



St Hilda's
Ashford

St Hilda's News

Contents

- Church of England Guidance
- The way forward from July 2021
- ALMA Parish Twinning
- Christian charity says 'put others first' after reports of empty supermarket shelves
- 'We can make a difference': Christian charity says as record number of people cross the English Channel
- Have you ever tried to fix an ongoing lack of energy by getting more sleep — only to do so and still feel exhausted?
- Sheep and Lambs Together
- St Hilda's Parish News
- **Our thoughts and prayers** – Those from this weeks notices



We are looking for more contributions from the St Hilda's community, if you would like to contribute, please either call, email or send an article to the Parish Office.

If you would like help or to speak to a member of the ministry team please contact:

- Parish Office Tel 01784 253525
 Email office@sthilda.org
- Father Joseph can be contacted on 01784 254237

www.sthilda.org

Church of England Guidance

Extract from Church of England guidance for churches from the 19th of July 2021

Within the Church we believe that everyone is known and loved individually by God and that as many members within one body we are called to be responsible to and for one another, respecting the more vulnerable whose suffering is our suffering (1 Cor 12:12-27). The move to step 4 means we are being asked to take even more personal responsibility around coronavirus than when we were compelled to adhere to Government restrictions.

Dear all,

With the arrival of 'Freedom Day', the words of St Paul pose a challenge to us individually and corporately:

"I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but not everything is constructive. 1 Cor 10:23

Now that legal restrictions have been lifted, it is not up to us to make decisions on how we move forward. We do have freedom, but will it be beneficial to others, and ultimately to ourselves? Church communities, by virtue of demographics, have several vulnerable members, of which we have a collective duty of care as a church community. Different churches will interpret the enactment of this care in different ways. It is not so much a question of right and wrong, but more about the local context, but the main point is that the PCC will undertake a risk assessment that underpins whatever decisions are made. In Spelthorne, the R number is at present still growing exponentially, which has been considered in our risk assessment. It does not mean that we know better than everyone else, or indeed that we are trying to be better than everyone else, it is St Hilda's reconciliation between the current situation and upholding the sanctity of life.

Church must be an environment where people are safe and able to thrive, physically, mentally, and spiritually. Which means that for a season, we might need to be counter cultural and take personal and collective responsibility above what the present regulations stipulate. It gives a new meaning to the Christian worldview "to be in the world, but not of the world". This is the challenge that we face in our lives.

The sense of desolation that so many of us have been experiencing throughout the pandemic when worshipping together, due to the constraints, first legally imposed, and now voluntarily taken, reflect the Christian nature of the broken human condition, the limits of here and now, of the nearly there, and the hope of the resurrected life, the so-called birth pangs. In our struggles, we reach out to God:

Out of the depths I cry to you, O Lord.

² Lord, hear my voice!

Let your ears be attentive

to the voice of my supplications!

³ *If you, O Lord, should mark iniquities,
Lord, who could stand?*

⁴ *But there is forgiveness with you,
so that you may be revered.*

⁵ *I wait for the Lord, my soul waits,
and in his word I hope;*

⁶ *my soul waits for the Lord*

*more than those who watch for the morning,
more than those who watch for the morning.*

Psalm 130:1-6

God is not distant from us and does not dismiss our strife:

⁹ *The Lord is a refuge for the oppressed,
a stronghold in times of trouble.*

¹⁰ *Those who know your name trust in you,
for you, Lord, have never forsaken those who seek you.*

Psalm 9:9-10

We will continue to monitor the developing situation and update you accordingly. In the meantime, I leave you with the words of this prayer:

Dear God, life is crazy right now with this global pandemic, and I have no idea what lies ahead. Everything has changed—our routines have changed, work has changed, activities have changed... What was once familiar has faded, and I'm going through a season of uncertainty. Please help me not to fear change, rather, to know that you are with me.

Thank you for being such a good Father and always knowing what is best. Thank you for your promise to lead us to peaceful waters even in this valley of uncertainty. Help me to tune in to your voice during this season so that I can follow you moment by moment to those peaceful places where I can experience your peace and find relief from anxious thoughts.

