

Dear All

Welcome to Keeping In Touch (KIT) 11. We hope you are all keeping well and have enjoyed the beautiful weather we have had this week.

Hopefully the relaxation of some of the lockdown regulations will now allow some of you to see your loved ones, even if having to remain socially distanced. There is no change regarding the opening of church buildings.

This Sunday is **Pentecost**. Jesus had promised his followers that, although they would not see him after his Ascension, they would receive the Holy Spirit to guide and inspire them. Pentecost is the festival when we as Christians celebrate the gift of the Holy Spirit and is regarded as the birthday of the Christian Church and the start of the church's mission to the world. **Canon David Nason** has very kindly provided us with a **pastoral letter** to mark Pentecost. Thank you Father David, your words are much appreciated.

In the Middle Ages, cathedrals and great churches throughout Western Europe were fitted with a peculiar architectural feature known as a Holy Ghost hole: a small circular opening in the roof that symbolized the entrance of the Holy Spirit into the midst of the congregation. At Pentecost, these Holy Ghost holes would be decorated with flowers, and sometimes a dove figure lowered through into the church. A Holy Ghost hole can still be seen today in Canterbury Cathedral.

In the Eastern Orthodox Church, Pentecost is one of the Orthodox Great Feasts and is considered second only to Easter. The service is celebrated with an All-night Vigil on the eve of the feast day and Orthodox churches are often decorated with greenery and flowers. In Germany green birch branches are traditionally used to decorate churches for Pentecost.

In Italy rose petals are often thrown from the galleries of churches over the congregation, recalling the tongues of fire seen by the Apostles. One notable place that this happens is at the Pantheon in Rome. The Pantheon is a former Roman temple but now a Catholic church. Each year, thousands of red rose petals are dropped from a hole, the oculus, in the dome of the Pantheon on to a crowd gathered for Sunday Mass. This probably dates back to 607 AD when the temple became a church. Today the petals are dropped by the firefighters of Rome who climb the 44 metres to the top of the dome to drop the thousands of petals to those waiting below.

<https://www.youtube.com/watch?v=2LHjz7n0-8Y>

Thankyou Stephen for providing the **pewslip**.

SERVICES FOR PENTECOST SUNDAY

The weekly **Sunday Service** on BBC **Radio 4** is at **8.10am** as usual and comes from City Church in Cardiff, one of the largest in Wales.

".....living out a community life inspired by the Holy Spirit takes on new challenges in the context of Coronavirus. In a service led by Stephen Gibson, Dominic and Catherine de Souza, plus members of the congregation, look at the hope offered by the Holy Spirit - especially when life does not go according to plan".

There will be the usual **live service** on the **Church of England's website** and on their Facebook page at **9.00am** <https://www.churchofengland.org/more/media-centre/church-online>. This will be a very special service as **His Holiness Pope Francis** will be taking part, joining The **Archbishops of Canterbury and York** with a special message to mark Pentecost Sunday and celebrate the coming of the Holy Spirit and the birth of the Church.

Chichester Cathedral are continuing to deliver **live streamed services**. You can access these at www.chichestercathedral.org.uk/services/live-services just click on the link and it will take you to the page with instructions on how to view live.

Sunday Worship on **BBC1** is being shown at **1100** (another new time slot!). A service for Pentecost Sunday from Hereford Cathedral.

