



# Weekly News

7<sup>th</sup> June 2020

Trinity Sunday

[www.stpetersharrogate.org.uk](http://www.stpetersharrogate.org.uk)

St Peter's Church, Cambridge Road, Harrogate, HG1 1PB

## Go, God be with you

*This is part of an article that first appeared in **Lift up your hearts**, which is free to download from the Church Times website. The Revd Margaret Sentamu is an Assistant Curate of St Chad's, Knavesmire, shortly to move to the Diocese of Newcastle. Her husband retires as Archbishop of York on 8<sup>th</sup> June.*

COVID-19 aside, right now I am in the midst of preparing for retirement — stepping down from certain roles to take up new ones, and moving house to a different part of the country. Common themes of loss, sorrow, pain, and transition — all without the opportunity to say goodbye. So how do I approach this — psychologically, practically, and spiritually?

In her book *Praying our Goodbyes*, Joyce Rupp writes: "Unless we say our goodbyes we are not truly free to say our hellos. . . The need to let go before we can truly move on is most important."

I remember, when my husband and I left Uganda for the UK in the midst of Idi Amin's brutal regime, my family insisted on our having a farewell meal together. It was a simple and undramatic way of blessing us as we took this new step into another country.

These present times of change, transition, and loss are also times of opportunity for us. COVID-19 is robbing many people of their 'threshold' rituals: leaving school, graduation, changing jobs, losing loved ones without being able to attend their funerals. How do we approach such times? How do we mark the departure from one stage as we move to the next?



*Continued overleaf*

## Go, God be with you

We all cope with change and loss in different ways, but — whichever way we do it — we must recognise the pain and not take short cuts through the grief process.

When I stepped down recently from six years' service on the board of a mental-health trust, my colleagues planned a meal at a restaurant in Leeds to mark my departure. Instead, the flowers and cards came through the post, and the farewell speeches had to be done down the line. It was hard to feel the sense of closure that comes from a good ending.

The story of the disciples on the road to Emmaus (Luke 24 v 13 – 35) is a powerful illustration of this movement of change. Rupp identifies four stages in the disciples' journey:

First **recognition**: *Are you the only stranger in Jerusalem who does not know these things that have taken place there in these days?* We begin by identifying our loss. We name our experience of hurt or pain.

Second, **reflection**: *But we had hoped he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place.* We need time to take time to slow down and to reflect on our loss. As Rupp says, "We sit with it, look at it, face it, even though it grieves us to do so."

Thirdly, **ritualisation**: *When he was at the table with them, he took bread, blessed and broke it, and gave it to them.* For Rupp, **ritualisation** means the use of images or symbols which enable us to act out our pain, connecting our life experience to the dynamic of prayer experience. For the two disciples, the ritual of breaking bread awoke them from their confusion and misery, and helped them to see more clearly. For me, all the practical tasks of a move — decluttering, packing, preparing new address information, handing over tasks — are part of the rituals that I use in reflection. As I pick up each piece of paper, each old mug, each picture that holds memories, I try to use that as a moment of prayer and thanksgiving.

Fourth, **reorientation**: *They said to each other: Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?* As the connection is made between our pain and loss, and the God of healing and strength, we find a greater freedom to let go and continue our journey. As we move into reorientation, the fragments of our lives begin to come together, and life starts to make sense again. As Rupp says, "When we learn to say goodbye, we truly learn to say to ourselves and to others: **Go, God be with you.**"

## Archbishop of York to preach at national online service on 7<sup>th</sup> June

John Sentamu is to preach at the weekly online service broadcast by the Church of England on Sunday 7<sup>th</sup> June at 9:00 am. This will be the last day in his role as Archbishop of York. His wife the Revd Margaret Sentamu, will lead a time of prayer in the service.

You will be able to watch the service live or on replay via the Church of England's Facebook page or the Church of England [website](#).

## Readings for Sunday 7<sup>th</sup> June

### Trinity Sunday

<b>Old Testament</b>	Isaiah 40 v 12 – 17 and v 27 to the end
<b>Gospel</b>	Matthew 28 v 16 - 20
<b>Epistle</b>	2 Corinthians 13 v 11 to the end



## Yet more live streaming mishaps

Since I wrote a short piece on the hazards of live streaming worship in the 17<sup>th</sup> May edition, a few more inadvertent comedy moments have come to my attention.

In the United States, Father Timothy Pelc achieved internet fame when he squirted holy water from his water pistol into worshippers' cars during an Easter blessing at St Ambrose's RC Church in Detroit. Since photos of the event were posted on Facebook, several memes (both humorous and spiritual) have appeared of him.

During a live-streamed service from Coventry Cathedral the Dean, the Very Revd John Witcombe, and his wife, the Revd Ricarda Witcombe, accidentally head butted each other at the nave altar as they exchanged the peace by bowing – that video has been viewed more than 16,000 times!

