# **Prayer at the Heart**

Please pray for:

#### Immediate needs 2 - 4 weeks

Myrtle Stroud, having a total hip replacement on Friday 21 May. Sarah, daughter of Gill and Vince, undergoing ectopic intervention. Elaine (Oakley) waiting for an MRI scan and an op/radiotherapy to deal with an early stage cancer. Rob and Moira Clark and family following the death of Ray. Freddie and Charlie Crocombe (grandchildren to Andrew's brother), in special care unit, both with respiratory problems and Freddie with erratic heartbeat too. Melissa Clackett whose health is deteriorating please pray for it to improve and for baby Isaac. Gill, as doctors strive to find her more suitable and effective drugs.

Continued prayers for Beth (Stan and Carol's daughter) as she undergoes chemotherapy. Pat Wade. Dorothy Vener. Bob Simmons. Audrey (Porter) for continued healing of her back. During May we will be praying for those living in Ashley Drive, Gateacre Road and Milner Road.

#### Long term needs - up to 3 months

Daniel Hampton with Long Covid. Barry (Paula's brother-in-law). Sheila Pearse. Joan Moss. Dennis Spinner, please pray for him to get strong and stay free from illness. Lise Jennings, for relief from pain.

#### **Prayer Needs**

Please contact: Carol Judge 277752; or David and Lynda Kemp 272470

We also have a Prayer Requests page on Facebook, please let us know if you would like your prayer needs to be posted there.

If you would like to contribute to these church notices; do please get in touch with me.

Please be aware when supplying contact information, this notice sheet is circulated physically and digitally via our website, social media and email. *Paula. Email:* deaneves@msn.com

# Welcome to St Alphege, Seasalter 16 May 2021

7th after Easter

Readings: Acts 1: 15-17, 21-end; John 17: 6-11

## 'Encounter' - Wednesday 26 May (7.00 for 7.15 - 8.15 pm)

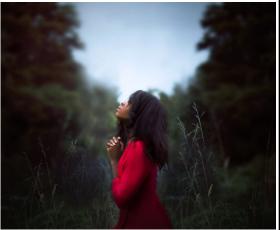
A gathering on Zoom to listen to God through the Bible, worship, reflection and prayer as we make space to seek to hear what God might be saying to us at this time. Adults and young people welcome to attend, the children will have their own opportunity to do this at another time.

Zoom opens from 7 pm with music and quiet reflection and the meeting begins at 7.15.

Contact Paulette for the Zoom link please: <a href="mailto:please:paulette.stubbings@stalphegeseasalter.org">paulette.stubbings@stalphegeseasalter.org</a>

## Pentecost: Sunday 23 May

If you are coming to one of the services at SCC on the 23rd, do wear something red if you are able. We have a tradition at St Alphege Seasalter of doing this at Pentecost (also known as Whitsunday/Whitsun) to remind ourselves of the Holy Spirit being poured out on the followers of Jesus at Pentecost, appearing as flames on the apostles and disciples, and how as Christians today, we carry that same Holy Spirit in us.



#### ANNUAL DISTRICT CHURCH MEETING

The church's Annual Meeting will be held on **Tuesday 18 May at 7.30pm.** 

We will hold a hybrid meeting, with some in the SCC and the rest on Zoom. If you would like one of the spaces at SCC which will be on a first come first served basis, please contact Becky at the Christian Centre. If you are intending to participate online

The Zoom password and code for the meeting are: https://us02web.zoom.us/j/87115945376? pwd=TnUySkNjQ013Ri9yU3FZK3JmMTVYZz09 Meeting ID: 871 1594 5376; Passcode: 791735

The link to the Annual Meeting booklet is<u>https://issuu.com/</u> stalphegeseasalter/docs/2020 annual report st alphege seasalter

