work, others seem not to have hobbies, and so life gets a bit boring for them. I suspect the secularisation of our society plays a big role in this, but that's a topic too big to tackle in a Saturday afternoon email.

I am lucky that I can do the entirety of my job working from home; alongside that I have to juggle between caring for a convalescent wife, a newborn baby, keeping the house tidy, cooking and do the shopping for our groceries. I find it quite amazing that I still manage to find some time (mainly late at night, and no more than 10 minutes) to sit down and open a book; be that the Prayer Book, a Bible, some social history of England or some fiction. I've always liked to have music with me when



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I relax in this way and the other day I stumbled across a piece that I had not listened to for a long while but that I always loved.

“A Norfolk Rhapsody” by Ralph Vaughan Williams. He originally wrote 3 of those; n.1 which is the one most widely known; n.2 which I believe is astonishingly beautiful but has some parts reconstructed; n.3 was lost and never found.

The tunes used in these compositions are studies on English folk songs that Vaughan Williams collected over many years in various rural areas across the country. In this specific case the folklore came from Norfolk, in and around the fishing town of King’s Lynn. Indeed the underlying tune, mainly of Rhapsody n. 2, has been used to set to music a Hymn by G. K. Chesterton; “O God of Earth and Altar”. This Hymn is at n. 562 in the English Hymnal, or if (unlike me) you don’t despair at change for the sake of change, I believe it to be n. 492 of the New English Hymnal.

Vaughan Williams was indeed the author of many music pieces in the English Hymnal and he was the editor together with Percy Dearmer, vicar of Primrose Hill, who was a strong advocate of the Prayer Book and oversaw the re-introduction of hymn signing into the CofE and has written many treatises on Vestments, Church and Altar decorations; he even wrote a small essay about reunification with Rome and how it was not possible (again too big of a subject for this email).

Vaughan Williams was criticised for his inclusion of folk tunes in what was an obviously religious text, bemoaning the ‘atmosphere of secularity’; but he rebuked those arguments mentioning the “epoch-making discovery of the beautiful melody hidden in the countryside”. Vaughan Williams questioned why that inheritance should not benefit church as well as concert room. To which I agree wholeheartedly. His vision was that The English Hymnal should become a thesaurus of the world’s finest hymn tunes, and that its music should be in essence congregational. I believe he succeeded.

When I was younger, before I discovered how the countryside and the rural setting evokes home, and how the Anglican Church music elevates the soul, I was into Heavy Metal (I still listen to it, but with a much more discerning and critical ear). My favourite band have always been Iron Maiden. In their pure style of mixing history, mythology, tradition, folklore and religion they wrote a song called Revelations.

It begins with the first stanza of the Hymn by Chesterton mentioned above, which aims at describing the current state of humanity: “our earthly rulers falter, our people drift and die” as there seems to be a lot of money in today’s society, but the band tries to make evident how the more money you have the less happy you are likely to be.

Then it continues on by mentioning the “Secret of the hanged man” which is a symbol of hope in Hindu beliefs; the “venom tears down my spine” is the snake Kundalini of Yoga, whose venom gets to your brain and puts you in a state of “bliss”. Then he goes on mentioning the occultist Alistair Crowley who was a strong believer of the “do what thou wilt” mantra which led him down the path of the occult and in believing that man didn’t need to discover God, but indeed to discover itself (“do what thou wilt”). The interpretation I always derived from the entire lyrics was that we must always have faith, because with faith there is hope and without hope the earthly life would be meaningless, but at the same time we need to approach the whole thing with doubt, the healthy doubt that always makes you try to understand better; because blind belief in anything is dangerous.

Indeed this allows me to link to a sentiment I’ve been having lately, at these times of being isolated, in which decisions are taken for us by “following the science” and in fear, we accept with very little doubt. It seems to me that in our highly secularised society, we have come to fear death in a strong irrational way, which leads us to believe and accept anything, even renouncing our long term freedom for short term security.

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I've always tried, whenever I have the chance, to point out how in secularising our society, in putting Christianity at the back of the queue, we might not actually get our much coveted secularism, but perhaps another religion, which is less ashamed of itself, more vocal and likely to impose itself on the rest of us. I am not going to say what I think this is, suffice to say that what I have in mind is not what one would define as a religion in itself, but which has all the characteristic of it, albeit not a healthy one.

Finally I would like to conclude with a quote from G.K. Chesterton again, which has always helped me in getting some of those points across: "When men choose not to believe in God, they do not thereafter believe in nothing, they then become capable of believing in anything."