In Canterbury Leo, one of the four cathedral cats, became an internet star during morning prayer with the Dean of Canterbury, the Very Revd Robert Willis. More than 100,000 people have watched the footage of the cat disappearing into the Dean's cassock as he calmly continues to speak to camera, making it one of [Canterbury Cathedral's](#) most popular social media posts.



Then during morning prayers on Zoom, the Bishop of Liverpool, the Rt Revd Paul Bayes, fell foul of his Alexa device. Usually it is asked to play music, get news updates or just answer questions. As he read from Numbers 22 v 36 – 23 v 12, in which Balak, the King of Moab, questions the prophet Balaam, Alexa repeatedly interrupted to answer: "I don't know that one."

If you have any more examples of these 'hazards' of live streaming worship, please send them to me at [marian.chambers41@gmail.com](mailto:marian.chambers41@gmail.com).

### St Peter's Church continues ...

St Peter's Church is closed for all purposes except for:

**The Breakfast Club**, which provides a free, takeaway breakfast from Monday to Saturday (8:20 – 8:45 am) for all those who are hungry or in need. A hot takeaway

**Sunday Lunch** is available at St Peter's Church each week from 1:00 – 1:30 pm.

**Hot takeaway food, tins** and whatever else we have to give away is from 4:00 – 5:00 pm every day.

**Please pray for those who have asked for our prayers:**

Nicky Aitken, Pat Anderson, Ruth Bowes, Mary Burcher, Louise Emrullahu, Cathy Fuller, Pam Gardiner, Vicky Harrison, David Hipkin, Caroline Kelly, Sian Lockwood, Charlie Martineau, Peggy Palmer, Sheila Pantin, Alan Richardson, Michele Roszak, Frances Roxby-Proud and Colin Sinclair.

**Also in our prayers this week:**

<b>Mon</b>	All healthcare workers GPs surgeries and health centres
<b>Tues</b>	All who are affected by Coronavirus COVID-19 Journalists and broadcasters who continue to report the news
<b>Wed</b>	Vulnerable children with safeguarding and welfare needs The team preparing the hot take- away meals every afternoon
<b>Thurs</b>	All our emergency services Our armed forces
<b>Fri</b>	Those who are leading our nation The Prime Minister, Boris Johnson
<b>Sat</b>	All our retired Clergy Staff and children returning to school

**Daily Readings**

*Morning Prayer is at 8:00 am and Evening Prayer at 5:00 pm daily. These are the Bible readings we will be using in Church each morning this week. Why not read them at home if you are unable to come to the service?*

<b>Mon</b>	Psalm 1 Joshua 7 v 1 - 15 Luke 10 v 25 - 37
<b>Tues</b>	<i>Columba, Abbot of Iona, Missionary, 597</i> Psalm 5 Joshua 7 v 16 to end Luke 10 v 38 to end
<b>Wed</b>	Psalm 119 v 1 - 32 Joshua 8 v 1 - 29 Luke 11 v 1 - 13
<b>Thurs</b>	<b><i>Corpus Christi</i></b> Psalm 147 Deuteronomy 8 v 2 - 16 1 Corinthians 10 v 1 - 17
<b>Fri</b>	<b><i>Barnabas the Apostle</i></b> Psalm 100 Jeremiah 9 v 23 - 24 Acts 4 v 32 to end
<b>Sat</b>	Psalm 23 Joshua 10 v 1 - 15 Luke 11 v 37 to end

**The Collect for Trinity Sunday**

Almighty and everlasting God, you have given us your servants grace, by the confession of a true faith, to acknowledge the glory of the eternal Trinity and in the power of the divine majesty to worship the Unity:

keep us steadfast in this faith, that we may evermore be defended from all adversities; 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.

**or**

Holy God, faithful and unchanging:

enlarge our minds with the knowledge of your truth, and draw us more deeply into the mystery of your love, that we may truly worship you, Father, Son and Holy Spirit.

**In these uncertain times ...**



Now that we can travel a little further to exercise outdoors, Michael Bell and his wife have been to Almscliffe Crag near the village of North Rigton. He sent me this beautiful photo of some foxgloves blooming amongst the rocks. It reminded me of this poem which I read in the latest National Trust magazine:

*In these uncertain times  
we know you might feel unsure...  
But flowers still grow, birds still sing  
and waves still sweep the shore.*

*And with the rising  
and setting of the sun,  
Nature reminds us all  
that brighter days will come.*

The Marriage Course

# Navigating married life together

**Starts Wed 10th June**

**7.30pm**

With close confinement putting everything under the spotlight try this free online 7 week course for married couples or those who have lived together for a few years.

