



# Emsworth Methodist Church & Pastoral Centre



a serving and worshipping Christian church in the heart of Emsworth,  
working closely with other churches and with the local community

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**Newsletter**

**9 May 2020**

## Thought for the Fortnight

"I wish it need not have happened in my time," said Frodo.  
"So do I," said Gandalf, "and so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us."

*J.R.R. Tolkien: The Lord of the Rings*

This quote is taken from one of my favourite books. Here we find Frodo, the main character, is given the seemingly impossible task of travelling from his safe, comfortable homeland to the most dangerous place in Middle Earth in order to destroy evil forever. He has been landed with this responsibility, not because he is the person best placed to deal with it, but because he happened to inherit a powerful family heirloom. Quite understandably early on in the story Frodo finds himself wishing none of it had ever happened so that he could continue living the happy, settled existence he was used to.

It may be that many of us can empathise with Frodo at the moment. We may feel that we've reached a difficult part of our own story. The next step is uncertain. We wish it had never happened. For us, as for Frodo, this is a perfectly reasonable and rational response.

I suppose the best thing about Gandalf's response is that he recognises Frodo's position, and then attempts to help him to move on even in the midst of confusion. This is not a time for glibness or platitudes but for saying 'This is the situation; how can we get through it?' Jesus, when he heard of the death of his friend, paused to shed a tear before continuing on the journey that would end with Lazarus stepping out of the tomb. It is perfectly right and proper to acknowledge sorrow, frustration, anger – the list goes on. The question then becomes 'What is the next step?' How do we keep moving in a direction that's wholesome for ourselves and others?

The answer will be peculiar to each of us; there's no 'one size fits all' response. However, if you've found a good idea that's been keeping you busy let us know and we'll try to find a way of including it in the newsletter.

Every blessing,

**Laura**

## **Pastoral Centre**

Thank you to all who kindly donate magazines to the Pastoral Centre magazine box. The magazines left in the box when the Pastoral Centre closed have been donated to Queen Alexandra hospital. In due course, when the Pastoral Centre can reopen, we will be pleased to receive donations of up-to-date magazines to replenish the magazine box. You may also be interested to know that Pastoral Centre food items are being donated to the food bank as they approach their expiry dates.

## **Food banks in Havant**

**Don't forget to donate to your local food bank** during the coronavirus outbreak.

The value of food banks is increasing during the current crisis as more and more people turn to them for basic items.

Heavy demand and a reduction in donations have meant stocks are running low, so Havant Borough Council is calling on residents to keep them topped up with supplies.

If you need help with access to food, please contact the Hampshire Help4Vulnerable helpline on 0333 370 4000.

You can also find a huge range of information from Citizens Advice [www.citizensadvicehavant.org](http://www.citizensadvicehavant.org) or speak to advisors by calling 03444 111 306.



# An Opportunity to do your little bit to help our Front-Line Workers



Our front-line workers who are having to wear face masks for long periods of time, are suffering with sore ears! Here are instructions for simple face mask extenders which can be made in a variety of ways, and will be distributed to Queen Alexandra Hospital.

## Dimensions

Aim for 5 inches (13 cms) long and 1½ inches (4 cms) wide. Buttons should be at least ¾ inch in diameter. If you have plenty of buttons you can add 4 so that the extender has more adjustability.

## Knit

Using DK wool and size 10 (3.25) needles, cast on 25 sts. Work 17 rows in garter stitch then cast off. You will be left with a length of wool at each end, with which to sew on the buttons.

## Crochet

Using DK wool and size 9 (3.5) hook, make a chain of 16 sts. Work in the round in double crochet until strip is 1½ inches wide, finishing at the opposite end from where you started. You will be left with a length of wool at each end, with which to sew on the buttons.

## Sew

Use any cotton material and cut to size to make a double layer. Stitch all round edge. Sew on buttons.

## What to Do Next

Put your creations into an envelope and drop them through the church letter box, or pop them in the post to the church. If you could then let me know when you have done this, that would be helpful, so that I can plan my trips to church to collect them up. I will then arrange to get them to Revd John Mills, who is our Methodist Chaplain at Queen Alexandra Hospital.

