

FROM NICHOLAS

The congregation at All Saints expressed a strong desire to receive Holy Communion in both kinds as Upnor has recently started doing. Sharing the common cup as previously does not, at present, seem wise so administration will be by intinction by the priest. A 'dipped' wafer will be placed in the hands of the communicant as at present and people will be invited forward, socially distanced' and with a mask, to receive.

- Those who are gluten-free will be administered first to avoid transferring gluten to the wine.
- Those who have mobility difficulties will be given communion *in situ* as at present.
- Those who wish to continue to only receive in one kind will continue to be able to do so.
- Those who only wish to receive blessing will continue to be able to do so.

It will probably feel a bit strange and if it doesn't work as well as the CWs and I hope, we will review it.

COVID PRECAUTIONS FOR SERVICES

I am sure we have all seen the news regarding the very sharp escalation in COVID cases. Whilst the likelihood of severe illness is much reduced because of the vaccination programme, the forecast high number of infections means that there is still likely to be a significant numbers of hospitalisations. Throughout the pandemic we have met, and often exceeded, the precautions and protocols required. This is demonstrated by the fact that even with the introduction of Plan B we will not have to do anything in addition to what we are currently doing.

HOWEVER, that does not leave room for complacency and I have been giving careful thought to our Sunday worship and Christmas services. Further guidance may yet emerge, but as it stands, we will continue with our regular Sunday worship and the All Saints Carol service. I will take steps to shorten services and, for the time being, we will suspend the serving of refreshments. I would appreciate your support in the following areas:

1. **Please book** for Christmas services so we can manage seating.
2. **Please take a lateral flow test** no more than 24 hours before attending worship.
3. **Do not attend** if you have any of the following: a high temperature, a new, continuous cough and a loss or change to your sense of smell or taste.
4. **If you are more vulnerable**, because of age, underlying health conditions, are not 'boosted', or you live with those who are vulnerable you may want to consider choosing the number and type of services you attend.
5. **Please follow guidance given** by the welcomers on the day; hand sanitising, seating, social distancing etc.
6. **Wearing of face coverings is now mandatory** in places of worship unless you have medical exemption.

CHRISTMAS SERVICE BOOKING

This year places will be limited at the services below and we shall be taking bookings on a first come first served basis. To book please email pa@allsaintsfrindsbury.org.uk or phone 01634 296050 and leave a message detailing the number of people you are coming with. In the seating plan we will assume you are happy to sit together in that group. The wearing of masks is now mandatory.

Please note that these are subject to change based upon any local changes in COVID risk or national advice.

All Saints, Frindsbury

Sunday, 12 December 10.00am All Age Worship with Christingle

Sunday, 19 December 6.30pm Carol Service

Christmas Eve 4.00pm Crib Service

Christmas Eve 11.15pm Midnight Communion

Christmas Day 10.00am Christmas Day Communion

**At the heart
of Christmas**



St Philip & St James, Upnor

Sunday, 12 December 6.30pm Carol Service

Christmas Eve 12noon Crib Service

Sunday, 26 December 8.30am Parish Communion

Parish Walk Passing the Best Green Spaces in Wainscott

Meet 11am Saturday 18 December 2021

Church Green (towards All Saints Church), Frindsbury ME2 4HJ

We all need a break from those frantic preparations, and we have just the thing, with our walk through the green spaces of Wainscott. There are more of these than you'd think. The longer walk of just over three miles is gently undulating. We will use footpaths and quiet residential roads visiting five green spaces, including an optional stop at the outdoor gym. We will return via the woodland near the old quarry (which might be a little muddy).

There is a shorter option along the same route but returning sooner. Dogs on leads welcome; children under 14 must be accompanied. All welcome. Please share, and feel free to invite family, friends and neighbours. To avoid the need for signing in please email pa@allsaintsfrindsbury.org.uk to reserve a place*.

** Please note all participants walk at their own risk. We may take photos of the adults to share on social media and promote our activities, unless you let us know you do not wish your photo to be taken. High-vis straps will be available for wear (but are not compulsory).*

DONATIONS TO THE MINISTRY AND MISSION OF THIS PARISH

Our financial year is coming to a close. It is a year in which we have had to invest a significant sum in the care of our buildings. Unfortunately, our regular giving has dropped and plate offerings at all services have been significantly reduced by not passing the plate around as part of our COVID protection measures. Traditionally, our stewardship campaign is in the autumn but we will probably bring it forward to the early part of 2022.

Donations can be made at our services by cash or cheque in the collection plate, a stewardship envelope or standing order for regular giving please speak to Nicholas, the Churchwardens, Sue Jones or Alison Mings.



We are now also offering this QR code in our printed materials. Scanning the code with the camera on your smart phone will take you to the Give a Little page for our parish. You can choose how much, whether to Gift Aid, and request a receipt.