Below I have put links to the Rhapsodies, the Hymn and the song by Iron Maiden.
Thoughts and Prayers,
Daniel

<https://www.youtube.com/watch?v=5DeT3DkyXc8>
<https://www.youtube.com/watch?v=aNG7Aw8ZBI4>
<https://www.youtube.com/watch?v=XUYY0ujfkhQ>
https://www.youtube.com/watch?v=CIUB7_8xjEw

This is Christian Aid Week Sunday 10th to Saturday 16th May

This year because of the Coronavirus crisis there will be no house to house or street collections. However, you can donate online via caweek.org. Your donation can also be gift aided online.

The coronavirus crisis means it is more important than ever that we come together as a community to worship, share fun and fellowship, and support our sisters and brothers living in poverty.

A schedule of virtual events is taking place during Christian Aid Week on CAs Facebook page, <https://www.facebook.com/christianaid/> There are several more creative and fun ways below to help you join in saving lives from your sofa.



- **Monday 11 - Saturday 16 May, 11am:** Live daily reflections from our staff and partners overseas.

You can find out more information about the service and daily reflections by signing up using the following link, <https://www.christianaid.org.uk/christian-aid-week/daily-prayer-reflection>.

Have fun with the Christian Aid Community online:

- **Sunday 10 - Saturday 16 May, 7.30pm:** Daily fun quizzes for the whole family throughout Christian Aid Week. Sign up using the following link, <https://www.christianaid.org.uk/christian-aid-week/daily-quiz>
- **Quiztarian Aid!** Hosted by Kate Bottley, Dr Rowan Williams and Giles Fraser, put your thinking caps on for our pre-recorded quiz.

During Christian Aid week I will send you an e-Envelope with more information.

Angus McAvoy

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St Peters Pastoral Assistance Programme has become the WLL Community Shopping Service.

Members have volunteered to shop, chat on the phone or collect prescriptions. Margaret Joachim is co-ordinating this and if you'd like to help, if you know someone who could do with some help or indeed if you yourself need help then get in touch. The phone number to use is 07595 911178.

We have suggested you might like to contact your neighbours, if you haven't already, and may be wondering what you can say. Here are some words you might find helpful. Pop them on a card or a notelet and pass it through

their doors. Better still, if you can, send an email:

Dear Friend,

As the UK faces the impact of coronavirus, St Peter's has set up a support network for people in our congregation and others in the parish, so that we can shop, collect medicine, run errands or provide a listening ear for each other, especially if whole households will need to self-isolate.

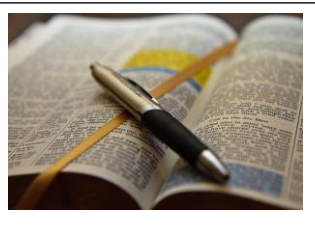
*If you need anything, please feel free to contact us on the number below. It could be to buy and drop off some shopping that you need, or post a letter, or simply for a friendly chat on the phone. We can leave shopping** on your front doorstep and ring you to let you know it's arrived. It's no trouble at all.*

If people are already helping you, that's splendid. We are particularly concerned to contact and help people who are alone and don't already have friends or family to help them – especially if they are also elderly and less likely to use websites or social media. So please tell your neighbours about this, and anyone else that you think would find it helpful.

*** By the way – we can't guarantee to find everything you might want in the shops just at the moment, but we'll do our best*

Please also note the new Ealing Borough website: <https://ealingtogether.org/> Loads of information help and advice is there.

Finding Your Way Round Your Bible: Prophets I Isaiah and Jeremiah



The order of the books we have in our Bibles is the result of ancient decisions and understanding. The Old Testament, where we have travelled so far is based on the content and order of the Jewish scriptures "Tanakh". There are of course some key differences, and as we come to the large and sprawling Prophecy section (about a third of the whole OT) of our Bible bookshop it might be worth bearing a few of these in mind.

For Jewish readers our History section is called "The Former Prophets" as it contains accounts of the prophets Samuel, Elijah and Elisha. The Tanakh's "Latter Prophets" and "Book of the Twelve" contain our Prophecy books, running from Isaiah to Malachi. This link shows the different organisation in a simple and interesting way.

<https://www.bibleodyssey.org/en/tools/bible-basics/three-biblical-canons>

For our purposes it helps us to place ourselves in this section. What is Prophecy? and why is there so much of it? From our time in the History books we have gained some understanding of what prophets do. They warn, they admonish, they explain and they promise. What they do not do –in the crystal ball sense – is prophesy the future. Or rather, they do, but not based on any second-sight –clairvoyance - but on their first-sight and

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understanding of God's will for his people and what happens when people go astray. It is less like predicting a meeting with a tall dark stranger and more like explaining the consequences of standing in the path of an oncoming train.

