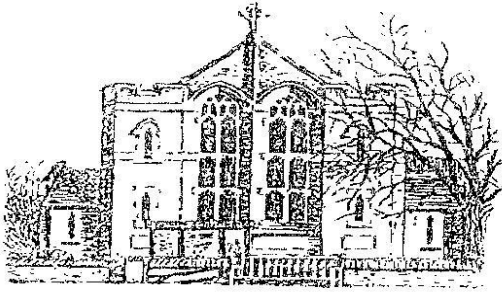


UPMINSTER METHODIST CHURCH



Church Notices
9th August 2020
www.upminstermethodistchurch.org

WEEKLY NOTICES

The link for Revd. Joseph Riberio's 11.00am zoom service can be found on the email page.

You can find the link for the Rainham Foodbank which includes a monetary donation section.

Revd. Jason Vinyard is now on holiday and his Sunday evening Contemplative Services will resume on 23rd August – we wish him, Yvette and Jasmine a peaceful and a restful time



ROMFORD CIRCUIT – _35/32
The Revd. David Jebb BTh.MA.
Superintendent Minister

Tel: 01708 734005 (m) 07786907634. Email: djebb2003@gmail.com

PASTORAL LETTER (18) – 3rd August 2020

Dear Friends,

As we all fully aware that the Government makes specific reference recently to face covering in its Guidance for the Safe Use of Places of Worship during the Pandemic:

Face coverings are currently mandatory on public transport and will be mandatory in shops and in supermarkets from 24 July 2020. People are also encouraged to wear face coverings in enclosed public spaces where there are people they do not normally meet, such as a place of worship.

Since the brakes are being applied to lockdown release, I wonder how you feel about the past few weeks or few days? Local Lockdown rules being applied in some parts of the country now. What are the high points and the low points? What was it that made a difference to your day, improving your experience? Were you able to brighten someone else's day? If so, how did that feel for you? I have just attended a zoom lecture in which six points were given concerning our mental wellbeing.

Connect with people – I hope that throughout the last few weeks you have been able to receive and make phone calls to those you know, and that some of those connections were made by people from church.

Be active – with Gyms being closed and many sports cancelled, it is still important to do our best to remain fit and healthy. Many Keep Fit classes have appeared online, whilst joggers have continued to run round our neighbourhoods. Maybe you have done armchair exercises from home, or perhaps a daily walk has been enough to keep you fit and healthy. I keep using our local Raphael Park daily for my morning walk / run which is really working for me.

Take notice- with the pace of life having slowed for many of us, there may have been time to appreciate the beauty of nature, the clarity of the blue sky, or perhaps the bees and butterflies in the garden.

Keep Learning – Whether you do the daily crossword in the newspaper or you read a book, watch a documentary or search online, it is good to keep the mind active. Focusing on people other than ourselves nourishes us.

Give – Some people say it is better to give than to receive. I think a mixture of both is a good balance. It might be that during lockdown you have heard about a charity supporting those in need, or people who have been bereaved or the foodbank. It is very rewarding to give, whether it is time, money or prayer.

Create – Sometimes gardening, baking a cake are enough to be creative. Making something, by sewing or knitting, through artwork or gardening. These are all helpful activities in which we can create something.

To these six points, I would like to add a seventh – **pray. Keep in touch with God**, through your prayers, or through reading the Bible, or spending time in God's company. This way, you will stay spiritually healthy too. Keep this handy list somewhere where you can read it again reminding you of how to stay well.

ARE WE READY FOR REOPENING FOR WORSHIP?

As you are aware, with all the ever-changing Government and Church guidelines relating to COVID-19, **we are not yet sure** when we can reopen the church buildings for worship. With regards to Church services, the very earliest some of our circuit churches have been considering is in September, but it is now looking like it may be even early or mid-September.

I have received a copy of the Covid 19 Risk Assessments from three churches so far. Thank you for your completed Covid 19 Risk Assessments and certainly you have followed through the Gov Requirements / Covid Secure check lists more effectively. Thank you again. A handful of our Church Councils are meeting this week or next to decide a way forward etc. I do ask you to be patient and take your time as returning to worship will not be an easy task in such buildings and, as I understand it, the rules mean that what we do offer initially will be very different to what we are used to:

- As announced last week by the Government, masks will have to be worn for the time being.
- Singing will not be allowed
- Services may be as short as 30 – 45 minutes
- The maximum number permitted to gather will be limited
- The seats will need to be socially distanced and you will be asked to stay seated
- There will need to be safe access e.g. a one-way system
- There will be no shared/provided refreshments after worship
- We will need to facilitate additional cleaning ourselves
- We will take temperature checks on the way into the building
- There will not be any provision for children outside of the main worship
- We will need contact details of those attending so that we can contact you should someone else attending subsequently test positive to ensure you self-isolate.