**Any Questions?** Have a word with me or Laura!

So ... now is the time to sort out your oddments of wool or fabric and have some fun! They will be much appreciated.

**PS** If anyone has a stash of appropriate size buttons spare, please let me know!

Thank you!

*Dot*

# Home Worship for Sunday 10 May

Fifth Sunday of Easter

## Prayer

Alleluia! Sing to Jesus;  
His the sceptre, His the throne.  
Alleluia! His the triumph,  
His the victory alone.  
Hark! The songs of peaceful Zion  
thunder like a mighty flood;  
"Jesus out of every nation  
has redeemed us by His blood."  
Thanks be to God. **Amen**

## Reading: John 14: 1–14 NRSV

## Reflection

Jesus says: 'Do not let your hearts be troubled'. By that he means, 'Don't let your thoughts and feelings get agitated.' Easier said than done, though, isn't it?

These days there are all sorts of ways on offer to help you get a grip on your anxiety or nervousness. Mindfulness is particularly popular at the moment, as though it's a new invention. The fact is that it's been practised by Christians for two thousand years, and by previous religions before that. Then again, there are various drugs and talking therapies that can help. These methods of help and self-help can certainly be useful for the right people at the right time: so what is Jesus offering that nothing else offers?

When you're worried or frightened or confused, it seems to me that there's one over-riding factor: the feeling that life within you and all around you is totally out of control. You may have ways of distracting yourself or helping yourself for a time, but there's one thing no human being can ignore forever: the fact that our beginnings and endings and much in between *are* beyond our control. The only way to be *finally* at rest in heart and mind is to know without doubt that all things – every last atom of our lives, our past, our future, our present – is in the hands of our Creator.

Mind you, it's not just a question of accepting that as an intellectual fact and then getting on with things. Jesus says: 'Believe in God, believe also in me.' He's not just calling us to believe it like we believe that President Trump actually exists: he's calling us to have *faith* in him – to *trust* in him.

Of course, we're human beings and some days, some times, our faith is stronger than others. But he calls us to keep on returning to him and place our faith in him. In the Garden of Gethsemane Jesus' own faith in his

Father faltered. In the end, though, it carried him into certainty and the light of resurrection day.

The more we can follow Christ through our own dark days and trust in God our Father and Creator, the more peace we shall find in our hearts, our minds and our souls each day. And we shall find peace such as the world cannot give.

### **Prayers for Others**

Lord God, our Creator and our Father,

We commend into your hands a world in pain.

We bring you the leaders of the nations, that may have wisdom and honour in times of trial and challenge.

We bring you the lands torn apart by unrest and warfare, and by illness and loss that the peoples, through adversity, may learn of unity in your love.

We bring you our own country. As we give thanks for all the reflections we see of your love in the care of neighbour for neighbour, we pray for those who are isolated and frightened that they may know you are with them.

We bring you those who care for the needs of others, both professionally and out of friendship. We ask that you will protect them, uphold them and enable them.

We bring you the people we know: our families, our friends, our fellowship. May we know that, though we are apart, we are one in you.

We bring you those who have died and those who mourn, that they may know the strength of your comfort.

*We pause to bring our own silent prayer.*

Lord, we have faith: help us where our faith falls short and enable us to trust that, in your majesty and might and love you will answer these our prayers through Jesus Christ our Lord. **Amen**

### **Our Lord's Prayer**

#### **Blessing**

May the peace of all peace be yours this day; in the name of the Father, and of the Holy Spirit. **Amen**



## **Christian Aid Week 10–16 May**

As you will have realised, there will be no Christian Aid House-to-House Collection this year – but the needs are greater than ever. The world's poorest are having to deal with the coronavirus as well as all their other problems with shortage of food and poor sanitation.

I know that the virus has meant that some of us have lost their income and therefore are not in a position to be able to give, but in some cases, this is a time when people are actually spending less and saving money – because 'social distancing' does not allow them to enjoy meals out, trips to the hairdresser, etc. If you are one of these fortunate people, can I encourage you to share your 'savings' with Christian Aid.

