

DVD SERVICES – IMPORTANT NOTICE!

The Songs of Praise that was distributed on DVD was able to be accessed by many. Following some positive comments, I am happy to distribute the weekly service on DVD with the order of service. It costs nothing extra in postage and a blank DVD is not very expensive, if we buy them in bulk. **HOWEVER, the paper order of service and the DVD will be for different weeks – the Sunday coming and the Sunday passed! So check the date written on the order of service and the date written on the DVD. This week's envelope contains the paper order of service for Sunday 14 June but the DVD is for Sunday 7 June. I am sorry for the time lag but we cannot produce the DVD any quicker.**

VIRTUAL DROP-IN CAFÉ – ‘ZOOMOFFEE’

This continues to ‘meet’ on Wednesdays at 10.30am via the Zoom application. It is accessible from a smart phone, tablet, or computer (Apple, Android or Windows). It is very easy to join. You should email Nicholas or Sue for an invitation link and password. You will need to enter the password and remember to ‘join with computer audio’ – otherwise we’ll see each other but there will be no sound for you or from you for the rest of the group.

HOME GROUPS

Home Groups are meeting via Zoom fortnightly on Monday and Thursday evenings. If you would like to take part do let Nicholas or Sue know. We are studying the Psalms over the next few weeks and materials will also be available on our website.

QUIZ TIME

David Mings is running a weekly quiz via Zoom each week at 7.30pm on Wednesdays. If anyone would like to join in, please contact Sue Jones who will provide the link and the password.

FINANCE

We are not immune from the financial pressures that are upon so many. We are reducing our costs as much as we can, but that does not compensate for the loss of income through, for example, not being able to let out the Parish Hall. We are grateful for your continued stewardship and I have sent a letter / email to explain the situation more fully. There is now an opportunity for individuals to donate via our website: www.allsaintsfrindsbury.org.uk/donate

PRAYER CHAIN

Carole Morrad has asked me to remind you that the Prayer Chain are always willing to take prayer requests. If the prayer is not for you then we do ask that you have the permission of the person you are asking us to pray for.

ALL SAINTS OPEN GARDENS 2020 – A VIRUAL TOUR



On 1st and 15th days of the month, you are invited to send some images of your garden which will be put up on the website for people to enjoy. Please ensure there are no images of people and also ensure you do not compromise your home security by what you show. Please speak to Nigel or David for further details and to 'register'.

DEMENTIA AWARENESS

During June, Matthew Cooper is supporting the Alzheimer's Society in fundraising a target of £500, by cycling 500 miles in his commute to work.

In the average time it takes somebody to cycle a mile (approximately three minutes), one person will have been diagnosed with dementia. Matthew's fundraising will help the Alzheimer's Society carry out the very significant work that they do within the UK, which is being affected massively by COVID-19, as they are estimating their scale of deficit to be in millions.

Here are three examples of how the money we fundraise together will directly support people living with dementia:

- £9.90 will begin someone's 'Dementia Connect' journey by providing the first conversation with one of our telephone-based Dementia Advisers
- Telephone-based Dementia Advisers give essential support across the three nations; £95 can support them for a full day
- Just £3.83 turns an ordinary citizen into a superhero Dementia Friend! There is a stigma attached to living with dementia that is both deeply hurtful, and overwhelmingly unfair. 'Dementia Friends' is at its core an instrument for societal change, waking people up to the truth about dementia and helping them understand the impact on people's lives.

To help Matthew achieve his target, please share this news with family and friends. If you would like to make a donation, please follow the link below to Matthew's JustGiving page. Matthew will keep us updated with his progress!

<https://www.justgiving.com/fundraising/cyclefordementia-mattcooper>

DEMENTIA RESOURCES

At this time, those who live with dementia are understandably disoriented and upset. It has been a difficult and concerning time for their families too. Carole and Annie, our Anna Friends, have gathered some resources which are now available on the website. In particular there are a number of online training and awareness courses available at no cost.

NEW RESOURCES

PRAY AS YOU STAY

The popular prayer podcast 'Pray-as-You-Go' is now also offering 'Pray-as-You-Stay' – a prayer support series.

<https://pray-as-you-go.org/retreat/pray-as-you-stay>

It is particularly intended to support people during this time of self-isolation, uncertainty and fear.

DAILY HOPE

Daily Hope is a new, free national helpline that offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.

The line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services during the period of restrictions in mind.

The service is supported by the Church of England nationally as well as through the Connections group based at Holy Trinity Claygate in Surrey and the Christian charity Faith in Later Life.