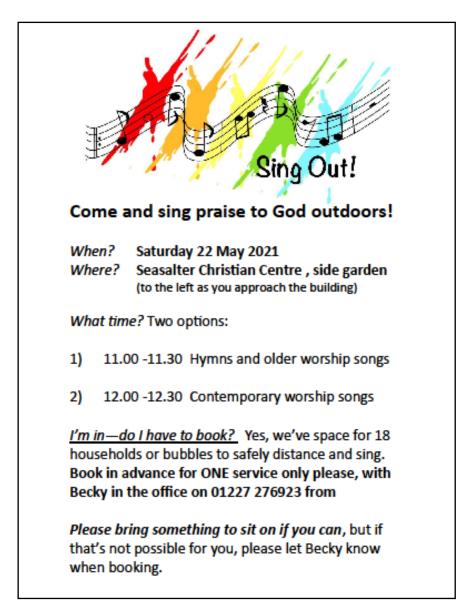
One of the important tasks of the Annual Meeting is to elect those who will guide or represent the church over the next year. So, attached is a page setting out the roles we need to fill, together with a nomination form. If you feel you can offer to fill one of these positions, (or you know someone who might be suitable and have checked they are happy to be nominated), I encourage you to complete the form and send it to Ali Fuller (alifuller@talktalk.net or 07960 709 498 or 3 Tassells Walk, CT5 2NQ). It will also be possible to make a nomination at the Meeting itself (with the exception of churchwardens). It is important that the voting process should be confidential so, after the Meeting, if elections are necessary, ballot papers will be circulated to the members of the Electoral Roll. If you are not already on the Roll and would like to be, contact Elaine Oakley (eoakley37@hotmail.com or 275417).

Community Wardrobe is back up and running and Lise needs help with washing and sorting of school clothes and for the clothes to be delivered to St Andrews. If anyone would like to help can they contact her on <u>lise.jennings@stalphegeseasalter.org</u>



# What's on your heart?

Reminder! We need your speech bubbles by **Sunday 23 May**. (If you missed this article last week, let me know and I will forward it to you. Paula. Email: deaneves@msn.com)



If the mountain seems too big today then climb a hill instead if the morning brings you sadness it's ok to stay in bed if the day ahead weighs heavy and your plans feel like a curse there's no shame in rearranging don't make yourself feel worse if a shower stings like needles and a bath feels like you'll drown if you haven't washed your hair for days don't throw away your crown a day is not a lifetime a rest is not defeat don't think of it as failure just a quiet, kind retreat it's ok to take a moment from an anxious, fractured mind the world will not stop turning while you get realigned the mountain will still be there when you want to try again you can climb it in your own time just love yourself til then @rainbirdroots

C Laura Ding-Edwards

~ By Laura Ding-Edwards ~

Contributor: Colin Aspital

#### Seasalter co-ordinator for Ride and Stride event needed



Ride and Stride is a yearly charity event (11th September 2021) that raises money by walking or cycling around churches. Our church benefits



from some of the money. A co-ordinator is needed to

advertise the dates, encourage people to participate, organise set up on the day and collect sponsorship if needed (there is online option now). If you want to know more please talk to Ann Price.

## A Message from the Berry Family

Dear friends and family at St Alphege Seasalter,

Well, we have been putting this note off for as long as we can as this suddenly makes it all real, and, amongst the excitement, is the sad part. We were blessed over 16 years ago when we joined your family and met so many special people who, despite our move, will remain a part of our hearts and in our lives.

We are moving to Kemsley near Sittingbourne - so not too far - give us a wave across the estuary and feel free to pop in for coffee. Thank you for the love, support and laughter rooted in God over the years. The image of our Spice Girls and Bucks Fizz performances are etched in our minds forever! Thank you too for the pleasure of being involved in the building of the Christian Centre.

God bless you all and keep you safe, with love and prayers Ginny, Keith, Connor, Skye and Eloise.

