

Collect: (Page 203)

Almighty God, you have broken the tyranny of sin and have sent the Spirit of your Son into our hearts whereby we call you Father: give us grace to dedicate our freedom to your service, that we and all creation may be brought to the glorious liberty of the children of God; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.



**Sunday June 28th 2020
The Second Sunday
after Trinity**

**THIS WEEK AT
HOLY CROSS, WOODCHURCH**

*Welcome to Holy Cross Church.
"Growing disciples of Christ"*

Post Communion: (Page 204)

O God, whose beauty is beyond our imagining and whose power we cannot comprehend; show us your glory as far as we can grasp it, and shield us from knowing more than we can bear until we may look upon you without fear; through Jesus Christ our Saviour. Amen.

**We are working towards
reopening the church buildings
for private prayer from
1st July 2020**

**Wednesdays 10am-12noon
Saturdays 10am-12noon**

**Please pray especially for all who
are affected by the coronavirus
outbreak, especially those in
isolation and all who care for
them and for all who work in and
for the National Health Service
together with all other key
workers.**

READINGS FOR TODAY:

First Reading – Jeremiah 28. 5-9

Then the prophet Jeremiah spoke to the prophet Hananiah in the presence of the priests and all the people who were standing in the house of the LORD; and the prophet Jeremiah said, 'Amen! May the LORD do so; may the LORD fulfil the words that you have prophesied, and bring back to this place from Babylon the vessels of the house of the LORD, and all the exiles. But listen now to this word that I speak in your hearing and in the hearing of all the people. The prophets who preceded you and me from ancient times prophesied war, famine, and pestilence against many countries and great kingdoms. As for the prophet who prophesies peace, when the word of that prophet comes true, then it will be known that the LORD has truly sent the prophet.'

Psalms 89. 8-18

Who is like you, Lord God of hosts? O Mighty Lord, your faithfulness is all around you. You rule the raging of the sea and still the surging of its waves. You have crushed Rahab of the deep with a deadly wound; you have scattered your enemies with your mighty arm. Yours are the heavens; the earth also is yours; you laid the foundations of the world and all that is in it. You have made the north and the south; Tabor and Hermon rejoice in your name. You have a mighty arm; strong is

your hand and high is your right hand. Righteousness and justice are the foundations of your throne; love and truth go before your face. Happy are the people who know the festal shout! they walk, O Lord, in the light of your presence. They rejoice daily in your name; they are jubilant in your righteousness. For you are the glory of their strength, and by your favour our might is exalted. Truly, the Lord is our ruler; the Holy One of Israel is our king.

Second Reading – Romans 6. 12-23

Therefore, do not let sin exercise dominion in your mortal bodies, to make you obey their passions. No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. For sin will have no dominion over you, since you are not under law but under grace.

What then? Should we sin because we are not under law but under grace? By no means! Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, and that you, having been set free from sin, have become slaves of righteousness. I am speaking in human terms because of your natural limitations.¹⁴ For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification.

When you were slaves of sin, you were free in regard to righteousness. So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Gospel – Matthew 10. 40-42

'Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.'

**In your intercessions this week
PLEASE PRAY FOR:**



THOSE WHO LIVE AND WORK IN:

Sunday: Yew Tree Close Monday: Ackers Road
Tuesday: Archers Court Wednesday: Archers Way
Thursday: Arrowe Court Friday: Arrowe Park Cottages
Saturday: Arrowe Park Road

THOSE WHO ARE ILL:

John, Duncan, Tony, Edna, Jeanette,
John, Margaret, Allan, Neil, Barbara,
Carol, Chris

Names from this list are normally transferred to the monthly prayer list after a few weeks

YEARS MIND:

Bill Burston

THOSE WHO HAVE DIED:

Jan Treanor



THE WEEK AHEAD

Wednesday 1st July 10am-12 Noon – Church open for Private Prayer
6.00pm – Praying together for Woodchurch via
Zoom (see notice below)
8.00pm Bible Study via Zoom
Saturday 4th July 10am-12 Noon – Church open for Private Prayer
Sunday 5th July 10.00am Sunday Service via Zoom – *TBC in line with
government and Church of England guidelines.*

BIBLE READING FOR THE WEEK:

Third Sunday after Trinity – Matthew 10:40-42

We came to Holy Cross and felt welcome. We stayed! It seems corny but a simple act of genuine, warm welcome and real interest in people builds churches. It builds our own personality also, as we open our lives to others.

Challenge: How can each of us add to the warmth of welcome at church, at work, even at home.

How many times have you washed your hands today?



How many times have you prayed today?

We have been asked by the government to make sure we wash our hands frequently and for at least 20 seconds each time - but how do you know you have washed your hands for long enough?