Some of you have been collecting '40p a day for 40 days' during Lent. If you are happy to continue popping your change into the jar, we can collect all these up when the restrictions have been lifted. Alternatively, you can send the amount collected direct to Christian Aid. If you add the reference number OR 97777 it links your gift to the Emsworth area. It is much better if you are able to give online, but if you would prefer to donate by cheque, you can post these to me and I can bank them in our Christian Aid Account. My address is 1 Rose Cottage, Lumley Road, Emsworth PO10 8AA. (Cheques should be made payable to Christian Aid.)

One last request. Can you share the importance of giving to Christian Aid with your friends and family? If you use social media, can you include a link to Christian Aid Week on your Facebook Page and send to all your friends. Christian Aid Week raised £8 million last year – and we need to do all we can to support Christian Aid again this year.

I have included a link to Christian Aid with information on how to give and also details of the 'Online' Worship – and much more – available during Christian Aid Week.

Thank you all for your continued support.

Every blessing,

Kathy Dawkins  
Working Party Treasurer

<https://www.christianaid.org.uk/appeals/key-appeals/christian-aid-week>

### Opening prayer:

Loving God, we gather as a community – though dispersed for a season. May each and every one of us know your presence. May we see you more clearly, love you more dearly, follow you more nearly, day by day. *Amen.*

### Reading: John 14: 15–21

### Reflection

I wonder which one of God's commandments you find most difficult to obey? Perhaps the commandment, 'Do not lie' is most difficult because when I'm in a tight spot and I can twist the truth just a little, it seems harmless. You might say, 'The commandment not to covet is really difficult to obey in a materialistic society – it's hard not to get jealous'. Or perhaps it's not one of the Ten Commandments at all but something entirely different. In Philippians 2 Paul encourages Christians to 'do all things without grumbling or disputing.' Now there's a difficult one!

Here, in this reading, Jesus makes one of the most important, one of the most powerful, promises of the gospel. The promise of the Holy Spirit, the Advocate. The promise to his disciples that even when they can no longer see him they will never be alone.

And it's set in a context of chaos and grumbling. One can only imagine the hubbub of questions when Jesus tells Thomas 'I am the way, the truth and life.' John's account of the Last Supper, far from being a serene meal amongst friends, presents Jesus as consoling the chaos, confusion, concern and, yes, grumbling, of his disciples too.

Those first disciples must have been troubled when they heard Jesus speak of leaving them. They didn't understand what the future held for them – how could they? Jesus was talking about something they didn't understand. They were left waiting for something without know exactly what it would be or when it would happen. Perhaps that's something we can relate to in these odd times.

But, if we pause to look at Jesus' response to Thomas we find the reassurance we need. 'I will not leave you orphaned', says Jesus. Life may get weird, things may not turn out as you expect, but I will never leave you. There is room deep within the heart of God for all of these people, and for you and me. In a way I suppose that was the antidote that warmed Thomas' troubled heart, and has the potential to warm ours too. As a worldwide church we head towards both the Ascension and Pentecost; the birthday of the church, a time when we especially recognise God as an ever-present reality who travels in front of us as guide, behind us as protector, beside us as companion and within us to be shared. This may

not be how we imagined journeying towards Pentecost, but these things at least remain the same.

**Reading together:** Love Divine, All Loves Excelling

**A Prayer during Lockdown (By Revd Miriam Moul)**

God of hope, embracing us, surprising us, loving us, be near.

Creative God,  
as we adapt to a new way of being;  
distracting and busying ourselves;  
may we also seek to be present to you  
and each other in this season of lockdown.  
Help us to know the presence of the risen one  
in our being and in our doing.  
In our digging, planting, baking, reading, home-schooling, working,  
music, binge-watching, video-conferencing, cleaning,  
worshipping and connecting with each other.

