

## In Our Prayers This Week

In the depths of our isolation we cry to you, Lord God:  
give light to our darkness and bring us out of the prison of our  
despair; through Jesus Christ our Lord. Amen

*Alternative Collect for Easter Day*

God of glory, by the raising of your Son you have broken the chains of  
death and hell: fill your Church with faith and hope;  
for a new day has dawned and the way to life stands open in our  
Saviour Jesus Christ. Amen

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*Please remember before God those who have asked for our prayers*

<i>Those in acute need</i>	Mary McKenna	<i>Those in long-term need</i>
Katie Aston	Diana Nicol	Vincenzo Blandini
Francesca de Bono	Michael North	Theo Bulkai
Evangelia Brown	Holly Raber	John Cantlie
Rebecca Cable-Nunn	Mary Reeve	Rev. Geoffrey Connor
Sarah Deal	Maria Reis	Joan Davies
Kevin Fitzgerald	June Scully	Leo Koymans
Tony Gordon	Sue Spicer	Simon Portal
Sarah Hack	Roger	Annie Redmile
Joan Jackson	Rosie	James Worsley
Margaret Lyon	Victoria	

*and for all who have died recently*

Dr John Hogarth Cleave	Margarita Barclay-Prestwick
Evangelia Brown	Tony de Bono
Elizabeth Morhange	Agnes Ndiweni (known as Masuku)
Jennifer Pinney	Christine Wattlesworth

*and for all those whose anniversary of death falls at this time*

Edward Adnams, 15<sup>th</sup> April

## St MARY ABBOTS CHURCH CONTACTS

*Church Website:* [www.smaw8.org](http://www.smaw8.org)

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	Ed Warrick		
<b>Parish Office:</b>	Vacant		
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## ST MARY ABBOTS PARISH CHURCH

### NEWSLETTER

10<sup>th</sup> April 2020

St Mary Abbots' church building may be closed, but the St Mary Abbots church community continues strong in faith and fellowship. With technology we continue to pray for one another's needs and to share each other's hopes and fears.

#### Daily Prayer:

The Clergy continue to say the daily office in the quiet of their homes at **8 am and 5.30 pm**. If you would like to be with us in spirit, please do light a candle and use the prayers accessed here: <https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

#### EASTER SERVICES

A link will be on the website and sent out for the following services

#### Friday 10<sup>th</sup> April – Good Friday

*Jesus is tried then crucified.*

#### 12.00pm Reflections on the Passion

2.00pm Liturgy of Good Friday

#### Saturday 11<sup>th</sup> April – Holy Saturday

*The broken body of Jesus lies in the tomb*

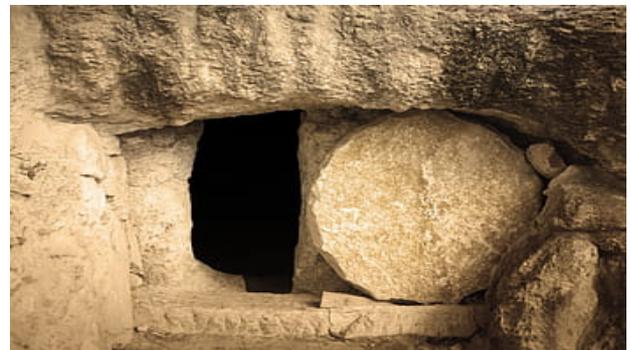
10.00 Morning Prayer

#### Sunday 12<sup>th</sup> April – Easter Day

*The Tomb is empty! The Lord appears to his disciples  
Christ is Risen, Alleluia!*

8.00am **Said Eucharist** (book of Common Prayer)

10.00am Dawn Vigil and Easter Eucharist.



#### From Mother Emma's Sermon on Easter Day

St Augustine, in talking about the meaning of the word, "Alleluia", (Praise the Lord), exhorted Christians to live out their Alleluias in their lives: "See that your praise comes from your whole being; in other words, see that you praise God not with your lips and voices alone, but with your minds, your lives and all your actions."

This is a time when our actions matter.

We have walked – and in many ways continue to walk – the sacrificial Way of the Cross with Christ in our isolation, helping to keep others safe and helping them practically in their hour of need; we keep vigil, as we did on Maundy Thursday, with those who face the fear of death; we grieve, like the disciples on Good Friday for those we have lost, and yet, this Easter Day, we can also join in the shout of praise for the eternal hope which sustains us and will set us free.

Alleluia Christ is risen! He is risen indeed Alleluia!



