



# Weekly News

24<sup>th</sup> May 2020

The Sunday after Ascension Day

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

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

## Life in Care Home Lockdown

For most of us, care homes are now strictly out of bounds. This is hugely distressing when those we love are inside and we cannot physically be with them. To gain an insight into life inside a nursing home, I spoke with David and Marietta Shelton, members of the 9:30 am congregation. David is a Care Assistant and Marietta an Activities Co-coordinator at Berwick Grange Care Home on the Wetherby



Road. They told me that the situation has been dire. So many residents have died and, in the past two months, most of the staff have been off sick. With residents allowed no physical contact with family or friends, the care staff have been giving extra attention to providing emotional support as well as physical care. Marietta says, "We have to keep going and be strong. I cried for every resident."



*This picture was taken while David and Marietta were having to isolate from one another in their own home*

David's and Marietta's Christian faith has helped them to keep going. David says, "The word 'family', as in 'church family', means more in this time. We found it a big comfort that the church was going online so regularly. This has given us a good feeling. We appreciate the prayers for front-liners". Lockdown has caused us to appreciate workers not otherwise normally in the spotlight. Let's continue to pray for David and Marietta and those like them whose work is particularly demanding and distressing in these days.

Alan Garrow, Vicar of St Peter's Church

## Readings for Sunday 24<sup>th</sup> May

### The Sunday after Ascension Day

The Seventh Sunday of Easter

**Old Testament** Ezekiel 36 v 24 - 28

**New Testament** Acts 1 v 6 - 14

**Epistle** Ephesians 1 v 15 to end



## Did you miss the message to St Peter's from Bishop Helen-Ann?

The Bishop of Ripon, the Rt Revd Dr Helen-Ann Hartley, has sent a special thank-you message to everyone at St Peter's Church, who has worked so hard to keep people fed during lockdown, with 1,000 hot meals served in April alone. [Click here to view it!](#)

## Thy Kingdom Come in Harrogate

There's to be a special online prayer meeting on Sunday 31<sup>st</sup> May (Pentecost) at 6:00 – 6:30 pm on YouTube and Facebook. Four Churches - St Mark's, Kairos Network, Harrogate Vineyard and St John's & St Luke's - are coming together to lead worship and prayer for our town. The link will be available soon, please visit our website for further details.

Kingdom RefleXions  
10.30am Wednesday 27<sup>th</sup> May



- Bring a coffee, Bible, pen and paper  
Come for a chat and to reflect on the Lord's Prayer together
- Part of 'Thy Kingdom Come'

Zoom Meeting ID: 825 4320 8122

Password: 165473



## 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, Alan Richardson, Michele Roszak, Frances Roxby-Proud and Colin Sinclair.

**Also in our prayers this week:**

<b>Mon</b>	All healthcare workers All the residents and staff at Berwick Grange Care Home
<b>Tues</b>	All who are affected by Coronavirus COVID-19 Those in self-isolation at home
<b>Wed</b>	St Peter's Breakfast Club Those facing financial hardship
<b>Thurs</b>	All our emergency services Harrogate police officers
<b>Fri</b>	Those who are leading our nation Rishi Sunak, Chancellor of the Exchequer
<b>Sat</b>	Patricia Stableford, Churchwarden All those caring for others

**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>	<i>The Venerable Bede, 735</i> Psalm 93 Numbers 22 v 1 - 35 Luke 7 v 36 to end
<b>Tues</b>	<i>Augustine, first Archbishop of Canterbury, 605</i> Psalm 99 Numbers 22 v 36 – 23 v 12 Luke 8 v 1 - 15
<b>Wed</b>	Psalm 29 Numbers 23 v 13 to end Luke 8 v 16 - 25
<b>Thurs</b>	Psalm 24 Numbers 24 Luke 8 v 26 - 39
<b>Fri</b>	Psalm 28 Numbers 27 v 12 to end Luke 8 v 40 to end
<b>Sat</b>	<i>Josephine Butler, 1906</i> Psalm 43 Numbers 32 v 1 - 27 Luke 9 v 1 - 17

**The Collect for the Seventh Sunday of Easter**

O God the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven:  
we beseech you, leave us not comfortless, but send your Holy Spirit to strengthen us and exalt us to the place where our Saviour Christ is gone before, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

**or**

Risen, ascended Lord, as we rejoice at your triumph, fill your Church on earth with power and compassion, that all who are estranged by sin may find forgiveness and know your peace, to the glory of God the Father.