OPPORTUNITIES FOR GENEROSITY

Thank you to everyone who donated to the Hamper Collection organised by Sue Vallente-Kerr – 75 hampers have been delivered to families needing a little help this Christmas.

SAFEGUARDING – VOLUNTEER ROLE AGREEMENTS

The Church of England Safeguarding Requirements expect all members who have already have a voluntary role in church to complete a Volunteer Agreement. These will start to be sent out to you in the following week by email or post. If you need a printed copy, please contact Sue Jones on 01634 296050. Please sign and return within the next week if possible. You will require two referees and these will be provided by the Church Wardens.

PARISH HALL AND CHURCH CLEANER

After many years our Church and Parish Hall Cleaner, Shelley, has resigned in order to take up a new full time job. We wish her well in her new venture. We are seeking a replacement and a job description is being prepared. We have been blessed by Shelley's reliability and trustworthiness and we would like to find a replacement with these important qualities. This is a paid role and if you are aware of any possible candidates please do encourage them to find out more.

WORLD DAY OF PRAYER

The Strood World Day of Prayer Team would like a representative from All Saints/St Philip & St James to help organise the yearly service which takes place on the first Friday in March. Please speak to Nicholas or Sue if you are interested or would like to find out more.

VIRTUAL DROP-IN CAFÉ – 'ZOOMOFFEE'

This continues to 'meet' on Wednesdays at 10.30am via the Zoom application. Message Sue for more details.



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.

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.

SAFEGUARDING RESOURCES

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 79503

CONTACT US

Vicar: The Reverend Nicholas Cooper	01634 717580 vicar@allsaintsfrindsbury.org.uk
Pioneer Minister: The Reverend Sue Vallente-Kerr	07940 161044 pioneer@allsaintsfrindsbury.org.uk
Administrator: Sue Jones	01634 296050 pa@allsaintsfrindsbury.org.uk
Parish Safeguarding Officer: Vicki Webster	01634 515580 webstervictoria95@gmail.com

Prayer Diary 19-25 December 2021

“...in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

(Philippians 4:6)

Church's Ministry	<i>Praying for the people, groups and mission and outreach of the churches in our parish, diocese and worldwide Anglican communion</i>
Community	<i>Praying for our community, our parish and Medway</i>
People of the Parish	<i>Praying for those who live in Frindsbury and Wainscott, (FW), Upnor (U), Chattenden (C) and those who work on Medway City Estate (MCE)</i>
	Sunday, 19 December
Church's Ministry Fourth Sunday of Advent	<i>Eternal God, as Mary waited for the birth of your Son, so we wait for his coming in glory; bring us through the birth pangs of this present age to see, with her, our great salvation in Jesus Christ our Lord.</i>
Community	Pray for safe travel for families going to be with loved ones this week and pray for those unable to see family and friends
People of the parish	Frindsbury Hill (FW), Karloff Way (FW)
	Monday, 20 December
Church's Ministry	Pray for the work of Medway Foodbank; pray for staff, volunteers and clients
Community	Pray for all in education: teachers, support staff, chaplains and administrators, pupils and students; pray for rest and refreshment over the Christmas break
People of the parish	Frindsbury Road (FW), Kitchener Road (C)
	Tuesday, 21 December
Church's Ministry	Pray for our Vicar, Nicholas Cooper and family
Community	Pray for the elderly, isolated and vulnerable; pray for those who care for them that they would be strengthened and encouraged. Pray for staff and residents of Frindsbury House
People of the parish	Frittenden Road (FW), Larkin Close (FW)
	Wednesday, 22 December
Church's Ministry	Pray for all parishes preparing for this Christmas, longing to welcome back community but aware of the risks and those unable to worship in person.
Community	Pray for the economic well-being of our country – pray for all in essential services working over the Christmas period
People of the parish	Galleon Way (U), Leigh Road (FW)
	Thursday, 23 December
Church's Ministry	Pray for visitors to our churches; may the message and meaning of Christmas be heard as people prepare for the coming of the Christ child
Community	Pray for wisdom and discernment for all in roles of leadership and authority
People of the parish	Gambit Way (FW), Lingley Drive (FW)
	Friday, 24 December
Church's Ministry	<i>Almighty God, as we prepare with joy to celebrate the gift of the Christ-child, embrace the earth with your glory and be for us a living hope in Jesus Christ our Lord.</i>
Community	Pray for all NHS and community keyworkers that they may be upheld and strengthened and protected in their work and have some time of rest and refreshment over Christmas.
People of the parish	Gardenia Close (FW), Lochat Road (C)
	Saturday, 25 December
Church's Ministry	<i>Lord Jesus Christ, your birth at Bethlehem draws us to kneel in wonder at heaven touching earth: accept our heartfelt praise as we worship you, our Saviour and our eternal God.</i>
Community	Pray for all who are struggling in body, mind or spirit
People of the parish	George Summers Close (MCE), Lodge Hill Lane (C)