## A Message from Mother Emma for Easter Day



Christ is Risen! Easter has come! Isolated as we may be this Easter, we are united with Christians across the world in our shared Resurrection hope and joy, despite the loneliness and the sadness of this time. It has been an enormous privilege to walk the Way of the Cross and share my first Easter here with the people of St Mary Abbots, though dispersed across Kensington, across the country, and as far afield as Ireland, Sweden, the US, New Zealand and Italy! My prayers are with you, as we remember the promise of Resurrection which Easter brings to us all, both living and departed. I wish you all a peaceful and uplifting Easter and look forward to seeing you soon.



### Mathew 20; 1-6

In the end of the Sabbath, as it began to dawn toward the first day of the week, came Mary Magdalene and the other Mary to see the sepulchre. And behold there was a great earthquake; for the angel of the Lord descended from Heaven, and came and rolled back the stone from the door, and sat upon it. His countenance was like lighting, and his raiment white as snow; and for fear of him the keepers did shake, and became as dead men. And the angel answered and said unto the women, Fear not ye; for I know that ye seek Jesus, which was crucified. He is not here; for he is risen, as he said. Come, see the place where the Lord Lay.



### Supporting St Mary Abbots

Some of you have kindly asked if you could make a donation or to continue your regular plate giving to support St Mary Abbots. We are setting up an Total Giving account, details of which will follow shortly. We do, however, fully appreciate that this is an uncertain and difficult time for many financially.

## OTHER NEWS

### Pastoral & Practical Care

We will continue to provide both emotional and spiritual care, both for our own congregation members and locals in the parish who would like a chat. We intend to stay in regular touch, but would also welcome anyone who would like to phone or email us at any point. If you know of anyone in need of support please email Father Jonathan: [jm@smaw8.org](mailto:jm@smaw8.org)

### Mutual Aid

We continue to co-ordinate 'Kensington and Chelsea Mutual Aid' which has been set up in the Campden, Pembridge and Holland wards if Kensington, and is being Team Lead by Marina Lussich, one of our Children on Sunday co-ordinators. If you would like to volunteer or if you know of someone in need and on their own please see their website <https://www.kcmutualaid3.co.uk/>

### People in need:

If you know anyone in the area who is vulnerable and would need help with grocery shopping or getting their medication from the pharmacy, please on the link below and you will have all the details:

### Volunteering and other support:

Likewise, if you would like to volunteer or contribute

in Campden, Pembridge and Holland wards. Other wards have their own system set up and you can google your ward name followed by the words "mutual aid" to find your local group.

### Food Bank

Now more than ever the foodbank is in need of donations as more people rely on them for provisions. The church is not able to act as a collection point at the moment, however a number of supermarkets are collecting at their exits so please make use of this system. Alternatively you can give financially by sending cheques made payable to 'Dalgarno Neighbourhood Trust' and marked 'foodbank' on the reverse to: The Dalgarno Trust, 1 Webb Close Dalgarno Way, London, W10 5QB. If you wish to do a direct bank transfer please ask Fr Jonathan ([jm@smaw8.org](mailto:jm@smaw8.org)) for the bank details.

### Kensington and Chelsea Magazine

An article about St Mary Abbots appeared in the magazine last month which covered the history of the churches in Kensington and a second article covering the damage caused by bombing in the second World war. To read the article please follow to link:

[https://sitebuilder.freeola.com/media/other/27491/goodTKM\\_APRIL\\_WEB\\_v2.pdf](https://sitebuilder.freeola.com/media/other/27491/goodTKM_APRIL_WEB_v2.pdf)

### Isolation Care

Whether you are living on your own or with your family during this period, The Church of England offers some advice as to how to cope with isolation:

#### 1. Pray

Light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.

#### 2. Connect with people

This may be difficult if you are self-isolating, but do use the telephone, internet, and social media. Use an app that allows you to see each other when you talk. If you feel you are struggling then contact a counsellor which can be arranged by your GP, or via local agencies, or privately. The Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.

#### 3. Look after yourself – physically and emotionally

Join an online exercise class to raise your positive endorphins and your self esteem. Plan in things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game. Use this time to learn a new skill or carry out a DIY project you have been putting off. This will give you a sense of purpose and meaning to each day.

#### 4. Look after others

While some are able to volunteer for a local group remember to look after each other in small ways and do what you can a smile, a kind word, writing a letter or an email. Talk to each other and really listen. While many are enjoying spending time with their family it can lead to stressful moments. Where possible give each other space to calm down and reflect.

#### 5. Stress

Focus on the things that you can change, not on the things you can't. Concentrate on the now.

*NB: If you are aware of anyone who does not have email or access to the Internet, and would like to be posted a newsletter, with a selection of the items mentioned, please do*