Living God,  
we can feel claustrophobic,  
crowded or desperately lonely.  
Our horizons of hope diminished.  
Lead us to restorative places for us,  
our still waters.  
Remind us that we are not alone,  
Call us to solidarity, to love our neighbours, to reach out.  
Draw us close by your hope-filled Spirit.

God of all comfort,  
when we are fearful, anxious or overwhelmed,  
may we hear you whisper our names lovingly,  
'Beloved child, do not be afraid.'

*Amen*

**A time of Reflection**

**Our Lord's Prayer  
Blessing**

"The Lord bless you  
and keep you;  
The Lord make his face shine on you  
and be gracious to you;  
the Lord turn his face toward you  
and give you peace."



## **A light-hearted quiz (with thanks to Laura)**

### **1 When is National Random Acts of Kindness Day?**

- a) 17 Feb      b) 31 March      c) Not a real thing

### **2 When is World Food Day?**

- a) 16 Oct      b) 24 June      c) Not a real thing

### **3 When is World Thankfulness Day?**

- a) 21 Sep      b) 23 July      c) Not a real thing

### **4 When is World Tripe Day?**

- a) 12 Nov      b) 24 Oct      c) Not a real thing

### **5 When is International Tea Day?**

- a) 15 Apr      b) 15 Dec      c) Not a real thing

### **6 When is International Dressing Gown Day?**

- a) 1 Jan      b) 27 Dec      c) Not a real thing

### **7 When is National Sandwich Day?**

- a) 3 Nov      b) 31 Oct      c) Not a real thing

### **8 When is the International Day of Happiness?**

- a) 1 Apr      b) 20 Mar      c) Not a real thing

### **9 When is International Soap Opera Day?**

- a) 2 July      b) 8 Oct      c) Not a real thing

### **10 When is the International Day of Friendship?**

- a) 19 June      b) 30 July      c) Not a real thing

### **11 When is the International Day for Older Persons?**

- a) 1 Oct      b) 23 March      c) Not a real thing

### **12 When is World Bicycle Day?**

- a) 3 June      b) 4 Nov      c) Not a real thing

### **13 When is the International Day of Light?**

- a) 17 October      b) 16 May      c) Not a real thing

### **14 When is World Toilet Day?**

- a) 14 Jan      b) 19 Nov      c) Not a real thing

### **15 When is International Respect for Chickens Day?**

- a) 4 May      b) 23 Oct      c) Not a real thing

### **16 When is World Fair Trade Day 2020?**

- a) 9 May      b) 23 Sep      c) 4 Dec

*Answers on page 10*



## Prayer Prompts – 9 May 2020

You are invited to use the suggestions listed below in your prayer times.

"The best is, God is with us". Thank you, God, that so many things remind us of your love – rainbows, a new born child, a rose in bloom, the wind in our hair as we walk on a beach. Even when life is tough, we sense your presence – a voice at the end of a phone bringing us joy, a quiet place when we know we are not alone, or the still moment after the last chords of an orchestra. Thank you, God, that you are with us during these challenging days. In the name of Jesus, we pray. *Amen*

### **Prompts for prayer:**

NHS staff we know or remember from news reports.

People helping us at this time: shopkeepers, deliverers, family, friends.

The worldwide Church, a dispersed community of people serving and loving.

All who mourn the passing of loved ones.

Thanks, that God loves me, that Jesus is with me to the end of time.

We have a small **Prayer Chain** working within the church. If you, or anyone you know, is in need of prayer please do contact Chris Walters on 01243 379254 or email [c.walters5@homecall.co.uk](mailto:c.walters5@homecall.co.uk)

### *Answers to quiz (page 9)*

1 a, 2 a, 3 a, 4 b, 5 b, 6 c, 7 a, 8 b, 9 c, 10 b,

11 a, 12 a, 13 b, 14 b, 15 a, 16 a

Please send contributions for the next fortnightly newsletter to

[notices@emsworthmethodistchurch.org](mailto:notices@emsworthmethodistchurch.org) or

[newsheet@emsworthmethodistchurch.org](mailto:newsheet@emsworthmethodistchurch.org)

**by Wednesday 13 May**

Good news is especially welcome!