

## In Our Prayers This Week

Risen Christ, for whom no door is locked, no entrance barred: open the doors of our hearts, that we may seek the good of others and walk the joyful road of sacrifice and peace, to the praise of God the Father. **Amen**

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.**



*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	Evangelia Brown	Tony de Bono
Amine El-Kadi	Adel El-Kadi	Elva Macpherson
Elizabeth Morhange	Agnes Ndiweni (known as Masuku)	
Jennifer Pinney	Christine Wattlesworth	

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

John Dinwiddy, 19 <sup>th</sup> April	Winifred Howe, 24 <sup>th</sup> April
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## St MARY ABBOTS CHURCH CONTACTS

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

<b>Vicar</b>	Mthr Emma Dinwiddy Smith	<a href="mailto:vicar@smaw8.org">vicar@smaw8.org</a>	020 7937 6032
Vicar's PA	Leonora Service	<a href="mailto:pa@smaw8.org">pa@smaw8.org</a>	020 3479 4731
Associate Vicar	Fr Jonathan MacNeaney	<a href="mailto:jm@smaw8.org">jm@smaw8.org</a>	07949 468 905 020 7937 2364
Ministry Assistant	Louis Howard-Krelle	<a href="mailto:lhk@smaw8.org">lhk@smaw8.org</a>	
Churchwardens	Jamie Dunford-Wood	<a href="mailto:jdunfordwood@gmail.com">jdunfordwood@gmail.com</a>	07732 842 894
	David Banks	<a href="mailto:dcjb@btinternet.com">dcjb@btinternet.com</a>	077 3274 3228
Co-opted Churchwardens	Guy Heald		
	Ed Warrick		
Parish Office:	Vacant		
Church Vestry:	Simon Fitter Head Virger	<a href="mailto:virger@smaw8.org">virger@smaw8.org</a>	020 7937 5136
Safeguarding Officer:	Andrew Freestone	<a href="mailto:safeguardingofficer@smaw8.org">safeguardingofficer@smaw8.org</a>	
Children on Sundays Co-ordinator & Children's Champion:	Martina Sadvoska	<a href="mailto:m.sadvoska@yahoo.co.uk">m.sadvoska@yahoo.co.uk</a>	
Sr Mary Abbots Centre:	Adam Norton	<a href="mailto:an@smaw8.org">an@smaw8.org</a>	020 7937 8885
Stewardship Secretary:	Emma Porteous	<a href="mailto:stewardship@smaw8.org">stewardship@smaw8.org</a>	07866 258 814
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Bellringing Secretary:	David Holdridge	<a href="mailto:david.holdridge@ntlworld.com">david.holdridge@ntlworld.com</a>	07904 954 959
Friends of St Mary Abbots:	friends@smaw8.org		07585 705 281



## ST MARY ABBOTS PARISH CHURCH

### NEWSLETTER

17<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>

#### SERVICES

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

**Live Now: Healing Eucharist**  
For those seeking healing for themselves and for others

**Sunday 19<sup>th</sup> April**

10.30am **Said Eucharist (BCP)**

#### A Message from Mother Emma

Dear All

Thank you so much for all your lovely Easter messages; it was wonderful to think so many St Mary Abbots people had worshipped with us virtually on Easter Day from all over the country, and that we had shared in the celebration of the Resurrection as the Body of Christ. I hope and pray that you continue to stay well and safe. Please let us know if there is anything we can do.

This week Fr Jonathan is taking a few days off, so Leonora and I have been making our first attempts at videoing and uploading services to YouTube! This means the offering is rather simpler, but we have put together a Eucharist from the Book of Common Prayer (with sermon), and an audio Healing Eucharist, as this would have been the week of our Healing Eucharist with a little musical input from Mark Uglov. Posters with the links can be found on the webpage.

Suggestions for children and family-friendly ideas about praying during the lockdown and you can re-cap the Easter story using the reflections lower down on the webpage. <https://www.london.anglican.org/articles/bedtime-prayers/>

This newsletter is updated with a list of those who have asked for our prayers. Please do hold the sick and the recently departed in your personal prayers and remember we hold you all constantly before God.

*Lord, as you send rain and flowers even to the wilderness, renew us by your Holy Spirit, help us to sow good seed in time of adversity and to live to rejoice in your good harvest on all creation, through Jesus Christ our Lord. Amen.* (Common Worship Daily Prayer, response to Psalm 126)

With love

### **Louis Howard-Krelle, Ministry Assistant**

Some of you may be aware that our Ministry Assistant, Louis, will be moving on at the end of April. He has been a great gift to us during this time, helping Simon with preparation and virging at a wide range of services; church watching; making much-appreciated pastoral calls and visits; leading prayers and preaching, and playing a central part in last week's Holy Week services with his thoughtful reflections.

He is returning to live in Reading to be near his fiancée Santi, and discerning whether he may test his vocation within the Diocese of Oxford. His reflection on his time at St Mary Abbots may be read in this week's newsletter, available on the website, and we hope very much to be able to invite him back for a proper farewell and presentation once the lockdown is over. Our heartfelt thanks and prayers go with him.

### **Supporting Friends of St Mary Abbots**

Along with the Church itself, all public events including sadly our Talk with Lord Alton of Liverpool, have had to be postponed. But we will be back with a yet more crowded programme when the time allows for us to safely do so.

This year thus far has seen a much increased number of new members and renewals. Please help us maintain the momentum and increase our reserves much of which will, we hope, be dedicated to the provision of toilets and disabled toilet facilities within the church when building can begin. Single membership per annum is £15, Joint Membership and International Membership £25, 10 year Membership £100. Cheques made payable to "Friends of St Mary Abbots Church Kensington" to Founding Patron, Steve Atack at 33, Cleveland Square, London W2 6DD or you can make a bank transfer to "Friends of St. Mary Abbots Church Kensington", Natwest Kensington Royal Garden Branch, Sort code 50-30-10, Account 86018957 .

## **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 of 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 financially to the ad hoc fund, all the information is on the website. Please share this with your neighbours and friends

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.

### **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 let us know.*