#### **Kat Alldread**

**From:** Mike Firbank <mjfirbank@hotmail.com>

**Sent:** 27 March 2020 06:00

To: ideas

**Subject:** News and Events (UP, IN & OUT) at Gresley Church



### **Unless:**

Shopping,
Exercising,
Medical needs,
Travelling to work,
or Supporting
vulnerable people.





# Friday 27th March

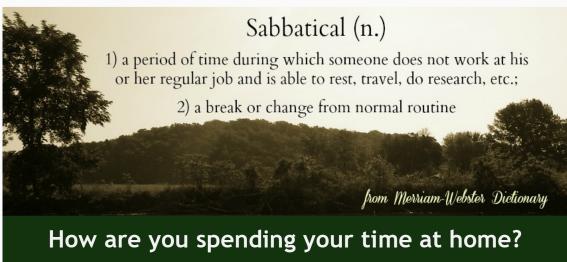
Dear family & friends of Gresley Church,

Welcome to our daily email that aims to inform and keep us all united in Christ during these very challenging times. During this time of enforced rest Christians can take the opportunity to learn to stop, to be still, & to learn new disciplines - using a pattern of

Morning & Evening Prayer. Listen to this my friends: 'Come apart and rest a while, lest we come apart.'

If you are struggling & need help, or want to help others on behalf of Gresley Church, or have any questions - please contact me anytime. Blessings of the Lord who calls us to stop & rest in Him,

Mike Firbank
07814033183 OR mjfirbank@hotmail.com



If you, like most people, have to stay at home - what interests /hobbies/new things are you enjoying or having a go at for the first time?

PLEASE me send example of what you're doing with this nationwide 'Sabbatical' so I can share them as suggestions for everyone else!

## VOLUNTEERS NEEDED!



### **Derbyshire County Council RESPONSE TEAM**

We, as a Church, are now signed up to this to respond locally across Swadlincote. I will be sending an email out shortly to see who is available to volunteer - (EVEN those of you having to isolate for long periods of time). Please wait until the email comes before responding to me. Volunteering will include:

- Food shopping (& picking up medicines) & their delivery;
- Checking up on people who are isolated (including by phone which means if you're in isolation you too can volunteer & any one of any age can do this);
- Providing face to face pastoral care.









# NHS VOLUNTEER RESPONDERS

Want to help the NHS? Clink here to go to GoodSAM to join the NHS volunteer army. Several opportunities to offer help here including one opp for anyone of

# any age including those selfisolating.

Click here to give money to the Swadlincote CVS FOODBANK. They are not currently taking food. Supporting them financially means they can ensure support goes to those who are most in need

Click here to go to National Youth for Christ Website to sign up for brand new videos made for this crisis for our children & youth.

CORONAVIRUS: CLICK ON THIS FOR ALL THE LATEST ADVICE FROM THE NHS



# Learning to be an Acts 2 Church

In Acts 2 many Christians were isolated because of persecution and had to meet in tiny groups & in secret. They prayed together, they worshipped, they read their Scripture, & they broke bread & remembered Jesus and all HE has done for them. As an individual or as a family we can re-discover the freedom that the Acts 2 early church did. We could also be united across this area in this common act

### How might I do this?

First pick a time - perhaps teatime, daily or weekly. If you are on your own remember that you have the entire company of heaven and the Trinity with you. You are never really alone;

Next, give thanks to God (pick a Psalm);

Then, take the bread you are going to break. Use some of the words used by Jesus at the last support (I like Luke 22). Break the bread and eat it (share it if you are with others);

Lastly, give thanks to God - say the Lord's Prayer - & then sing or listen to a worship song.





CELTIC MORNING PRAYER

Learning a new pattern together

# Let's pray together Find somewhere quiet.

### **Opening sentences**

My soul waits for the Lord

more than those

who watch for the morning,

more than those

who watch for the morning.

I will wait for the Lord, my soul waits,

and in His word do I hope.

### **First Meditation**

The monks of St George's Priory were UP, IN, OUT disciples & kept to their daily Rule of Life. Each week we will focus upon one of these.

UP: Rooted in Scripture

1st RULE: 'Love the Lord our God with all our hearts, minds, soul & strength'

Relationships need love;

for love to grow we need to spend time with that

person;

how are you going to spend time with the Lord

today?

### **CELTIC MORNING PRAYER**

# Second Meditation Scripture

Ask: what does this say to me today?