Thank you that despite all the uncertainty that surrounds me, you are faithful and true, and in control. Help me to trust an uncertain future into your strong and loving hands.

Yes, help me to trust you with all my heart and not be afraid.

The Lord is my shepherd;

I have all that I need.

*He lets me rest in green meadows;
he leads me beside peaceful streams.*

Psalm 23:1-2

Fr 

The way forward from July 2021

These mitigations and the forward plan have been put together carefully considering the latest advice from the Church of England, the Government guidelines and the number of new cases each day locally. Whilst the law has relaxed the guidelines from both the church and the government place an emphasis on the personal and corporate responsibility of individuals and organisations to protect others and themselves.

- At St Hilda's we want to encourage people back to church
 - We want the people who are in church to both feel and be comfortable and safe
 - We would like to begin to return to normality but need to retain some adjustments in order to ensure – to the best of our knowledge and understanding – we can stay safe
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- **Seating** - We will continue to operate track and trace, require seats to be booked in advance although the spacing will be relaxed
 - **Singing** - From Sunday 25th the congregation will be able to sing, from time to time we will have a visiting organist and the choir will sing live, but from the choir stalls, with no processing.
 - **The Peace** - We will continue to share the peace from our seats
 - **Offertory** - We will continue to refrain from passing the plate and from an offertory procession
 - **Communion** - We will continue to receive communion from our seats with only the celebrant moving around
 - **Sanitising / face coverings** - Please continue to sanitise on your way in and out of church and wear a face covering unless you are exempt. (The choir may remove their face covering whilst singing). Face coverings may be removed when you are reading the lesson.
 - **Refreshments** - We will serve refreshments outside of church, please stay – there will be no tea and chat.
 - **Live Stream** - We are aware there are some extremely vulnerable members of our community who are still unable to join us in church. We will continue to live stream services – again reviewing in September.

We realise this may be disappointing to some and we will review our risk assessment again in September, when we hope the current surge of cases has passed. For now, we rejoice in being able to meet together in worship, to sing together and to share refreshments together again.

St Hilda's PCC.

ALMA Parish Twinning

In 1998 a Covenant was signed to set up the Angola, London and Mozambique Association: The soul of our partnership is a commitment to live out a dynamic solidarity of mutual responsibility and interdependence; and is rooted in the Word of God and in a sacramental life, which reflects an engaged spirituality typical of our Anglican heritage.

Our aims are:

To assist our Dioceses to get to know one another and to learn from each other to assist each other in our mission of proclaiming the message of salvation, for example by:

- sharing our efforts in response to the opportunities created by the Decade of Evangelism.
- preparing with specific tasks our mission in the new millennium, mindful of the fact that it is a Christian event.
- equipping our ministry for tasks relevant to today's world, such as evangelism in a pluralistic context, the international debt, land mines, poverty and family life to be sensitive and active in matters of peace, especially in an effort to enhance a culture of peace in our societies.

The covenant was renewed in 2008:

ALMA means “soul” in Portuguese. So, as in the original Covenant, our continuing purpose is for the soul of our partnership to be a commitment to mutual support in prayer and worship, in ministry and mission. Each diocese is a partner in the Gospel of Christ contributing according to its ability and having needs which the others will seek to meet.

Our aims are to develop the partnership:

- Through prayer:* our parish and diocesan bodies will base and enrich the work of ALMA in local creativity and prayer
- Through communication:* continuing to build a lay ministry of Link Officers, Communications and Twinning Officers, Catechists and Parish representatives (as appropriate) to support ALMA activities and ensure each diocese and twin parish and school shares information on its aims, priorities, joys and difficulties
- Through visits between dioceses:* by bishops, clergy and lay representatives, especially to support parish and school twinning
- Through projects:* to contribute to the education and health needs of our Link dioceses and the theological education and training of clergy and lay ministers.

Around the original ALMA Covenant Document are four descriptors on partnership and being a partner:

- Partnership is mutual respect and transparency.