## Change and loss during the coronavirus outbreak

During the pandemic, all of us have been affected one way or another by changes brought about by loss of our personal freedom. This may be adjusting to the loss of not being able to go where we choose or coping with a drop in our income or the loss of our job. We have also lost valuable aspects of our social connections with others, such as hugs and handshakes, social activities and simply sharing the same physical space with friends and relatives who are not with us in lockdown. As well as coping with the loss of power and control over our lives, we have had to cope with the COVID-19 pandemic itself.

More tragically, some of us may be coping with the death of someone close to us. This loss could have been compounded by not being able to be with the person who you love when they died or to give them the funeral they would have liked.

Whatever the loss, our mind and body will react to this change. Something or someone that was there before is no longer there. Something or something we depended on as part of our lives has gone. There has been a change. Here are some simple ways to help yourself to cope when you are feeling low:

1. **Pray.** Light a candle, if safe, and pray for hope, faith, and strength to keep loving and caring for each other during this time of struggle.
2. **Talk about how you feel.** This may be difficult if you are self-isolating but do use the telephone, internet, and social media. If you need to contact a counsellor this can be arranged by your GP, or via local agencies, or privately. The Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.
3. **Focus on the things that you can change, not on the things you can't.**
4. **Look after yourself - physically, emotionally, spiritually.** Plan in things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.
5. **Look after others. Even if only in small ways, but do what you can:** a smile, a kind word, writing a letter or an email.

These five tips are taken from the Church of England website, where you can also find a booklet [Supporting Good Mental Health](#), which was updated in March 2020 to reflect the challenges living with coronavirus has brought.

This week is Mental Health Awareness Week, which is hosted by the Mental Health Foundation. The theme this year is kindness, [visit their website](#) by clicking the link to find out why they chose this theme, how you can get involved and for helpful advice and information.



## Thank you to the NHS and keyworkers

One of the lasting memories of this COVID-19 pandemic will be the signs of gratitude for the NHS and our keyworkers. In every street people come out on Thursdays to 'clap for carers', but there are also rainbows and messages of support in the windows and chaked on the pavements. Michael Bell has sent in two lovely photos:



This beautifully worked example (above) is in the window of the wool shop *Yarn etc* on Knaresborough Road. These thank you messages (below) are in the window of *Lancaster's Bakery* on Cold Bath Road.





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.



## Thy Kingdom Come App

Download Now  
Available on App store and Google Play.



## 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 (31<sup>st</sup> May) will be noon on Wednesday 27<sup>th</sup> May. Please send any items (including photos) to Alan Garrow or to Marian Chambers (addresses below).

## Key Contacts

### Vicar:

The Revd Dr Alan Garrow,  
St Peter's Vicarage,  
13, Beech Grove,  
Harrogate, HG2 0ET.  
tel: 0776 1017658  
[alan.garrow@gmail.com](mailto:alan.garrow@gmail.com)

### Curate:

The Revd Chris Clayton,  
[chris.clayton@leeds.anglican.org](mailto:chris.clayton@leeds.anglican.org)  
tel: 07407 258733

### Parish Administrator:

Carole Raw,  
tel: 07425 161425 or 568218  
[stpeters.office@ntlbusiness.com](mailto:stpeters.office@ntlbusiness.com)

### Churchwardens:

Paul Medforth  
tel: 07710 195834  
[paul.medforth@medforth.com](mailto:paul.medforth@medforth.com)

Patricia Stableford  
tel: 01423 526767  
[jpst39@gmail.com](mailto:jpst39@gmail.com)

### St Peter's Safeguarding Officer:

Kate Blake  
tel: 07931 382756  
[kateblakefamily@gmail.com](mailto:kateblakefamily@gmail.com)

### Weekly News and Parish Newsletter Editor

Marian Chambers  
[marian.chambers41@gmail.com](mailto:marian.chambers41@gmail.com)