I am sure each church council will take the requirements carefully and adhere to that as well. I would like to encourage all our churches to put a Mission Plan, together with and a detailed Reopening Risk Assessment and proposed schedule for reopening.

All this will need permission from the local Church Council. It is not loving to put our neighbours at risk and so, in making decisions about the use of our church buildings for worship and for other activities, the safety of each person must be our priority.

Preachers / Plan September to November.

Cathy Simmons and I put together a list of available preachers (Local Preachers and Ministers) for each Sunday for the next quarter as the situation is very unpredictable, it is essential to establish which churches will be able to reopen, which will not and what kind of service each church requires. So, please do let me know when you are ready and would like to have a preacher / leader to lead the worship at your church in person or via online. .

Annual Leave – 11th to 24th August May I take this opportunity to inform you that I will be on annual leave from 11th to 24th August 2020, Revd Karen Bell has kindly agreed to be the acting Superintendent Minister during my annual leave.

With every blessing

David Jebb

FAMILY NEWS

- Frank Baker will be celebrating his 87th birthday on Friday August 14th we all wish him a Happy Birthday
- Carole and Brian Webb will be celebrating their 55th Wedding Anniversary on Friday 14th August – congratulations
- Ken Green will also be celebrating a birthday on Monday 10th August
Happy Birthday Ken!



We shall be singing a virtual 'Happy Birthday and Happy Celebration'

to them all.

JMA COLLECTION BOXES

If anyone needs their JMA boxes emptying, please contact Jenny Smy on 01708 220745: 33 Freshfields Avenue, Upminster, Essex.



CHURCH FLOWERS

Every year many of us sign up to contribute towards flowers for the Church arrangement each week, others arrange the flowers and then flowers are distributed to members of our Church family on a Monday. Obviously over the last few months there have been no flowers, however, now seems a good time to start distributing flowers to our Church friends again.

Some people are able to be out and about a little more, others are still having to shield, and although we are still trying to find a way to re-open our Church in a

safe way we would like our Church family and friends to know we are still thinking of them.

If you would like to contribute to this new Flower Fund please put some cash into an envelope marked 'Flower Fund' and pop it through my door - 1 Oak Avenue. Margaret Wilkins has kindly offered to purchase some bunches of flowers and distribute them (as she would normally have done) Margaret will deliver during the week.

Caroline Kinder

WEEKLY BIBLE STUDY - 10am on Wednesdays

We have established a weekly gathering for a bible study with morning prayer, finding support both from learning and praying together and having contact with each other. Please join us either on Zoom or through your landline on Wednesday mornings at 10 a.m.

If you are interested in this, email ricky.bull@fmail.co.uk and he will put you on the circulation list, sending reminders on Tuesday afternoon, with all the login details, and also the study passage. Currently we are looking through some of the key verses in Paul's letter to the Romans, enjoying looking at the hidden metaphors in the letter.

Thanks.... Ricky, 07736 184234

OFFERTORY

It is with much regret that we have had to temporarily suspend all meetings on our premises which most unfortunately includes Sunday worship.

A number of you already give your offertory via standing order and at this time I would ask those of you who don't to consider pursuing this option should you wish to continue your regular giving, please contact Peter Hobbs for further details or set it up yourself from your bank as a monthly standing order quoting your envelope number as the payer reference.

The bank account details are; sort code 20-72-89 account number 73858618 in the name of Upminster Methodist Church Council.

SHOUT

Shout, the group for young people of secondary school age is taking a break and be back (online until we can meet in person again) in late August. The exact date of restart will be confirmed to parents by email in due course. In the meantime if you need any further information please email gordonmreed@gmail.com

PRAYERS, HYMNS AND SERVICES

The Archbishop of Canterbury and the Church of England have set up a freephone telephone number called 'Daily Hope'.

When you ring the number they have a very good easy press button system for the caller to listen to hymns, prayers, services etc. Some of the items are updated daily and people can call the line at any time of the day, how often they want, completely free. It is very easy to use for anyone who may not have any technology devices or are fearful of technology.

The number is: 0800 804 8044.



NEXT QUIZ

Everyone is invited to take part in the next quiz on Zoom on today at 3pm, so please put the date in your diary.

It is free to take part, but I would appreciate donations being made to Macmillan. Donations for this quiz can be made through JustGiving (link below),

credited to sort code 110411 account 10646962 or sent to me (any cheques payable to me please).

<https://www.justgiving.com/fundraising/peter-hobbs8>

If you are interested in taking part please email me at familyhobbs4@btopenworld.com and I will send you details and the link to join nearer the time.

I hope you can take part.

Peter