



# St Peter's Parish

## e-newsletter

20<sup>th</sup> May 2020

[www.stpeterrealing.org.uk](http://www.stpeterrealing.org.uk)

### **The Vicar's Letter** Fruits of the Spirit – Self-control (Galatians 5.22-23)

We have all been there. In the supermarket, everyone has had enough, maybe it has been a tough day at the office or in school. We are tired and crotchety and then we can't get our own way. Maybe we wanted something special for supper or an extra treat which is not allowed. As an adult we might just get grumpier, as a child we might throw a tantrum. And what a tantrum can be thrown. I saw one once (promise, it was not me), the child threw themselves down on the shop floor and screamed and kicked and wailed and thrashed around. They had obviously had a very bad day. Dad, for unusually it was a Dad, just stood and looked and watched and let the little one go for it. He gave the occasional shopper an apologetic look, I guess his day hadn't been brilliant. Finally the child calmed down. Having finished Dad took him up, cuddled him and then got on with the shop. I guess this was not the first time.

Sometimes we just lose it sporadically, on others we lose it on a more organised and general sense. We might say as a planet we have lost it in our desire for more. One of the world's problems is its constant desire for more. More energy, more possessions, more food, more cars, more clothes, more. Wanting more has consequence, sometimes good and other times not so good. Wanting more healthcare provision at the present time is seen to be good. We have begun to see that wanting more fossil fuelled energy is not so good. This wanting more though seems to get away with us. Have you ever stopped and looked around your room and thought about the 'more' in your life. What you've wanted more of, scrambled to get more of, desired more. How often have other things taken us over.

Self-control seems to be something we are not great at; and it might seem an odd fruit of the spirit. The question is what does self-control say of the life of faith? The tantrum of a child is excusable. We have all been there and we know the child does not really understand and is actually working something else out in their life. The grumpiness of the adult, though understandable at the end of a difficult day is one might argue slightly less so. The desire for more is the crucial breaking point. This is where my desires, my wants, my aims and objectives are central to my being. To stop and think about the necessity of an item, a desire, an aim, to take control of it rather than it take control of you is to bring balance back to our existence. Such balance, such redress allows us to take control and as people of faith to put that back in the hands of God, to see the world through God's eyes and not our own. To bring back justice, freedom, liberty and equality to all God's creation. Self-control then becomes a vital fruit of our love for and in God, allowing a better relationship with the world and each other, encouraging us to understand and accept people for who they are and where they are. It is a big thing self-control, it does not stop tantrums, it changes lives.

Fr David

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**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)

### **Stewardship and Giving**

In these short articles we've been emphasising how important regular giving is to the life and maintenance of our church community. For that is what it is. Without our giving the church community would cease. If there is no church building because we cannot heat, light or maintain it; no clergy to lead our community; no musicians to organise our music and play for us and no administrator to help with the basic and important day to day running of the community, the community would cease to be. It would have to. Bills must be paid, wages met, honorariums contributed to. Like everything else money makes this work.

Someone said to me recently that the Diocese (often seen as the big baddy in these discussions) should look to itself to sort finances out. But that really is missing the picture. The Diocese is there to support us. It collects common fund to pay for the vicar, the vicar's housing (it may be old and mortgage free but it still has to be maintained), the vicar's pension and national insurance contributions, the curate's costs of pay and pension. To make the Diocese work there must be an infrastructure and this must be paid for. We are not a congregational community; we are part of the One Holy Catholic and Apostolic Church in which we are part of the Anglican Communion and are then part of the National church to which we have responsibilities. And all that costs; not a huge amount (the vicar costs are the lion share) but it is our responsibility to the church to which we belong.

So you see, giving is so important. It is an important part of our Christian ministry and it is not something we can say is someone else's problem. It is our responsibility. We are still very grateful to those who have already 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. We also need you to consider your regular giving, making sure it is given. As we are not gathering in church the regular weekly cash collection is not taken. I would ask if this is your normal way of contributing to consider setting up a standing order so you can continue to contribute. We are also asking you to think about how you might increase your financial contribution.