Parent support group for non-mobile babies born during lockdown Wednesday 1 to 2pm 2 6th May, 2nd, 9th, 16th, 23rd & 30th June Limited spaces One parent/Carer per baby To book place email lise.jennings@stalphegeseasalter.org

## .... RISEN, ASCENDED, GLORIFIED'

Did you celebrate ASCENSION DAY last Thursday or even realise it was Ascension Day? These days in some churches and denominations it has become the 'forgotten festival'. There is only one country in the world that I know of where Ascension Day is a public holiday and that is the Netherlands but even there I doubt if everyone knows the significance and importance of this occasion when most, if not all schools, offices, shops etc. are closed for the day. Some of us older folk who went to church schools will recall that 'in those days' we all attended an Ascension Day Service either in the school itself or in the local parish church and had the rest of the day off. However, for me and many others it was only later in life when we began to understand how vital it is to appreciate why Jesus 'ascended into heaven'.



What does the Bible tell us? To be honest, not a lot but from what it does tell us we are able to expand on and learn so much. Let's start with St. Matthew's Gospel because he doesn't actually mention the Ascension. His gospel account concludes with 'The Great Commission' where the disciples are instructed to 'go and make disciples of all nations' something that every disciple of Christ, which includes you and me, is commanded to do but can't do without help from our Lord and Saviour Jesus

Christ, help which comes from the Lord of heaven and earth from the throne room of heaven. Only by 'Ascending into Heaven' could Jesus fulfil His promise to be 'with you always'.

St. Mark tells us that Jesus, having given his first disciples their instructions 'was taken up into heaven and He sat at the right hand of God'. In other words, Jesus returned to His rightful place in heaven having completed/fulfilled His work and mission when He came to earth some 33 or so years earlier, 'born of the virgin Mary'. The very last verse of St. Mark's Gospel tells us that 'Then the disciples went out and preached everywhere and the Lord worked with them and confirmed his word by the signs that accompanied it. Mission impossible became mission possible as a result of the Ascension and .....

It's St. Luke who tells us what that 'and' was/is. In his Gospel he simply tells us 'While he (Jesus) was blessing them (his disciples) he left them and was taken up

into heaven'. But as the author also of the Acts of the Apostles we learn much more. The disciples are told to 'wait for the gift my Father promised, which you have heard me speak about'. That 'gift' is of course the Holy Spirit which St. John in his gospel account tells us more about than the other three gospel writers tell us put together. John's mention of the Ascension doesn't occur at all at the end of his gospel but comes in chapter 6 and is immediately followed by a statement about the Holy Spirit. Jesus says 'What if you see the Son of Man ascend to where He was before! The Spirit gives life; the flesh counts for nothing'. The Ascension is the prelude to Pentecost and the coming in power of the Holy Spirit. In God's eternal plan for the world the Ascension is a very important event indeed and deserves far more recognition than it so often gets.

'Clap your hands, all you nations; shout to God with cries of joy. How awesome is the Lord Most High, the great King over all the earth! God has ascended amid shouts of joy, the Lord amid the sounding of trumpets. Sing praises to God, sing praises; sing praises to our King sing praises' Psalm 47 v 1 and 2, 5 and 6.

#### A MODERN PSALM TO THE LORD

No other name but the name of Jesus is worthy of honour and paise Jesus your name is the highest in all the heavens and I will bless and extol Your name forever

How precious is your name, Emmanuel to us all who believe Blossom time, so beautiful, the promise of fruitfulness of blessing and the provision from God's wonderful creation

May your encompassing, enfolding love uphold us through the joys and sorrows of life

Oh Lord, our God how majestic is your name in all the earth Lord God we want to tell you how much we love you.

You have blessed us even to the  $4^{th}$  generation – we acknowledge your love Thank you for your promises and for this one in particular – 'I will never leave you'

You bring light into every dark corner of the world

Lord God, creator of all things – thank you for releasing us and giving us freedom in our lives



Written by one of our Connect Groups