

BE CHURCH

A bit of light humour:

It is not boring at all to stay in the house. But how come a bag of rice has 7,456 pieces and the other bag 7,398?

Having trouble forcing yourself to stay at home?

Shave your eyebrows off.



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Any support or help needed—please contact me

The Benefice of **St Andrew's** and **St Barnabas**, Wellingborough

What a surreal time we're in.

The Archbishops and Bishops of the Church of England have instructed that all places of worship must now be completely closed. This is now the case at St Andrews and St Barnabas, but our life of Christian prayer and fellowship continues through other means.

The people of our congregation and communities continue to be prayed for, name by name and street by street.

The daily office and weekly Holy Communion's will continue (in private in the Vicarage).

I'll be contacting you all to say hello and check you're all ok - (I have most of your numbers) – so please be patient, **but** if you do need me please ring me: 01933 222634.

In all of the chaos and change I wonder if you're still observing any Lenten disciplines or have these disciplines gone out of the window? If we continue with our daily reading, time with God, I promise you, you will find some comfort.

What a Lenten journey we've all had already—being told not to go out, churches closed, not to visit our families or friends.

We're all overwhelmed—so I challenge you—why not try and turn this strange time into an opportunity in deepening our Faith with our Lord Jesus. Our excuse can't be: 'we don't have the time'... so why not spend time 10 minutes praying for those people on our hearts, our worries, our NHS?

Lets pick up our bibles and read Scripture for 10 minutes? I promise you—you will gain comfort.

Revd Michelle

Useful prayers

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love, for your name's sake. **Amen**



For those who are ill

Merciful God,
we entrust to your tender care
those who are ill or in pain,
knowing that whenever danger threatens
your everlasting arms are there to hold them safe.
Comfort and heal them,
and restore them to health and strength;
through Jesus Christ our Lord. **Amen**

Hospital staff and medical researchers

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**

For more prayer resources:

www.churchofengland.org/more/media-centre/coronavirus-covid-19-liturgy-and-prayer-resources

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... and those who care for them

Lord Jesus Christ, when you lived among us you met many who were ill. You showed them sympathy and understanding. Those who work in our hospitals, nursing homes and care homes seek to follow your example with kindness and skill, risking their own lives as they do so. Be with them, give reassurance as they go about their tasks and the courage to carry on in the face of danger. In Jesus' name, **Amen**

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours now and for ever. **Amen**

May God bless us, that in us may be found love, humility, obedience and thanksgiving, discipline, gentleness and peace.
Amen

This leaflet includes material from The Christian Year Calendar Lectionary and Collects (1997) Copyright ©The Archbishops' Council March 27th 2020

To keep us going in prayer: Those who have a smart phone why not download a Prayer App—Daily prayer (Church of England,), Bible verse, Daily Prayer app (a guide to spiritual Rhythm)

Any prayer requests please do contact me 01933 222634
or email me on: michelle.cotton123@btinternet.com



Prayer Resource: From Geoff Bagley

Our Ministry Team want to bring calm into our surreal and worrying situation. So many of you want prayer resources and guidance.

So this week Geoff has kindly produced this to keep us grounded in the Church's calendar, it starts by listing the Sunday readings set out in the lectionary and then reproduce the Collect for the coming Sunday. A few selected prayers will follow and we shall end with the Lords Prayer.

This Sunday is the Fifth Sunday of Lent (Passiontide begins). We have provided the following readings:

(Please read the readings)

Ezekiel 37. 1-14; Psalm 130; Romans 8. 6-11; John 11. 1-45

Let us pray:

Opening Prayer *(which is called the Collect in Church jargon)*

Most merciful God, who by the death and resurrection of your Son Jesus Christ; delivered and saved the world, grant that by faith in him who suffered on the cross, we may triumph in the power of his victory, 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**

A prayer for those who are ill ...

Almighty God, whose Son our Lord Jesus Christ was made perfect by the things that he suffered: have compassion on those who are passing through illness and pain. Uphold their faith that they may trust and not be afraid and give them the comfort and strength of your presence, for your tender mercy's sake. **Amen**

Church news—from Bishop Donald

Church Closures

Following the Prime Minister's instructions, I have to direct you to close your churches. I will send out a notice for the church door tonight or first thing tomorrow. Please let your wardens know.

Please cancel any baptisms or weddings currently booked between now and Easter. I know you can do this pastorally. Funerals can continue for now, but with only close family present.

Please move your daily office, all Eucharist's, and any livestreamed services, to your home. I hereby authorise all worship to take place in the priest's home.

I have spoken to our Diocesan Secretary, and both the Diocesan Office and Bouverie Court will be closed for the time being from tomorrow morning.

Biblical Readings for 5th Sunday of Lent

Old Testament: Ezekiel 37: 1—14

Psalm: 130

New Testament: Romans 8: 6—11

Gospel Reading: John 11: 1—45

TV / Radio Worship—Sunday 29th March

8:10am—Sunday Worship (Radio 4)

10.45am—Sunday Worship (BBC 1)

1.15pm—Songs of Praise (TV—BBC 1)

3pm—Choral Evensong (Radio 3)

REFLECTION ON HOPE

Revd Margaret Johnson



My name is Hope. No really. Margaret Anne Hope Johnson! Such a mouthful. Far too long a name.

I'm Hope because my godmother was Olive Hope. She was a missionary in Africa and hoped - see what I did there? - that I would be a missionary too. Does living in Wellingborough count? I thought not.

Anyway back to Hope. Christian hope not my godmother! Or the kind of hope we have when we buy a lottery ticket. It's a difficult word 'hope'. It's a central to our faith as Christians and yet we often mistake it for wishes or dreams.

The first Christians used the word a lot. Not for wishes but for being certain that whatever happened they were secure in God because of Jesus. As Christians they had no idea what the future might hold.

Even that first Easter morning the women went at dawn to Jesus' tomb because they were afraid they might be arrested by the Jewish authorities. And almost all of the disciples were put to death. We think St Paul was beheaded in Rome. But he wrote about Hope a lot; not the lucky sort but the trust in God sort.

Along with people around the country I lit a candle on Sunday evening. I've carried on lighting it each night at 7pm. To pray. But more importantly to remind me to trust in God. When I've listened to the Prime Ministers briefing followed by the news it's very easy to hit rock bottom.

And then my candle reminds me that underneath me are the everlasting arms of God. Whatever we face we face with God. Which doesn't make me a calm and happy bunny. I can do frightened very well. But I know, come hell or high water, God will not abandon me. Those of us who are anxious or depressed naturally sometimes get locked in a spiral of fear. That's when we need to reset. Light a candle. Pray.

You probably know this bit of Psalm 23:

'Even though I walk through the valley of death I will fear no evil for you are with me'.

God is here. We are not alone. That's hope.

Revd Margaret Johnson (Ministry Team)

Not Everything is Cancelled

Sun is not cancelled
Spring is not cancelled
Relationships are not cancelled
Love is not cancelled
Reading is not cancelled
Devotion is not cancelled
Music is not cancelled
Imagination is not cancelled
Kindness is not cancelled
Conversations are not cancelled
Hope is not cancelled

Recommended reading:

- An Ignatian workout by Tim Muldoon
- Archbishop by Michelle Guinness
- Journey to the empty tomb by Paula Gooder
- War Room by Chris Fabry