Those who are thinking about it please do step up to the plate. This is an opportunity for us to get our financial house in order and it would be so great not to have to spend time asking for contributions to our financial life. Details below can be used to make your contribution.

Fr David

Bank: HSBC

Account Name: Parochial Church Council of St Peters Ealing Parish

Account Number: 60377082

Sort Code: 40 11 58

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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 2 “The Twelve”**



You might be relieved that we are taking a short cut this week and passing by a couple of weighty shelves for some, if not lighter then certainly shorter reading than last week. We shall return to Ezekiel and Daniel by another route a little later on.

This week we are staying with the prophetic and historical context of Isaiah and Jeremiah to hear the voices of other (“minor” – in the sense of shorter) prophets. There are twelve of them, but all told they are only a few more chapters than Isaiah on his own – many of them have only two or three chapters each, and one of them we have already met.

Let us first of all take some bearings. Broadly, the messages of these prophets follow the pattern of what we have looked at before. They are warning about what happens when God's people do not follow him, what God's response to his people's unfaithfulness is, and the promise of a new relationship with him.

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The men whose names these books bear are writing in context of the fall of the Northern Kingdom – Israel – to the Assyrians (722 BC), and the late fall of the Southern Kingdom – Judah – to the Babylonians (586 BC). Some are writing at the time of the return from this Exile and are warning not to make the same mistakes again.

With the exception of Hosea (and possibly Jonah) the writers are from Judah. Amos is also from Judah but his warning is for Israel.

Things to watch out for:

The first couple of verses of each book will usually give you a sense of time and place and the focus of the message (eg Amos 1 verse 1). If you want to keep a timeline in mind, this link is quite a helpful one: <https://www.biblequestions.org/bqar410.html>

There is a lot of vengefulness in these books describing God's punishment of the Assyrians and Babylonians, which accompanies the promise of the joyful return to God's favour for his people. Depending on your view of the Bible, you might wonder if some of this is wishful thinking of the part of a beleaguered, exiled people, rather than God's perspective on things.

The new relationship with God is characterised as much by right attitudes as right actions. Justice for the poor is increasingly seen as a better indicator of the people's "righteousness" than elaborate festivals.

Look out for verses that Christians have seen as pointing to Jesus. The promise of the Messiah and the new relationship of God with all his people. Some will be very familiar from Christmas and Easter services.

So, holding your Bible open at the end of Jeremiah – move past his Lamentations, skip Ezekiel and Daniel and you will find yourself in the company of Hosea. Let us start with him now:

Hosea

This is either the story of a very unfortunate man or an allegory – or both. Hosea is married to a prostitute who is consistently unfaithful. He names his children with her to make this explicit eg Lo-Ammi "I am not yours".

The message is that this unfaithful wife is like the Children of Israel, whom God still cares for and wants for himself.

6 verses 1 – 3: "On the third day he will raise us up."

11 verses 1 – 4: "When Israel was a child I loved him...."

Joel

Joel is set at the time of Judah's devastation by locusts. Real or again a metaphor, the imagery of this book illustrates powerfully the sense of loss and restoration.

2 verses 1 – 2: "The day of the Lord is coming...."

2 verses 12 – 14: God "slow to anger and abounding in mercy."

2 verses 25 – 29: "Your old men will dream dreams..."

Amos

Amos is a simple man if we take him at his word. He is a shepherd or herdsman and "a dresser of sycamore figs" (Amos 7 verse 14). Shepherds have a generally v good press in Israel's history and his identification with the fruits of the land given by God to his unfaithful people, has a poetic resonance here.

5 verses 21 – 24: "Let justice roll down like waters and mercy like an ever-flowing stream."

8 verses 1 – 6: The vision of the basket of summer fruit.

9 verses 13 – 15: The restored garden.

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## Obadiah

This single chapter book deals with the old enmity between Jacob and Esau and their descendants. Obadiah shows the triumph of Jacob (Israel) over Esau (Edom –modern day Jordan, and in Old Testament times an “unfaithful” people.)

