



St Paul's

FAMILY NEWS

Sunday 4th April 2020

Sunday Services – 10.30am

Services will be streamed live every Sunday. Please follow the link on the St Paul's website. You do not need to be a member of Facebook to watch.

Simple Service – Mondays at 7pm

Each week you will be able to participate in the live streaming of this service by going to the St Paul's facebook page and clicking on the link. This is a short 15min service with silence and candle lighting. I hope you can join us week by week.

Jon Canessa

If you need help accessing our online services, please contact Jenny and Sarah to see if we can help office@stpaulscambridge.org.uk & congregation@stpaulscambridge.org.uk.

You can find other information about churches that live stream their worship on the Church of England website www.AChurchNearYou.com

An online service of daily prayer:

<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

A prayer for each day:

<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer/todays-prayer>

A reminder of the current guidance for churches:

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-churches>

Wilfred De'Ath's funeral will take place on Friday 3 April. With the Covid-19 restrictions no-one other than immediate family will be able to attend. A service will be led to mark his passing at St Paul's when this is possible and the date will be circulated.

Keeping in Touch

Jenny and Di have touched base with over 250 people in the Church Directory, made up of our congregation, volunteers and members of our hospitality clubs. There is now a system in place where individuals can be 'buddied' up with another member of our church for telephone conversation. There is also a separate list of volunteers able to help with shopping, collecting prescriptions etc. If you would like to be connected to a telephone buddy, please contact Jenny office@stpaulscambridge.org.uk / 07973 782255.

Foodbank is still successfully operating out of the Lower Tower Room, observing the social distancing guidelines, on Monday's at 4pm and Friday's at 2.30pm. The current advice is that if you are in need of a voucher for Foodbank, contact the Citizens Advice Bureau for a 'code only voucher'.

Trumpington Supply Lines are launching a helpline to provide advice to residents who may be struggling to get essential supplies (food, prescription medicines) during the Covid-19 restrictions.

The Supply Lines helpline will be open from 12 Midday to 4pm Monday-Friday, and can be reached on 01223 66 22 91. All information can be found on the trumpington.info website.

If you are able to volunteer to staff the phonenumber, this can be done from home, and a full script and training is provided. Please contact Roxie directly signalboxgm@gmail.com

St Paul's School currently has 4 Foundation Governor vacancies. A knowledge of primary schools is not required, just an interest to serve many local children and families. For information speak to Michael Beckett, Bev Jones or contact Andrew MacLellan (trustee) on andrew@maclellan.org.uk.

Organ Interlude

Thank you to Karen for sending in a link to a service which includes our own Hannah Lichtinger playing the organ, completely impromptu, at her home church in Germany. Hannah's contribution is at the beginning of the recording and then again 15 minutes in. Please follow the link to view on You Tube - <https://youtu.be/3nMWnD2FK8k>

Prayer

This is taken from the Church of England website. In these difficult times a wonderful reminder and aid.

To pray is to make our hearts ready to experience the love of God in Jesus Christ through the power of the Holy Spirit. Praying regularly will help us to develop a spiritual rhythm. A discipline of prayer changes the way that we think about our lives, because it creates new habits of heart and mind. Prayer opens us more deeply to the transforming grace of God. We enter into God's presence, allowing the Holy Spirit to pray in us.

Your fingers can be used to bring to mind different things to pray for.

1. **Thumb**

This is the strongest digit on your hand. Give thanks for all the strong things in your life, like home and family, relationships that support and sustain you.

2. **Index finger**

This is the pointing finger. Pray for all those people and things in your life who guide and help you. Friends, teachers, doctors, nurses, emergency services and so on.

3. **Middle finger**

This is the tallest finger. Pray for all the important people who have power in the world, like world leaders and their governments, members of parliament and local councillors, the Royal Family, other world leaders and their governments.

4. **Ring finger**

This is the weakest finger on your hand. It can't do much by itself. Remember the poor, the weak, the helpless, the hungry, the sick, the ill and the bereaved.

5. **Little finger**

This is the smallest and the last finger on your hand. Pray for yourself.

Please send all articles for the next Family News by Tuesday 6th April at 5pm to congregation@stpaulscambridge.org.uk
Thank you

If you would like to give financially to St Paul's, please contact Keith Cowley
keith@kandccowley.plus.com

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St Paul's Eco-church website:

<https://ecochurchchair.wixsite.com/stpaulsecochurch>