Just as many of the books of the Bible contain elements of history then many also contain elements of this warning, admonition and explanation. Sometimes the warnings are for individuals (Nathan to David in 2 Samuel 12; Elijah to King Ahab in 1 Kings 21 verses 17 - 29 etc) sometimes for the whole nation (see 1 Kings 14 verses 1 – 16).

The important distinction – although there are exceptions – between the History and Prophecy sections is that the History is predominantly third person narrative (narrator telling the actions and happenings of the time) and Prophecy is predominantly first person message (voice of the prophet sharing his vision).

Alongside the “story” of Israel's captivity by the Assyrians followed by Judah's Babylonian Exile, are all the voices of the prophets pointing out that this is the inevitable outcome of their abandoning and corruption of God's purposes.

The Bible records and preserves these voices as a continuing warning of what happens when the people behave in this way. It is argued that many of the prophetic books were actually written long after the events they prophesy. For the Jewish people the chronology is less significant than the meaning: the essential purpose of the voice of the prophet is to bring people back into right relationship with God.

And this of course is where the promise comes in. Over the centuries it becomes clearer and clearer that Israel is not able in her own strength to form and sustain this relationship. It is only God who can lift Israel out of the destruction she has wrought upon herself. God, who promises a “coming one” an “anointed one”- Messiah - to set Israel and all the peoples of the world on their feet again.

This is what we were left thinking about in Jonah last week when we heard the startling news that God cares for the people of pagan Nineveh. As we journey through the prophets over the next few weeks, we will hear many dire warnings, but we shall be on the look-out for the promises and words of deep consolation woven in amongst the doom.

Isaiah

At 66 chapters this is the longest book in the Bible with the exception of the Psalms. Deciding the authorship and dating of Isaiah would take many shelves in many bookshops. If we take him at his word then he is a man writing during the reigns of Uzziah, Jotham, Ahaz and Hezekiah, kings of Judah (c 740 – 681 BC). Many believe that there are three hands at work in Isaiah, which explains the different tone and style of certain sections and the disjointed chronology. Whatever the case, the poetry and theology of Isaiah have so permeated the Christian imagination that we have much to thank him/them for today.

Let us visit Isaiah now:

- Isaiah 6 verses 1- 8: The commissioning of Isaiah in the Temple “Whom shall I send?”
- Isaiah 9 verses 1b – 7: The Coming King “The people who walked in darkness have seen a great light....Unto us a child is born”
- Isaiah 11 verses 1 – 9: The Peaceable Kingdom “The wolf will lie down with the lamb.”
- Isaiah 29 verses 1 – 16: The siege of Jerusalem
- Isaiah 35 verses 1 – 10: The return of the redeemed to Zion “Sorrow and sighing shall flee away.”

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- Isaiah 40 verses 1 - 11: Comfort for God's people "The voice of one crying in the wilderness...."
- Isaiah 53 verses 1 - 12: The Suffering Servant "A man of sorrows and acquainted with grief."
- Isaiah 56 verses 6 - 8: The promise of God to the outcast.
- Isaiah 60 verses 1 - 7; The ingathering of the dispersed "Arise, shine; for your light has come."
- Isaiah 61 verses 1 - 3: "The Spirit of the Lord is upon me." (See Luke 4 verse 18)
- Isaiah 65 verses 17 - 25: The vision of a new creation "A new heaven and a new earth."

Jeremiah

Jeremiah has fewer words of promise and consolation and more words of warning. He identifies himself as a son of a priest, living near Jerusalem and the period of his prophecy stretches from 627 - 580 BC. His chief concern is to call people to repentance, for which he is roundly abused and punished. His voice is less attractive than Isaiah's, but his confidence in God at work is just as profound. (For what follows I have used notes by Nick Page *Explorer's Notes: The Bible*, Collins 2006 - a wonderful book given to me one Christmas by Val Stephens - as they are a great introduction to this prophet.)

- Jeremiah 1 verses 1 - 19: God chooses Jeremiah.
- Jeremiah 12 verses 1 - 17: Jeremiah complains to God
- Jeremiah 13 verses 1 - 11: The sign of the underwear (!)
- Jeremiah 18 verses 1 - 11: The potter and the clay.
- Jeremiah 19 verses 1 - 15: The sign of the earthenware jug.
- Jeremiah 24 verses 1 - 10: The sign of the baskets of figs.
- Jeremiah 36 verses 1 - 32: The burning of the scroll.
- Jeremiah 39 verses 1 - 18: The Fall of Jerusalem and the freedom of Jeremiah.