Verses 15 -16: “As you have done it shall be done unto you.”

## Jonah (see Fiction shelves)

## Micah

Micah is concerned with the restoration of God’s people after the time of Exile. Obedience, penitence and trust will mark this new period and attitude of heart.

4 verses 1 -5 “They shall beat their swords into ploughshares.”

5 verses 2 -5: The Saviour from Bethlehem.

## Nahum

This book concerns a vision of the destruction of Nineveh – standing for the whole Assyrian Empire. The picture is of “a jealous, wrathful and avenging God”(Nahum 1 verse 2). It is fascinating to contrast this with the vision of God we have in Jonah, where God cares for the citizens of Nineveh. This has led to the dating of Jonah being put long after that of Nahum – the story is too fresh for Nahum to see this side of God, perhaps?

1 verses 2 – 8: Vengeance

1 verse 15: “The feet of one who brings good tidings”

## Habukkuk

This little book has a similar message to Job – how can God allow bad things to happen to his people?

2 verse 14: “The earth shall be filled with the glory of God as the waters cover the sea.”

3 verses 17 -19: Trust in God.

## Zephaniah

This prophet is a distant relative of good King Hezekiah and warns Judah of “the Day of the Lord”.

1 verses 14 -18: Day of wrath.

3 verses 14 -20: Song of Joy.

## Haggai

Unlike the rest of the twelve, whose visions are set out as poetry, Haggai is narrative prose. He is concerned with the return to Jerusalem and the restoration of Temple worship.

2 verses 6 -9: God’s will for the restoration of his house.

## Zechariah(we shall spend more time with him when we visit the book of Revelations)

For now notice:

12 verse 10: “They will look upon the one they have pierced.”

## Malachi

This prophet ends our Old Testament with his warnings that old mistakes are being made again after the return and restoration of Jerusalem c 430. Malachi prophesies more clearly than most the “Coming One” God’s messenger and Messiah.

3 verses 1 -4: “But who can endure the day of his coming.”

4 verses 1 -6: The return of the prophet Elijah.

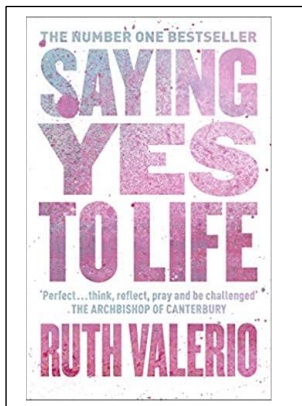
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And then, as my old Sunday School teacher used to say “Four hundred years of SILENCE,” before the new Elijah, in the person of John the Baptist, appears on the banks of the Jordan to prepare the way of the Lord.

We shall not have 400 years of silence, just a week off. When we come back we shall look at the “hidden” books that fill in some of that four century gap.

Susan Peatfield

**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.



### **SAYING YES TO LIFE by Ruth Valerio**

This was the Archbishop’s Lent book that we used for our Lent Study Group which was, unfortunately, cut short due to the lockdown.

Dr Ruth Valerio is Global Advocacy and Influencing Director at Tearfund. She is described as ‘an environmentalist, theologian and social activist. She holds a doctorate from Kings College, London and honorary doctorates from the Universities of Winchester and Chichester and is Canon Theologian at Rochester Cathedral. She enjoys living sustainably – practicing what she preaches and inspiring

others as she does so – in the south of England with her family’.

The book is based on the creation story in Genesis I and Dr Valerio devotes a chapter to each of the seven days of the creation: let there be light, let the waters be separated, let the land produce vegetation, let there be lights in the sky, let the waters teem with living creatures and let birds fly, let the land produce living creatures and let us make mankind in our image, and the seventh day.

This is a very inspiring book about the natural world and our place in it. In the conclusion headed Resurrection Lives she says “As we wake the sleeping giant of the church, so we must wake the sleeper inside ourselves too. We now know biblically, that we are called to look after our common home. And yet somehow we fail to take serious action in our own lives”.