- Partnership is a deep friendship between two people which engages their families and their offspring.
- To be a partner is to be one another's angel. To be a partner is to be one another's keeper.
- To be a partner is to create resources on a common basis.

The PCC had been exploring the possibility of twinning with a parish in Mozambique, and to that effect put together a parish profile which was then sent to Bishop Manuel, from the new missionary Diocese of Nampula (not a full diocese yet). Bishop Manuel proposed the parish of Holy Cross, Murrupula, which is the largest parish in the diocese, more market town than large village, with 68 daughter congregations, with a distance between 100 to 280 km, assisted by over 170 catechists. It takes between 2-4 hours to get around! From the perspective of London, it is difficult to get one's mind around this just being a parish!

Last year's storms in Mozambique, with periods of heavy rains, left a trail of destruction in the parish, and the church, priest's house and over 50 houses in the community lost their roofs.

Bishop Manuel wrote:

Thank you so much for keeping us in your thoughts and prayers even beyond duty and work hours. It is interesting that indeed we are surrounded by so many brothers and sisters from across the globe... It really encourages us here and makes us feel safe.

In Nampula I encourage the people to redefine SERVICE, take it not as an obligation or commodity but as an act of love to the other as show by the Lord. The challenge for us as Anglicans in northern Mozambique is how can we transform our vibrant churches in missionary communities committed to Christian Service.

The new church is being rebuilt through ALMA support and is now at the stage of roofing:



While the church is rebuilt, the congregation at Holy Cross has been meeting in a shed:



As a result, there has been an understandable delay in the twinning process, as we had to wait for the completed description from Holy Cross, Murrupula. With great anticipation, it has now been received, and the PCC has unanimously agreed to accept it.



May I introduce you to the parish priest for Holy Cross, Rev. Domingos Daglasse Komakoma.

Holy Cross description on the benefit of the link with St Hilda:

The benefit of this link with London is that we continue to pass on our experience in spreading the sacred Scriptures, the word of God to the people, helping the neediest people, widowed women, and orphaned children.

Under hopes and challenges for the future:

- Hope for the future: May our friendship be good and healthy
- Challenges
 - Coverage of the church under construction.
 - Purchase of a means of transport, such as a motorbike, to facilitate pastoral work.

May God grant the Holy Spirit to lead this new partnership as the two parishes of Holy Cross and St Hilda start their journey together.

Christian charity says ‘put others first’ after reports of empty supermarket shelves

Christians are being encouraged to “put others first ahead of ourselves” as supermarkets urge customers not to panic buy in response to reports of empty shelves.

“Our first call isn't the thing about how we can look after ourselves, but how we look after our neighbour. That process of us stockpiling means that someone else comes to the supermarket just after us, and really needs those products and they're not there because we bought too much of it,” Russell Rook, chair of Christian charity YourNeighbour.org.



“The church has done a brilliant job of demonstrating to the world this year that we are the institution that looks out for others, that doesn't put ourselves first but puts the world first and seeks to care and love for those who need that most. I think we've got to keep doing that, because that's what Jesus says we should do.”

His remarks come as the UK's biggest supermarkets have said they were suffering shortages in staff and supplies due to the number of workers self-isolating after being

“pinged” by the NHS Covid app.

More than 600,000 people have received an alert on their phones asking them to self-isolate due to possible contact with a Covid positive in the past week.

However, supermarket bosses have recognised that shortages were “patchy” across stores and reassured customers that there was no need to stockpile.

Rook went on to encourage Christians to continue to be on the lookout for “neighbours or people around us” that might be in need.

“We do know people in our streets, in our neighbourhoods, in our families through our churches, who are struggling to get hold of certain products, or they're finding themselves in need, then keeping an eye out for those people and saying: How can we help to meet that need? What can we do if you are struggling right now to make your life a little better?”

A “narrow” list of sectors that will be exempt from self-isolation is expected to be published later on Thursday.

Dear Lord,

We pray that you would help us to put the needs of others above our own. Make us aware of those people around us who are most in need, and make our hearts generous and willing to share our possessions and resources with others.