**To register visit: [theharrogatehub.org/marriagecourse](https://theharrogatehub.org/marriagecourse)**

Topics covered:

Building Strong Foundations | The Art of Communication | Resolving Conflict  
The Power of Forgiveness | The Impact of Family | Good Sex | Love in Action



## The Lighter Side of Lockdown

Professor Catherine Clarke, from the Institute of Historical Research, University of London has been making an effort to cheer people up by writing **Lockdown Psalms**:

1. Clap your hands, all ye neighbours: clap in the front gardens and on the doorsteps.
2. Make a thankful noise, for it is Thursday: clap your hands and bang the pots; bang the mighty pan from the stove, the frying pan from the draining board, and the little pan from under the sink.
3. Rejoice, for thou hast booked a delivery: a weekly slot even unto the end of June.
4. Surely plenteousness shall be in thy house: goodness shall follow thee, at a two metre distance, all the days of thy life.

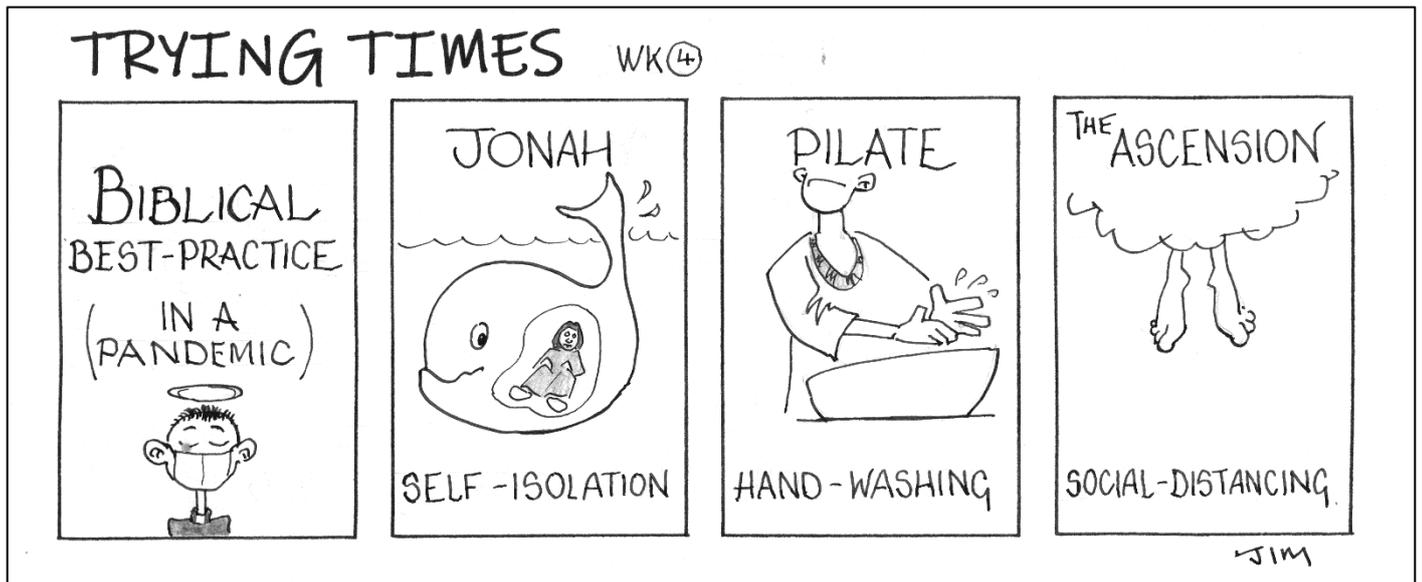
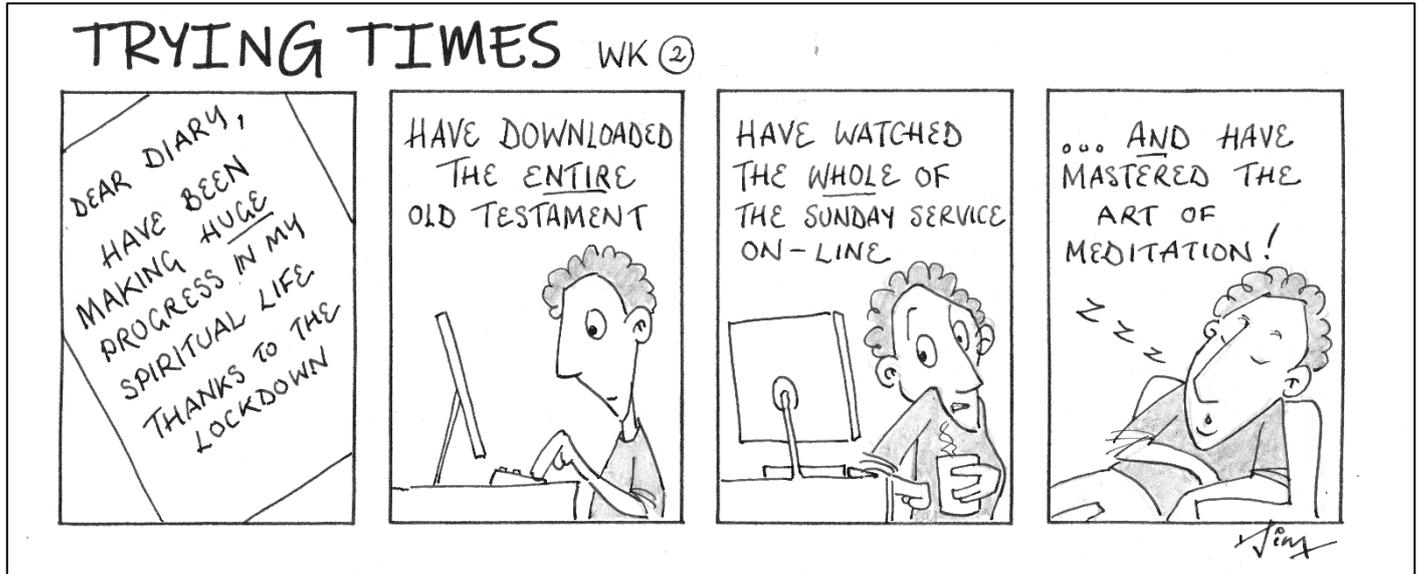
5. [2nd part] Our garners shall be full: and Netflix shall bring forth thousands and ten thousands of new episodes for evermore.
6. Arise! Yea, verily, for the lockdown easeth: gird thy face with apparel and go into the city.
7. Rejoice in the fruitful offices, all ye who were furloughed: but thy going out and thy coming in shall not be on public transport.
8. Rest ye alert by day, and alert by night: and the pillars shall deliver ye out of the wilderness.
9. Judgement and remembrance shall be thine heritage: and ye shall dwell in the house of austerity for ever.