How about **saying the Lord's Prayer every time you wash your hands?** This should take at least 20 seconds.



Stay safe- and keep in touch with God! God bless you - Christine

Pastoral Care at Holy Cross

To enable us to initiate and co-ordinate our responses to all pastoral needs as speedily as possible, please get in touch with one of our Pastoral Workers, Paul Jackson (648 4291) or Jan Lupton (07835 063466) or the Parish Office on 0151 677 5352, or email at parishoffice@holycrosswoodchurch.uk

Our verse for the year

"... let the little children come to me and do not stop them; for it is to such as these that the kingdom of heaven belongs"
Matthew 19 v 14

Please see our **Website** (www.holycrosswoodchurch.uk) and **Facebook** page (**Holy Cross Church Woodchurch-Approved**) for further information regarding the life of this worshipping community. The Rector of this church can be contacted in an emergency by telephoning 0151 677 5352 (Parish Office) or 07766 031757 or emailing parishoffice@holycrosswoodchurch.uk Or Christine.broad@holycrosswoodchurch.uk

Sunday Service via Zoom

If you know any family or friends who would like to join in our online Sunday service please e-mail the Parish Office parishoffice@holycrosswoodchurch.uk to request the link

NOTICES



We are working towards reopening the church buildings for private prayer from 1st July 2020

**Wednesdays 10am-12noon
Saturdays 10am-12noon**

Regular Sunday services at 10am via Zoom, bible study group and meetings continue online.

For further information please see our website www.holycrosswoodchurch.uk

or email: parishoffice@holycrosswoodchurch.uk
or call Parish office: 0151 677 5352
or Rector: 07766 031757

Find us on Facebook!
Holy Cross Church Woodchurch- Approved

NOTICES (cont'd)

Rood Screen Sponsored Walk.

Many thanks to Revd Sheila Hughes who completed her sponsored walk on Monday 22nd. Donations may still be dropped off this week to the Rectory or Parish Office. A total figure will be available in due course.



Rood Screen

Update: Thank you to everyone who has already donated to save our rood screen. The

really good news about the appeal is that thanks to the generosity and hard work of donors we are about three-quarters of the way towards our target - the challenge, though is that we still have around £6,000 to raise. So, we do still have some way to go - donations are still welcome and may be sent to the Parish Office - Let's try and achieve our target soon!



Praying together for Woodchurch

Over the Summer a series of ecumenical prayer walks through the Woodchurch estate had been planned for the first Wednesday of each month, but government social distancing regulations preventing any public gatherings have prevented us from proceeding with our plans this year. So instead we are planning to have prayer meetings on Zoom with our Methodist and Roman Catholic friends, and the next meeting will take place on **Zoom on Wednesday 1st July at 6pm**. Please contact Revd Christine (christine.broad@holycrosswoodchurch.uk) for the Zoom codes for the meeting if you would like to attend, or simply set aside that time to pray for the local community in your own space knowing that others will be praying too.

Bible Study Group

We will be meeting via Zoom on **Wednesday 1st July at 8pm**. All are welcome. Please contact Josie on josie.tuplin@holycrosswoodchurch.uk for the Zoom link if you would like to be part of that.

Where's Rosie?... *there is a small picture of Sue's dog somewhere on this pewsheet - can you find her?*

"Revd Canon John Bowers will be making his annual sponsored cycling pilgrimage on 28th June to raise money for Barnabas Fund projects, Cana girls rescue fund and victims of the locust swarms. If you would like to sponsor Canon John please email or telephone Revd Christine (christine.broad@holycrosswoodchurch.uk 07766 031757) for further details "



MORE NOTICES (cont'd)

Would you like to access Church of England prayers, hymns and worship from the comfort of your armchair free of charge? **"Daily Hope"** is a new telephone service from the Church of England, specially designed to meet the needs of those who can't access the internet. Just phone **0800 804 8044** to hear a message from **Archbishop Justin Welby** and choose to listen to a range of resources from prayers and reflections on favourite hymns to full worship services. This is a free service and available 24 hours a day.

Foundations for Ministry Course - This course is open to anyone who wants to grow and develop in Christian ministry in the Church and the wider world. It forms the first year of training for Reader and Pastoral Worker ministries. The next course will begin in late September, running in an exciting new format from previous years with the inclusion of online learning sessions. Please speak to Revd Christine for further information regarding the course and how to apply.