In Jesus' name,
Amen

'We can make a difference': Christian charity says as record number of people cross the English Channel

Christians are being urged to look out for those who are "slightly slanted" in society as the English Channel records its highest ever number of migrants crossing in a single day.

"My encouragement to us all would be to take some time to look out for people, and maybe it might not be that you've got asylum seekers, refugees near you that you can befriend and support, but it might be that there's a neighbour and if we as Christians have that kind of attitude of seeking out those who are on the margins and who, in public opinion, maybe are slightly slanted, for whatever reason, then we can we can make a difference," Adam Baker, coordinator for Christian charity Refuge Roots, told Premier.



More than 430 migrants arrived to the UK coastline in various dinghies on Monday, including women and young children, some too young to walk. They are thought to have sailed from Belgium or France.

Their arrival comes as the House of Commons is debating a bill that would toughen the asylum system for those arriving to the UK shores illegally.

The Nationality and Borders Bill would see those who arrive knowingly illegally facing four years in prison.

The bill also includes the possibility of sending asylum seekers to a "safe third country".

However, many campaigners argue that the bill will not solve the problem but instead will reinforce the narrative of asylum seekers being labelled as criminals.

"They're classed as criminals because they've been smuggled, but that's been the only way to get here. It just enforces that message of people being illegal, and undeserving and that is unhelpful terminology, when we're talking about real people with real lives and who've experienced real trauma as well", Baker continued.

Providing routes of claiming asylum that are safe and ensuring that there is sufficient capacity to fairly look at and process individual cases and claims are among the solutions that Baker thinks the government should provide instead.

Speaking on Times Radio, immigration minister Chris Philp said Monday was the "worst day ever" for crossings and it is "vital" that action is taken while the Home Secretary Priti Patel has vowed to make the route "unviable".

Philp said Ms Patel is close to reaching an "enhanced agreement" with French authorities to boost co-operation and increase police patrols on French beaches.

He also pledged that the controversial Nationality and Borders Bill currently going through Parliament will "close some loopholes" and will reform the asylum system.

So far this year, at least 8,000 people have reached the UK coasts in approximately 345 boats.

Lord God, help us to remember those who tonight will go to sleep unfed and unwelcome, strangers in foreign lands, people who have fled for their lives and are far from their homes. We lift up to you those who are escaping persecution and conflict, having fled death, torture or ruthless exploitation.

So many carry wounds, mental and physical. So many have suffered greatly.

Lord Jesus, give us more of your compassion for their plight, soften our hearts to their situation,

and help us follow your lead in seeking justice and mercy on their behalf.

We pray for an end to the wars, poverty and human rights abuses that drive desperate people to become refugees in the first place.

In Jesus' name,

Amen

Have you ever tried to fix an ongoing lack of energy by getting more sleep — only to do so and *still* feel exhausted?

If that's you, here's the secret: Sleep and rest are not the same thing, although many of us incorrectly confuse the two.

We go through life thinking we've rested because we have gotten enough sleep — but in reality we are missing out on the other types of rest we desperately need. The result is a culture of high-achieving, high-producing, chronically tired and chronically burned-out individuals. We're suffering from a rest deficit because we don't understand the true power of rest.

Rest should equal restoration in seven key areas of your life.

The first type of rest we need is physical rest, which can be passive or active. Passive physical rest includes sleeping and napping, while active physical rest means restorative activities such as yoga, stretching and massage therapy that help improve the body's circulation and flexibility.

The second type of rest is mental rest. Do you know those colleagues who start work every day with a huge cup of coffee? Or tea? They're often irritable and forgetful, and have a difficult time concentrating on work. When they lie down at night to sleep, they frequently struggle to turn off, as their brain has conversations from the day filling their thoughts. And despite sleeping seven to eight hours, they wake up feeling as if they never went to bed. They have a mental rest deficit. (PS : The tea and coffee aren't the issue here)

The good news is you don't have to quit your job or go on vacation to fix this. Schedule short breaks to occur every two hours throughout your workday; these breaks can remind you to slow down. You might also keep a notepad by the bed to jot down any nagging thoughts that would keep you awake.

