

*about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

Something to think about next time we watch the news!

Love Cathy

PS: I won't be writing next week as I hope (restrictions permitting), to be walking with an old school friend round the Gower Peninsula in South Wales.

### **FSW COLLECTIONS: Westfield and Guestling**

**Jim is still waiting to hear when FSW will be able to accept food donations once more.** In the meantime we are still recommending that you consider giving a donation of money to FSW instead. Thank you so much to those who have already done so. Please make your cheque payable to CDAFSW and send to FSW's Central Office, 22 Stanford Avenue, Brighton, BN1 6AA. If you also add a note saying please direct this donation to work in Jude's area they will make sure that happens. You can also pay online via BACs payment to the following bank account: Sort Code: 20-12-75 Account Number: 40257133 Barclays Bank Account: Chichester Diocesan Association for Family Support Work. If you donate this way please email [nina@familysupportwork.org.uk](mailto:nina@familysupportwork.org.uk) and let her know its coming and it's for Jude's area. Thank you everyone for helping families who are struggling at this time.

#### **Contact information**

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## **THE BENEFICE OF WESTFIELD AND GUESTLING**

**A letter from Rev Joy 13 September 2020**

This quote comes from a sermon I gave at Westfield in August 2015. *Clem and I pass this untidy bush every time we take our dogs onto the*

*West Hill via Exmouth Place. Clem asked me what's this plant Mum and without hesitation I said Oh that's the Duke of Argyll's Tea Plant. Yes Mum – I*



*could hear her suspending her disbelief and I was in shock that my memory had functioned so swiftly and effectively! When we got home I looked out my old copy of the Oxford Book of Wildflowers. Sure enough it was.*



Since then we've discovered that its botanical name is *Lycium barbarum*, a shrub native to China. It is one of two species of boxthorn from which the goji berry is harvested. We're not sure if someone beat us to it, but we could only find a couple of the orange berries this year. We've carefully planted the seeds and we'll see what happens.....

Today I got to see the slow-worm that Hetty and Clem rediscovered in the garden last week. It's very shy but the warmth of the sun tempted it out into the open for a brief while.

Because of lockdown we were unable to hold our APCMs in April as usual.

The diocese have allowed us an extension to the end of October so expect to see posters in church and receive formal notification soon. Guestling's will be immediately after the service on Sunday 11th October and Westfield's on 18th



October. Thank you to everyone who helped complete the Annual Reports and Statements of Accounts for 2019 much earlier this year. I must admit I struggle to remember what life was like before lockdown, so giving a coherent account of last year's church business would have been impossible without all your hard work.

Neil has asked me to thank people at Guestling for their generosity in continuing Free Will Offering payments which have enabled us to continue to make regular Parish Share payments to the diocese. Thank you too from Kathy to Westfield folk for doing the same.

This comes with my love and prayers for you all, Joy

### **Installation of new Bishops: This Sunday!**

A reminder that this weekend [Sunday 13 September] is a hugely important one in the life of the Diocese as we formally welcome Bishop Ruth and Bishop Will at special services to be held in the Cathedral.

The two services of welcome will be live-streamed so everyone further afield will be able to join in the celebrations.

[Here is a link](#) (Control & click) so lots of people can celebrate in the moment. Bishop Will's installation is at 2pm.

#### **Westfield Church Services**

Sunday	<b>13th September 10am</b>	Morning Praise
Wednesday	<b>16th September 9.30</b>	BCP Holy Communion
	<b>10-12</b>	Private Prayer
Sunday	<b>20th September 10am</b>	Holy Communion
Wednesday	<b>23rd September 10-12</b>	Private Prayer

#### **Guestling Church Services**

Sunday	<b>13th September 11am</b>	Holy Communion
Sunday	<b>27th September 11am</b>	Holy Communion

known to all (verses 2 and 3). Well, we may ask, who wouldn't want to be a follower of God if that is how life is for them?

### **Verses 4 to 7**

Here though, we see that, even for the righteous, things do not always go smoothly. This man suffers darkness (verse 4) and bad news (verse 7) just as we all do, and he has enemies (verse 8) who wish him ill. What marks out this man is his reaction to these setbacks and problems. He is gracious and compassionate and sees the light at the end of the tunnel (verse 4); meanwhile he acts justly and gives generously to those in need (verse 5 and 9). His faith and trust are firmly in the Lord and so he is not afraid when bad news comes (verse 7).

### **Verse 8 to 10**

In the end, the psalmist writes, his enemies will be frustrated and defeated, his generous gifts will be widely distributed, and he will be honoured and revered for all time.

At this point, we may be thinking, this man is too good to be true and maybe that's the point; perhaps this perfect man was yet to come in the person of Jesus, but that doesn't mean we cannot learn from this picture of a person who wholly trusts in God no matter what is happening around them.

Jesus himself had something to say about this in the Sermon on the Mount (Matthew chapter 6 verse 25 to 34), summed up in the last two verses.