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A message from Rev Christine

Emerging from Lockdown

I wonder how quickly the past three months has flown by for you? and how you felt last week as the government announced changes which will ease lockdown? Whilst we may be delighted to be able to look forward to making use of our church buildings again soon, at the same time emerging from lockdown may cause us some degree of anxiety. If this is you then you are not alone. Many people have recognised that the easing of lockdown is not straightforward, including the Revd Peter Mackriell who is head of counselling services for the Diocese of Chester. Peter has written an interesting article about this very matter which I have his permission to share. I have found his reflection very helpful at this time and hope that you enjoy reading this and that you also find it helpful.

Peter says, "The easing of lockdown is proving more difficult than enforcing it. That is partly because the rules were clear to begin with, easy to understand and consistent across the UK. It is more complex now. But it is also harder to trust that the government has got it right. And, in the face of the coronavirus threat, in what has been described as a war, we were asked to retreat and we are now being asked to advance. Does that make you worried?"

Fear is a natural response in the face of threat and many people are currently suffering anxiety as they think about re-engaging with the outside world. People have also experienced loss – not only the loss of loved-ones, but separation from

family and friends, the cancellation of planned celebrations and holidays, redundancy or enforced retirement. Death is not the only thing that provokes a sense of grief – any change involves loss of one kind or another, the need to adjust to a new reality. This is compounded for many of us now by an uncertain future. Can we realistically plan for anything?

After a significant death, we enter a period of mourning. This isn't as clearly demarcated as it might have been in the Victorian era, but in the months after a death we will pass through various stages, some of which we will understand as reactions to grief and others of which may leave us confused. William Worden suggests that we have various tasks to undertake when we are mourning, although we may not realise it. The first is to accept the reality of the loss; the second is to process the pain of grief; the third is to adjust to the new world order; and the fourth is to find that which continues to connect us to the person we have lost, even as we begin a new life without them.

I think that we have similar tasks to undertake as we re-open our churches and reconnect with one another. For some people this time of lockdown has been very traumatic; for others, it has been a pleasant interlude. For most of us, it has been a very mixed experience which we will have to continue processing. But the practicalities of re-opening our buildings will heighten our sense of loss, as things will not be the same. So, we need to talk about the losses that we have had and, if some are talking, others need to listen.

Listening to one another is the greatest gift that we can give. It is an act of love. It will not always be easy to offer supportive listening, particularly when we have so much shared experience. It will be tempting to say "I know how you feel" or to try to "top" the experience of the other with our own stories. If you want to help someone else, you need to guard against this. Listen to the other person. Reflect back some of what you hear (it shows them you are listening and helps them to process their own story). Ask simple, open, questions that show you are interested.

Loss becomes easier to bear when we know that someone else has heard our story, cares about how we feel and when telling the story to them helps to make sense of it. Talking about it can help us to understand the confusion of our own emotions – tears and sadness are obvious symptoms of grief, but irritation, anger, distraction, sleeplessness and over-eating are amongst the many others that might be experienced. We don't always make the link, but it is normal to feel a whole variety of emotions during a time of mourning.

This has been a painful time for many people, and we need to process that pain. Soldiers returning from the battlefield may not process their experience – and the result, some time later, may be post-traumatic stress disorder (PTSD). Front-line workers in the NHS and families who have lost loved ones, but been denied a proper funeral, may well experience PTSD – but this traumatic time in the life of our world could catch up with any of us in the months ahead. It is not always easy to know what we have internalised, bottled up, until it comes tumbling out in one way or another. But we can support one another and avoid such extreme responses if we learn to tell our stories now.

There will be new things to adjust to in the life of our churches. Throughout all this process, we need to practise being kind to one another and kind to ourselves. If people are irritable, recognise that they are struggling to come to terms with change. They may express themselves in words that seem to be aimed at you – but try not to take it personally. It may not be as personal as you think. And if you get irritated yourself, or tearful, just feel blue or see red, recognise that this may not be your fault either. Take a pause, go for a walk,

distract yourself with something life-giving or talk to a friend. We are all still trying to understand the new world we are entering.

But, as Worden reminds us, moving on does not mean leaving everything behind. At the centre of our Christian faith is remembrance. I look forward to sharing in Holy Communion and in the other rituals of our Christian faith, which connect us to the past. I don't reject the buildings we have inherited, but see them as symbols of the resilience of faith. I hope we can continue to tell the stories of our faith communities, in which 2020 and the coronavirus will just be an episode.

As I said, I am optimistic. But I am also realistic. There will be people around us who will be suffering in the months ahead; it may be you or it may be me. Let us attend to what needs to be done, listening to one another's stories, in order to support one another as the body of Christ in the communities to which he has called us.

Peter Mackriell

So if you find that you are "feeling blue and seeing red" remember that you are not on your own and other people are sharing your feelings, and remember above all that we are called by Christ to love one another and share Christ's love with the world- and sometimes to do that all we need to do is listen!

Hope you have a good week

God bless you

Christine