The third type of rest we need is sensory rest. Bright lights, computer screens, background noise and multiple conversations — whether they're in an office or on Zoom calls — can cause our senses to feel overwhelmed. This can be countered by doing something as simple as closing your eyes for a minute in the middle of the day, as well as by intentionally unplugging from electronics at the end of every day. Intentional moments of sensory deprivation can begin to undo the damage inflicted by the over-stimulating world.

The fourth type of rest is creative rest. This type of rest is especially important for anyone who must solve problems or brainstorm new ideas. Creative rest reawakens the awe and wonder inside each of us. Do you recall the first time you saw the ocean or a waterfall? Allowing yourself to take in the beauty of the outdoors — even if it's at a local park or in your backyard — provides you with creative rest.

But creative rest isn't simply about appreciating nature; it also includes enjoying the arts. Turn your workspace into a place of inspiration by displaying images of places you love and works of art that speak to you. You can't spend 40 hours (or more!) a week staring at blank or jumbled surroundings and expect to feel passionate about anything, much less come up with innovative ideas.

This person requires emotional rest (rest #5), which means having the time and space to freely express your feelings and cut back on people pleasing. Emotional rest also requires the courage to be authentic. An emotionally rested person can answer the question "How are you today?" with a truthful "I'm not okay" — and then go on to share some hard things that otherwise go unsaid.

If you're in need of emotional rest, you probably have a social rest deficit (#6) too. This occurs when we fail to differentiate between those relationships that revive us from those relationships that exhaust us. To experience more social rest, surround yourself with positive and supportive people. Even if your interactions have to occur virtually, you can choose to engage more fully in them by turning on your camera and focusing on who you're speaking to.

The final seventh type of rest is spiritual rest, which is the ability to connect beyond the physical and mental and feel a deep sense of belonging, love, acceptance and purpose. To receive this, engage in something greater than yourself and add prayer, meditation or community involvement to your daily routine.

As you can see, sleep alone can't restore us to the point we feel rested. So it's time for us to begin focusing on getting the right type of rest we need.

This article is part of TED's "How to Be a Better Human" series, each of which contains a piece of helpful advice from people in the TED community

Sheep and Lambs Together

Creative and Reflective activities for All Ages

25th July Feast of St James the Apostle 8th Sunday after Trinity

Read Matthew 20.20-28

James was a fisherman. St James was with Jesus, his brother John and Peter, at some very special moments with Jesus. After Jesus death James travelled around telling people about Jesus. He was killed by Herod – the first of the apostles to be killed for their faith. There is a story that he travelled as far as Spain to carry the Christian message there. His symbol is a sea shell.



Many people visit Santiago in Spain: they go on a pilgrimage and carry the symbol of the sea shell. Why not all draw a sea shell – pin it to a hat or tee shirt – and go for a walk. And enjoy all that is around you.

Or you could have a shell hunt in the garden: real shells or pictures of shells. And for each shell found think of how you might share the Good News of Jesus with other people.

St Hilda's Parish News

If you have any Parish News you would like to share, then please send them into the Parish Office.

Spelthorne Deanery Confirmations – Sunday 19th September

Spelthorne deanery confirmation service is taking place at St Hilda's at 3pm.

Confirmation is a special church service in which a person confirms the promises that were made when they were baptized. If you were baptized at a christening when you were a child, your parents and godparents made these promises on your behalf. As a young person or adult, you may be ready to affirm these promises for yourself and commit your life to following Jesus Christ. At the confirmation service, you make these promises for yourself. Friends and family as well as the local Christian community will be here to promise to support and pray for you.

Bishop Graham will lay his hands on your head and ask God's Holy Spirit to give you the strength and commitment to live God's way for the rest of your life. If you would like to find out more, please do get in touch with Fr Joseph.

Confirmation preparation for adults will run on Thursday the 2nd, 9th and 16th September.

Soup and roll

Starting on **Wednesday 29th September**, after the 11am service and continuing on the last service of each month.