RELEASE THE PRESSURE - new helpline from Kent County Council

Mental well-being remains a huge concern at this time.

A new phone line is available through Kent County Council, offering 24/7 access to a highly trained and experienced team, to provide expert support no matter what a person is going through.

People are encouraged not to suffer in silence and to text the word **Kent** to 85258 or call the number 0800 107 0160, for free confidential support.

SAFE HAVENS

Mental Health Matters can help any resident of Kent or Medway aged 16+ by offering a warm, welcoming, safe and comfortable environment.

Contact: 07850 901151 or 07808 795036



Prayer Diary 12-18 June 2020

"... "Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus"
1 Thessalonians 5:16-18

Church's Ministry	Praying for the people, groups and mission and outreach of the churches in our parish, diocese and worldwide Anglican communion
Community	Praying for our community, our parish and Medway
People of the Parish	Praying for those who live in Frindsbury and Wainscott, (FW), Upnor (U), Chattenden (C) and those who work on Medway City Estate (MCE)

This month, amid the ongoing Coronavirus pandemic, we shall be praying for keyworkers using the following pattern from the Diocesan Cycle of Prayer

[<https://www.rochester.anglican.org/content/pages/documents/1585224822.pdf>]

Monday	Health and social care
Tuesday	Education and childcare
Wednesday	Key public services as well as local and national government
Thursday	Food and other necessary goods
Friday	Public safety and national security
Saturday	Transport
Sunday	Utilities, communication and financial services

Prayers to use...

Let us pray to God,
who alone makes us dwell in safety:
For all who are affected by coronavirus,
through illness or isolation or anxiety,
that they may find relief and recovery:
Lord, hear us,
Lord, graciously hear us.

For those who are guiding our nation at this time,
and shaping national policies,
that they may make wise decisions:
Lord, hear us,
Lord, graciously hear us.

For doctors, nurses and medical researchers,
that through their skill and insights
many will be restored to health:
Lord, hear us,
Lord, graciously hear us.

For the vulnerable and the fearful,
for the gravely ill and the dying,
that they may know your comfort and peace:
Lord, hear us,
Lord, graciously hear us.

We commend ourselves, and all for whom we pray,
to the mercy and protection of God.
Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.**

	Friday, 12 June
Church's Ministry	For the church - to keep the faith and live actively in hope and with the guidance of the Holy Spirit.
Community	For keyworkers involved in public safety and national security
People of the parish	Elm Avenue (West) (C), Hollywood Lane (FW)
	Saturday, 13 June
Church's Ministry	On her official birthday, pray for HM Queen Elizabeth II that she may have continued wisdom and strength to carry out the promises she has made; may she, and we, be faithful in our service, all the days of our lives.
Community	For keyworkers involved in keeping transport links open – pray for those who work in patient transport
People of the parish	Elmwood Road (C), Hoo Common (C)
Fist after Trinity	Sunday, 14 June
Church's Ministry	<i>O God, the strength of all those who put their trust in you, mercifully accept our prayers and, because through the weakness of our mortal nature we can do no good thing without you, grant us the help of your grace, that in the keeping of your commandments we may please you both in will and deed; 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.</i>
Community	For keyworkers in public services – for those in banking
People of the parish	Enterprise Close (MCE), Hoo Road (FW)
	Monday, 15 June
Church's Ministry	Evelyn Underhill, spiritual writer, 1941 <i>'If God were small enough to be understood, He would not be big enough to be worshipped.'</i> For strength and stamina for those who are still isolating in their homes.
Community	For key workers in health and social care – for staff and residents of Frindsbury Hall
People of the parish	Evelyn Close (FW), Iden Road (FW)
	Tuesday, 16 June
Church's Ministry	For our PCC meeting this evening
Community	For key workers in education; for the staff and pupils of Hilltop School
People of the parish	Everest Lane (FW), Islingham Farm Road (C)
	Wednesday, 17 June
Church's Ministry	Pray for creative ways in which we can keep in touch; the fellowship we are sharing together through social media in our Church meetings and services on line.
Community	For those in key public services including local and national government; pray for all who work for Medway Council
People of the parish	Fordwich Road (FW), Jarrett Avenue (FW))
	Thursday, 18 June
Church's Ministry	For our prayer chain and pastoral team
Community	For key workers in shops and businesses which have opened up this week, finding ways to trade safely for the staff and customers.
People of the parish	Four Elms Hill (C), Juno Way (FW)