While we are with Jeremiah now would be a good time to read his Lamentations (next book on in our Bible). It is a short if not quick read and contains some beautiful poetry written by Jeremiah as Jerusalem finally falls to the Babylonians. We recognise some of it from the Maundy Thursday service: Lamentations 1 verses 1 - 4 "How lonely sits the city that once was full of people."

Having got these two substantial prophets in hand - feel how far through we are now - next week we can hear some other voices crying in the wilderness. You will be pleased to know that these are "slim volumes"!

Corona Quiz - I'm afraid there is no Quiz this week. Margaret has been working hard sorting out the West London Leaders Shopping Assistance Programme. She promises it will be back soon.

Susan Peatfield



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Photos of our church garlanded for VE Day



Bunting by Oliver McAllister

The bunting, red, white and blue,
Is out and about waving just like we used to do.

These flags mark parties and jubilation:

A message of hope and faith that unites a nation.

We cannot be together; we may feel apart,

But remember we are all connected by St Peter's our heart.

These flags now have a new meaning:

A model of social distancing; spaced apart but still beaming.

The streets brightened; my daily exercise a bit less mundane.

The sight of St Peter's resplendent, waiting 'til we meet there again.

The bunting, red, white and blue,

Is out and about waving.
Soon we'll be out there too.

A small band of, appropriately distancing, St Peter-ites draped our church in bunting in celebration of VE Day and here are a couple of pictures for you. Thank you Team!

Alison G's music musings:

We have continued with our Easter readings and hymns, then this past Sunday also brought us the theme of Christ as Good Shepherd. I'm sure everyone has their favourite music settings of Psalm 23, whether it's the lovely versions from our hymn books, or other settings including those by John Rutter, or Howard Goodall (probably my own favourite). This one may be less familiar, it is 'modern' (well, from 1965...) but takes us to the Hebrew text, in a work by Leonard Bernstein commissioned by Chichester Cathedral. The beautiful melodies for Psalm 23 contrast with the loud voice and percussion section for the furious raging and plotting from Psalm 2 1-4.

<https://www.youtube.com/watch?v=cwit6qXik-A>

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Chichester Psalms No 2 Adonai roi Psalm 23 and Ps 2 1-4 Richard Hickox/RPO/ London Symphony Chorus/Aled Jones

Next, a Taize Easter song for 2020, recorded by young people in lock-down all around the world: <https://www.youtube.com/watch?v=M-hybuhxJg8> Taizé - virtual choir : "In resurrectione tua"

A virtual choir of young people from around the world sings "In resurrectione tua Christe coeli et terra laetentur! (In your resurrection, Christ, heaven and earth rejoice!)

Finally, I wanted a piece relating to Sunday's Gospel reading of the Road to Emmaus from the Easter story. After much wandering, Youtube fashion, I found this version of a school assembly favourite, in a more grown-up version.... <https://www.youtube.com/watch?v=yppwLFTlfeNs> Billy Doze - "One More Step Along The World I Go" (Cover)

Hoping we will soon all be stepping out more freely.....meanwhile may we find music that calms, comforts and lifts our spirits ...

6th May 2020

Here is a notice for crafting

The Events team met virtually last week, and the Harvest Fayre was discussed. Please be assured this will happen in some form, even if not as planned. And as a result of Mrs Peatfield showing her newly made item in preparation for her first grandchild we had a 'show and chat craft Zoom' session. Several members of St Peter's are using their time productively and continuing to make items for our 'handmade' stall. If anyone has spare time please do consider a project for this stall. If you need supplies of anything, several of us have various materials, which on our daily walk we could get to you. With Many Thanks, Rosanna

Clap for our Carers: Thursday 30th April at 8pm <https://clapforourcarers.co.uk/>. Bang those saucepans!