1 Kings 17:10-16 So he set out and went to Zarephath. When he came to the gate of the town, a widow was there gathering sticks; he called to her and said, 'Bring me a little water in a vessel, so that I may drink.' As she was going to bring it, he called to her and said, 'Bring me a morsel of bread in your hand.' But she said, 'As the Lord your God lives, I have nothing baked, only a handful of meal in a jar, and a little oil in a jug; I am now gathering a couple of sticks, so that I may go home and prepare it for myself and my son, that we may eat it, and die.' Elijah said to her, 'Do not be afraid; go and do as you have said; but first make me a little cake of it and bring it to me, and afterwards make something for yourself and your son. For thus says the Lord the God of Israel: The jar of meal will not be emptied and the jug of oil will not fail until the day that the Lord sends rain on the earth.' She went and did as Elijah said, so that she as well as he and her household ate for many days. The jar of meal was not emptied, neither did the jug of oil fail, according to the word of the Lord that he spoke by Elijah.



### **CELTIC MORNING PRAYER**

**Third Meditation** 

Read it through 3 times, slowly.

Be still & wait.

The pure in heart shall see God. The seeing of Him will be the sign that we are like Him, for only by being like Him can we see Him as He is. But when we shall be fit to look Him in the face, God only knows. That is the heart of my hopes by day and my dreams by night. To behold the face of Jesus seems to me the one thing to be desired.

George MacDonald

**CELTIC MORNING PRAYER** 

First pray for yourself (don't rush), for those nearest to you, for your street, for your town, for your...

As you move OUT in your prayers try and see the street, town, region, country, continent from space as if from a satellite.

End your prayers with this Canticle Christ, as a light

illumine and guide me.

Christ, as a shield

overshadow me.

Christ under me;

Christ over me;

Christ beside me

on my left and my right.

This day be within and without me,

lowly and meek, yet all-powerful.

Be in the heart of each to whom I speak;

in the mouth of each who speaks unto me.

This day be within and without me,

lowly and meek, yet all-powerful.

Christ as a light;

Christ as a shield;

Christ beside me

on my left and my right.

# Click here to Morning Prayer worship that you can sing along to (ignore the advert at beginning!)





# CELTIC EVENING PRAYER Learning a new pattern together

**First Meditation** 

Find somewhere quiet.

Sit, be still, try to empty your head.

PAUSE between each paragraph.

Opening sentences

My soul waits for the Lord

more than those

who watch for the morning,

more than those
who watch for the morning.
I will wait for the Lord, my soul waits,
and in His word do I hope.

### **Expressions of faith**

Lord, You have always given bread for the coming day; and though I am poor, today I believe.

Lord, You have always given strength for the coming day; and though I am weak, today I believe.

Lord, You have always given peace for the coming day; and though of anxious heart, today I believe.

Lord, You have always kept me safe in trials; and now, tried as I am, today I believe. Lord, You have always marked the road for the coming day; and though it may be hidden, today I believe.

Lord, You have always lightened this darkness of mine; and though the night is here, today I believe.

Lord, You have always spoken when time was ripe; and though you be silent now, today I believe.



### **CELTIC EVENING PRAYER**

#### **Second Meditation**

### Is it saying anything different to you now?

The pure in heart shall see God. The seeing of Him will be the sign that we are like Him, for only by being like Him can we see Him as He is. But when we shall be fit to look Him in the face, God only knows. That is the heart of my hopes by day and my dreams by night. To behold the face of Jesus seems to me the one thing to be desired.

George MacDonald

### **CELITC EVENING PRAYER**

**Prayers for others** 

Canticle

In the shadow of Your wings
I will sing Your praises, O Lord.

The Lord is my light, my salvation;
whom shall I fear?
The Lord is the refuge of my life;
of whom shall I be afraid?

In the shadow of Your wings
I will sing Your praises, O Lord.

One thing I ask of the Lord,
one thing I seek;
to dwell in the presence of my God,
to gaze on Your holy place.

In the shadow of Your wings
I will sing Your praises, O Lord.

I believe I shall see the goodness of the Lord in the land of the living.

O wait for the Lord!

Have courage and wait,

wait for the Lord.

In the shadow of Your wings
I will sing Your praises, O Lord.

#### **Blessing**

See that ye be at peace among yourselves, my children, and love one another.

Follow the example of the wise and good and God will comfort you and help you,

both in this world and in the world which is to come.

Click here to Evening Prayer worship that you can sing along to (ignore the advert at beginning!)



# Worship Programmes on TV and

## Radio Television programmes

Songs of Praise: Sundays at 1.15pm on BBC 1 Radio programmes

Prayer for the Day: daily at 5.43am on Radio 4

Sunday Worship: Sundays at 8.10am on Radio 4

**Daily Service:** Monday to Friday at 9.45am on Radio 4 Long wave and DAB only (see instructions below on how to find this on DAB)

Lent Talks: Wednesdays at 8.45pm on Radio 4 during
Lent Celebration: (Act of worship) Sundays at 7.30am on BBC
Radio

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