Finally, she quotes Archbishop Justin who said ‘As people of faith, we don’t just state our beliefs – we live them out. One belief is that we find purpose and joy in loving our neighbours. Another is that we are charged by our creator with taking good care of his creation’.

We have our own church ecology group now which we aim to be less about talking and more about practical action, and I’m sure we will be taking up some of the ideas in ‘Saying yes to Life’.

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In these challenging times, when so many people are experiencing such dreadful circumstances, one of the more positive things has been the natural beauty at this time of the year, hearing the birds sing (it's said they don't have to sing so loudly when there's less noise) and our less polluted environment. So maybe there are some changes we can make in our own lives and in our society to make life better for all people.

Moira Babary

**Clap for our Carers:** Thursday 21 May at 8pm <https://clapforourcarers.co.uk/>. Bang those saucepans! Then come to the Ascension Day Service at 8.15pm



**Worship this week:**

**Sunday 3<sup>rd</sup> 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)

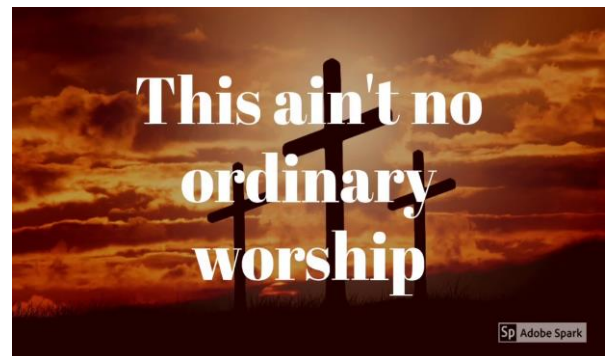
9.30pm Compline (via Zoom)

**Monday-Tuesday, Thursday – Friday**

5pm Evening Prayer (individual prayer)

**Wednesday**

5pm Contemplative Prayer (via Zoom)



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](http://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.

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**Contemplative Prayer Group.** Even in lockdown God can be gently and unintentionally side-lined as we are distracted by the business of the day. Contemplative Prayer also known as Centering Prayer (US Spelling) encourages us take time to stop and focus in on God; to take time in which we can go deeper into God, re-positioning God at the centre of our lives. Join our Contemplative Prayer Group for quiet reflective prayer, every Wednesday at 5pm. Sessions begin with a time of centering prayer, consciously bringing ourselves into God's presence, waiting on, God being with God,, drawing ourselves back into God's presence, teaching our mind to think on God and not the concerns of the day. Like all things this does take practice. But if you do not start to practice you will not get better at it. Don't be shy, come and join us. we are learning too. Watch out for the Zoom invitation. If you'd like to join us but the time or day does not suit please let Fr David know. For most of us this can be a moveable feast.



### **Supporting Local Business –**

We hope you can continue to support local business. These below have been tried out and are very good. If you know of others, we can advertise here; please let Fr David know. It is good to shop local.

**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/](https://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](mailto: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 of 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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Each Wednesday we take supplies to Ealing Foodbank whose services are depended upon more and more. If you can add a little something to your shopping to contribute that would be great. Shopping can be dropped off at the Vicarage or at our local shops such as Waitrose or Tesco's where you will find drop off points. Please do help as best you can. These times

are hard for many local families, and it does not look as if it is getting better anytime soon. 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; Madeleine Anthony

Recently deceased: 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

### 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.

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

Be a gardener.  
Dig a ditch,  
toil and sweat,  
and turn the earth upside down  
and seek the deepness  
and water the plants in time.  
Continue this labour  
and make sweet floods to run  
and noble and abundant fruits  
to spring.  
Take this food and drink  
and carry it to God  
as your true worship.  
-Julian of Norwich (c. 1342 - 1413)

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### Beating the Bounds at a distance!

A couple of our intrepid members fulfilled a Rogationtide tradition of beating the bounds this week, socially distanced of course. Can you guess who by their hats?



Linda Foster, Allison McAllister, Margaret Joachim, Susan Peatfield

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