*But seek first his kingdom and righteousness, and all these things will be given to you as well. Therefore, do not worry*

There is much more that I could tell you about Julian of Norwich, but I would like to finish with how Julian self-isolates not to withdraw, but rather to engage and to listen to God. But not only that to live solely for the good of others. For through her visions Julian had sat at the foot of the cross and gazed at the suffering and death of Jesus until she has come to see it as God's revelation of divine love – and that indeed, all shall be well.

**Ken (Your friend and Lay Minister)**

## **CV19 Homegroup**

Most of us have probably little experience of living with so much day to day uncertainty. This psalm has something to say to us about where our confidence needs to be.

### **Psalm 112**

#### **Verses 1 to 3**

The first focus is on praising God, but we quickly turn to a description of the blessings enjoyed by a God-fearing man. This person delights in God's commands (verse 1), he may fear God, but not in the sense of wanting to avoid him. This person loves the way God works, he hears God's commands and his soul is delighted because he knows they are right and true. I can remember, as a teenager, when so many of us push the boundaries, it was a sort of relief to know that there was a good reason to behave honourably; that is what God wants and we should not be ashamed to uphold his standards.

This man's family are significant contributors to society; they enjoy wealth and a comfort and his upright character is well-

## **Fourteenth Sunday after Trinity 13th September 2020**

### **Collect**

Almighty God,  
whose only Son has opened for us  
a new and living way into your presence:  
give us pure hearts and steadfast wills  
to worship you in spirit and in truth;  
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

### **Westfield**

#### **Lectionary Readings**

Romans 14:1-12 Matthew 18:21-35

#### **BCP Readings for Fourteenth Sunday after Trinity**

Galatians 5:16-24 Luke 17:11-19

#### **Guestling**

Genesis 50:15-21 Matthew 18:21-35

Please check the website on Sunday for services for Westfield <http://www.westfieldchurch.co.uk/online-services-for-westfield-church/>

Guestling . <https://www.westfieldchurch.co.uk/online-services-for-guestling-church/> (Don't forget, there's no on-line service for Guestling this Sunday)

Merciful God, your Son came to save us  
and bore our sins on the cross:  
may we trust in your mercy and know your love,  
rejoicing in the righteousness  
that is ours through Jesus Christ our Lord. Amen

## HOW ISOLATION CAN BECOME VOCATION.

Whilst I have been very limited in being able to go out as I am still in self-isolation. I have been reading a fascinating article all about Julian of Norwich by Emma Pennington who is an expert on Christian Spirituality. I have made further investigations and I came across a comparison of how Julian was affected by a pandemic just as we are. Not only that when I was in training to become a Reader, I was given a copy of Julian's Revelations of Divine Love to read by my tutor. I did as I was asked but at the time, I pushed it to the back of my mind. But recently I came back through an article that I came across and realised how she experienced the same as us. I expect you all are wondering about my article title, well, let us look back a few months. The UK lockdown which as we all know came into effect on the 23rd March this year because of the coronavirus pandemic and has been totally unprecedented in the history of this country. Well, I say that until I read way back in the fourteenth century in the city of Norwich alone, twenty-four people very willingly chose a life of self-isolation and lockdown. I have considered one of these people Julian of Norwich, who was she? Why did she choose such a life? What was it like for her? And what tips does she offer to help us survive the experience of lockdown today. We know that some things have been eased but there are some of us who either choose to remain in lockdown or perhaps have been advised to by their doctor. Especially those of us who have underlying medical conditions which would be affected by Covid-19. Since exploring the writings of the anchoress Julian of Norwich very recently I became fascinated with her story. Why would anyone wish to live a life of incarceration? Little did I realise that this extreme form of

living was going to become the norm for many of us in 2020. Like Julian, those of us who are staying at home during this terrible pandemic have done so out of choice. We have responded to the government's directives and have chosen to radically change our daily routine. Julian's reasons for doing this may not be dissimilar to ours as they first appear. This is because in the fourteenth century, Julian was also living through a pandemic. 'Ring a ring of roses, a pocket full of posies, a-tishoo, a-tishoo, we all fall down. Such was the impact of the Black Death that its symptoms have become immortalised in the children's nursery rhyme. Julian would have been six in 1348 when the plague first broke out in England. Much like Covid-19, the bubonic plague broke out in China as we have seen with the Coronavirus it soon spread across the known world at the time. By the December of 1349, history tells us that the first great wave had finally receded, only to return in the years 1361-2 and then again in 1369. The disease, however had not gone away forever and without antibiotics to fight it, Black Death kept returning in steady waves of five to twelve-year periods at various levels for the next three centuries. This is what we are seeing now as the virus is coming back. All very reminiscent of the times of Julian. Julian lived through this terrifying period of disease and death and may have been a factor in her desire to live a life in lockdown. Now I am not suggesting we all go into lockdown and become very spiritual like Julian. So, the question is what can we do as followers of Jesus Christ? Well, I believe that we all must pray for the virus to totally disappear but also to pray for our scientists to find a vaccine in the meantime. This will enable us to return to the lives that we were leading before Covid-19.