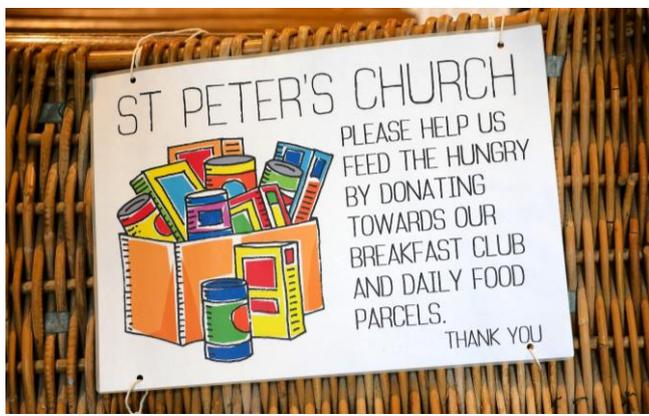


*Another photo from Mr Bell. A young man seems completely unfazed as he waits outside a fish and chop shop on Cheltenham Parade, Harrogate, whilst Her Majesty the Queen, Boris Johnson and David Beckham humbly await their turn.*

# Trying Times: lockdown cartoons by Jim Godfrey

Christ Church is unique among Oxford colleges in that its college chapel doubles as the Cathedral of the Oxford Diocese. Since 1987 Jim Godfrey has worked there as one of the Cathedral Vergers. Over the past 11 weeks he has kept spirits up at the Wesley Methodist Memorial Church, where he worships, by drawing cartoons for its lockdown newsletter. I wrote to him to ask for permission to use them in our newsletter and he very kindly agreed! These are from the first weeks of lockdown:





St Peter's is continuing to give out food **every day** to those in need. If you would like to donate something - toiletries, tinned and dried food – please bring it to Church from 8:00 – 9:00 am on Mondays to Saturdays, 1:00 – 2:00 pm on Sundays or 4:00 – 5:00 pm daily.

### **A prayer for our leaders:**

God of all, in whom we live and move and have our being, breathe upon our leaders your Holy Spirit: the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the Lord, that through your guidance, they may direct our steps in the ways of safety, wisdom, and hope, through Jesus Christ our Lord. **Amen**

### **Financial Giving**

If you would like to support us financially at this difficult time, please use these bank details to contribute by BACS:

**St Peter's Church PCC Harrogate**  
account at Natwest Bank PLC

Sort Code: 53-50-21

Account No: 67137628

or **download a Planned Giving Form** from the website. **THANK YOU!**

### **Next Week's Deadline**

The deadline for the next edition of the Weekly News (14<sup>th</sup> June) will be noon on Wednesday 10<sup>th</sup> June. Please send any items (including photos) to Alan Garrow **or** to Marian Chambers (addresses below).

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