There's something spiritual about breaking bread together. After the Eucharist, we will gather for soup and roll. It will be an excellent way to get to know each other better, to share in fellowship, meet some new faces and enjoy a delicious home cooked soup with a bread roll.

Women's and Men's Breakfast



We are planning to hold individual breakfast get togethers for Women and Men separately. The aim of these is to create a new time for fellowship, followed by a full English breakfast, and a talk by a guest speaker.

The first get togethers are:

Men's Breakfast – 11th September

Women's Breakfast – 16th October

Hope Into Action

Homelessness has been a key element of St Hilda's missional engagement and St Hilda has started to support Hope Into Action:

"We provide not just shelter and housing know-how but also friendship. Together with over 70 churches, we provide direct support to people whom others have often given up on. Our vision is for every church to lovingly provide the homeless with a home. The tragedy of homelessness is in every community"

There are two blue wheelie bins, one in church and one in the church hall to take donations of clothes, belts and shoe. It will all be sold, and the proceeds donated towards the partnership with Hope Into Action. Please – clean clothes, paired shoes, and belts only. We cannot do anything with bedding, towels, curtains, and other soft furnishings.

YCCN RELAY - Can you help?

The Young Christian Climate Network relay is well underway, and should be in Exeter when you read this. We have invited them to stay at St. Hilda's when they come through Ashford on Monday 2nd August, and we need more help. I will be with the walkers, and Bobbie is organising the catering. We need other people to help:

- "Meet&Greet": someone to be in charge of greeting the walkers, and others to support this person.

- "On call support": one or more people with cars to be available on the Monday or Tuesday to pick up walkers in an emergency, or to transport bags from Windsor to Ashford (Monday) or Ashford to Twickenham (Tuesday)
- Walkers: at the moment seven people are signed up for the Monday and three for Tuesday in addition to two Lead Walkers. If you feel energetic, please join in!

For these roles, please sign up on the YCCN web site <https://www.yccn.uk/>

- people to help Bobbie - please talk to her
- people to publicise this - everyone can do this. See their web site for ideas.
- people to pray for the relay, and for the world to wake up and take action on climate change and climate justice - everyone can do this, too

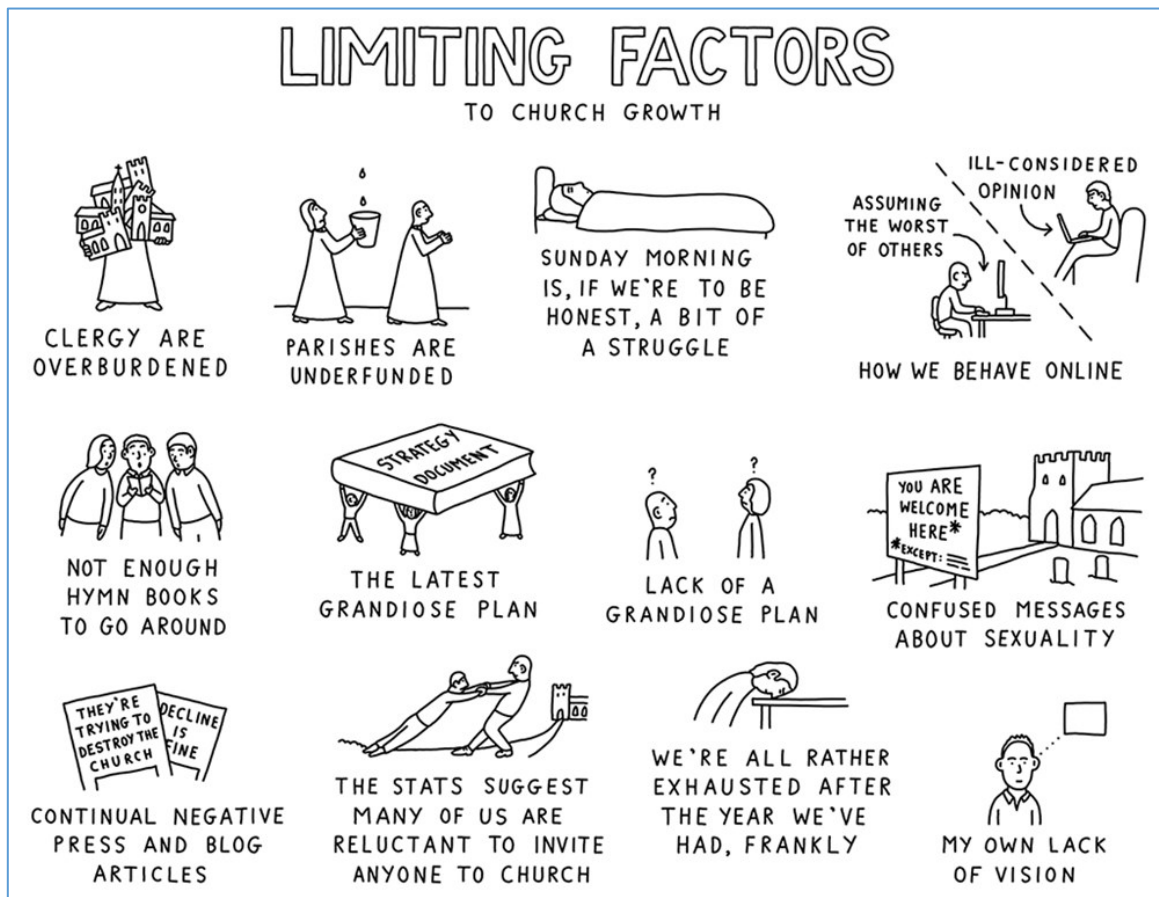
Please help if you can.