Worship this week:

Sunday 3rd May

09.15am Kids Church for all our younger members (via Zoom)

10.00am Parish Worship (via Zoom)

5.30pm Evening Prayer (via Zoom)

Monday – Friday

9am Morning Prayer (individual prayer)

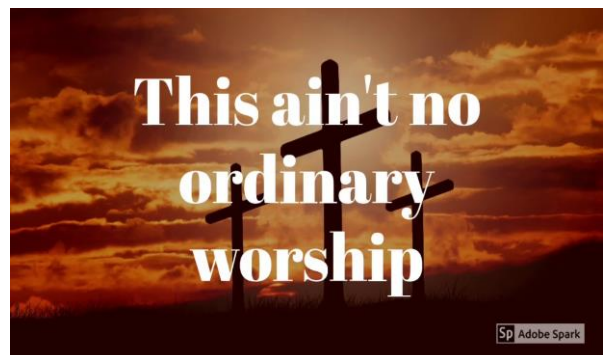
9.30pm Compline (via Zoom)

Monday-Tuesday, Thursday – Friday

5pm Evening Prayer (individual prayer)

Wednesday

5pm Contemplative Prayer (via Zoom)



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You can download Zoom onto your device or you can call in by phone, dialling the number given in the email. You will also need to have downloaded the Daily Prayer app onto your device or find it via the Church of England website (www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer)

Ring The Archbishop!

The Archbishop of Canterbury, Justin Welby, has launched a free national phone line as a simple new way to bring worship and prayer into people's homes while church buildings are closed because of the coronavirus.

Daily Hope, which is available from today, offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.

The line – which is available 24 hours a day on 0800 804 8044 – has been set up particularly with those unable to join online church services during the period of restrictions in mind.

Centering Prayer Group. Join us for quiet reflective prayer, every Wednesday at 5pm. Watch out for the Zoom invitation. If you'd like to join us but the time or day doesn't suit please let Fr David know. For most of us this can be a moveable feast.



Supporting Local Business –

Steak on the Green, Haven Green. Please think about supporting a local business by visiting Steak on the Green's Steak Shop website and having excellent quality steak and other ready to cook food delivered to your door. (At least three parish households have made the most of this and recommend them!) Visit

<https://www.steakonthegreen.com/shop>

ECC: Electric Coffee Co., Haven Green. As a follow up to the piece last week on the ECC I did place an order for bread flour. True to his word, after making the BACS transfer of £6 Simon appeared the next afternoon with two 1.5kg bags of flour that have made splendid loaves. The service was friendly and easy. I would recommend. Check out their Facebook page (www.facebook.com/Electric-Coffee-Co-187327251353877/). They list their wines there too as well as an interesting array of stock to sell. The email Simon on simon@electriccoffee.co.uk with your order. He'll give you the banking details, you make the transfer and voila! another happy customer. A few us have used this service. Its very good.

Contributions.

It would be so great (and make my life easier) to have more contributions from our readers. Material to me at the email below by Wednesday would be great. And if you get the answers to Margaret's quiz it would be good to know. They are fiendish questions.

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Thank you for continuing to support Ealing Foodbank with food donations, we really appreciate the generosity of the public during these current circumstances. This month we have donated eight bags of shopping so far. Donations can be left in the vicarage porch.

Please find our May Shopping List below:

Vegetable Curry/Chilli – tins; Macaroni Cheese / Cheese Ravioli in Tomato Sauce – tins; Fray Bentos Tinned Pies - Cheese & Onion/Vegetable Balti; Tinned Meat - beef, lamb, chicken, ham; Rice Pudding & Custard (Ready Made); Peanut Butter; Instant Coffee; Shower Gel/Hand Wash/Bars of Soap

Size 6 Nappies

We've got plenty of Pasta; Pulses

This foodbank is run in partnership with local churches, facilitated by Ealing Foodbank. Registered charity number 1156369 | Registered in England and Wales

Prayer requests:

Please pray for:

Suzi; Cicely Pratt; Elaine Dunkley; Keith Win; John Pullan; Babak Khoswroshahi.

Recently deceased: Peter Holmes (priest); Joan Brooks

Those we cannot be with now and who weigh heavy on our hearts.

Carers and health workers; those keeping supplies lines operational

Each other and ourselves.

(if you would like names added to this list please send them to Fr David)



Keep us, good Lord,
under the shadow of your mercy.
Sustain and support the anxious,
be with those who care for the sick,
and lift up all who are brought low;
that we may find comfort

knowing that nothing can separate us from your love
in Christ Jesus our Lord.

Amen.

Let Nothing Disturb You

a prayer by Theresa of Avila

Let nothing disturb you,
let nothing frighten you,
all things will pass away.
God never changes;
patience obtains all things,
whoever has God lacks nothing.
God alone suffices. Amen.

A PRAYER

Take one soul
In your arms
Calm and holy
Never look away
From its charms
Humble and lowly
Keep it close
From all harms
One and only

by Frank Wood

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