Rosemary Greenwood

For more details, see
 the web site: <https://www.yccn.uk>
 Twitter: <https://twitter.com/YCCNetwork>
 Facebook: <https://www.facebook.com/YCCNetwork/>
 Instagram: <https://www.instagram.com/yccnetwork/>

Wanted

If anyone has any spare threads, embroidery threads and wools, please place in the box at the back of the church for use by a local charity. Thank you



Canaan Ministries are open for any of your needs. Just simply phone or email them and they will look after you. They also offer a delivery service.

Any other information can be found on their website www.canaanchristianministries.co.uk/

Hebrews 6:10

God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them.

This weeks services

Sunday Eucharist – 25th July @ 9.30am

This service can be viewed via our Facebook page, our new YouTube channel (St Hilda's Ashford), and Twitter.

Wednesday Eucharist – 28th July @ 9.45am

Tickets can be booked for this week's services via the links on our website and Facebook page or by contacting the Parish Office by 5pm Friday for Sunday's service and 12pm Tuesday for Wednesday's service.

Please note we asking for the safety of yourselves and others that you continue to wear a mask whilst in the church.

Tea and Chat after Sunday Service

The Sunday Tea and Chat is taking a short break for the summer, we are currently looking at holding this at another time as following the lifting of restrictions, refreshments will restart at the end of the Sunday service this week.

Please hold in your prayers and thoughts this week those who are affected by the Corona Virus as well as the family and friends of those below.

The Sick

James Bedford	Eileen Gilbert	Riley Shaw	Jo Wood
Darren Burkin	Alison Griffiths	Elsie Stone	Erin
Robb Clarke	Jean Iddiols	Roy Stone	George
Daniel Cohen	Jane Johnson	Sandra Swain	Izzy
Rebecca Cohen	Pat Kyle	Rev. Peter Taylor	Nic
Mary Congdon	Libby Mills	Carla Wells	Baby Reuben
Ann Considine	Raymond Nation	Sheila West	Bob
Julia Cowley	Pat Parish	Philip Willerton	Margaret
Michael Dixon	Elizabeth Savill-Burgess	Chick Wilson	
Peter Garner	Delphine Scrivener	Peter Wilson	

The Recently Departed

Marion Muggeridge	William Loveridge	Ronald Winslade	Paul Harvey
Daphne Roberts			

Prayer

Lord of all power and might,
 the author and giver of all good things:
 graft in our hearts the love of your name,
 increase in us true religion,
 nourish us with all goodness,
 and of your great mercy keep us in the same;
 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