Songs of Praise will be broadcast at **1.15** on **BBC1**. One of this week's hymns is '*All Hail the Power of Jesus Name*'. Sometimes referred to as 'The National Anthem of Christianity' it was written in 1779 by Edward Perronet. Born in Kent in 1726, he was the son of Vincent Perronet an Anglican priest. Born, baptized and brought up in the Church of England Edward had expected to be one of her clergy but through his father was for some time an intimate associate of the Wesleys, both at Canterbury and Norwich. Edward was considered a capable preacher, but was uneasy about doing so in front of John Wesley, despite Wesley's persistent urging. Wesley became tired of asking and simply announced one day that Brother Perronet would speak. Edward cleverly managed to escape Wesley's intention by mounting the pulpit, declaring he would deliver the greatest sermon ever preached, and proceeding to read Christ's "Sermon on the Mount"; after which, he immediately sat down. He became a Methodist preacher but following a fall out with the Wesleys Edward's connection with Methodism came to an end and he went on to lead an independent congregation. He published three volumes of Christian poems, including a poetic rendering of the Scriptures. Shortly before he died he uttered these last words: "*Glory to God in the height of His divinity! Glory to God in the depth of his humanity! Glory to God in His all-sufficiency! Into His hands I commend my spirit.*" He died in January 1792 and is said to have left a large sum of money to the organist at Spafeld's Chapel, London, who had composed the tune 'Miles Lane' for 'All hail the power of Jesus' Name!'. He is buried in Canterbury Cathedral.

You might also like a **Choral Evensong service** from St David's Cathedral, which will be on **BBC Radio 3** at **3.00pm**.

A POEM FOR PENTECOST

Many of you will be familiar with the following words written by William Blake, but they bear repeating:

Unless the eye catch fire,

The God will not be seen.

Unless the ear catch fire

The God will not be heard.

Unless the tongue catch fire

The God will not be named.

Unless the heart catch fire,

The God will not be loved.

Unless the mind catch fire,

The God will not be known.

HEARING YOU HELP LINE

You may remember that back at Easter the Diocese of Chichester set up a phone line to provide pastoral support and a listening ear to people directly affected by the COVID-19 outbreak. Calls to the helpline were few and as Sussex generally is not a hotspot for COVID-19 cases and the needs of residents are being met by clergy across the area they have taken the decision to close the helpline from 31st May.

CHICHESTER FARMERS MARKET

The Farmers market will be returning to Chichester on Friday 5th June. To ensure social distancing can be observed it will be held in a new temporary location in the Cattle Market car park (*do you remember when it was a real cattle market?? – I used to love visiting the pigs especially*). In line with government guidelines it will only have food stalls and payment will be by card payment only. The market will take place every first and third Friday of the month, 9.00am until 2.00pm.

SHINE A LIGHT ON VOLUNTEERS

Volunteers' Week takes place every year and is a chance for people across the country to say thank you for the contribution millions of volunteers make across the UK. This year, the District Council wants to highlight volunteers working hard to support their local communities during the Coronavirus crisis.

The council is asking residents to get in touch through its social media channels, to let it know about a volunteer, or a group of volunteers, who are making a real difference in their community. Simply send us a message of thanks, either as a video, photo or text, and they will share it on the council social media channels during Volunteers' Week, 1st – 7th June.

Residents can send their messages of thanks to the council's:

- Facebook page: www.facebook.com/ChichesterDistrictCouncil
- Twitter page: www.twitter.com/ChichesterDC and
- Instagram page: www.instagram.com/ChichesterDC

STANSTED PARK

Standard Park House and grounds will remain shut until 1st August. However:

- ✓ Stansted Park Garden Centre is now open for shopping 7 days a week
- ✓ Stansted Park Farm Shop is open for shopping and delivery Tuesday to Sunday
- ✓ The Pavilion Tea Rooms are open from 10am – 5pm Wednesday - Sunday for takeaway only

There is a route into the Walled Garden area and a one-way system once inside.

The two car parks located on Broadwalk are now open from 8.00am – 5.00pm daily and the carpark for the Garden Centre /Farm Shop/ Pavilion Tearooms is now open 7 days a week 8.00am - 5.30pm.

WEST SUSSEX CC HOUSEHOLD WASTE RECYCLING SITES - UPDATE

Household waste recycling sites will start accepting more items from 1st June, including electrical items, furniture and wood. They still cannot accept soil, hardcore, textiles, plasterboard, asbestos and tyres and social distancing will of course be in place. In addition, trailers are still not allowed at the moment.

VIRTUAL SUGGESTIONS

As we are able to get out and about a little bit more now I am only offering a couple of virtual ideas this week.

Longleat Safari

This virtual Safari tour is well worth watching. It lasts about 30 minutes and it narrated by Kate Humble. Just click below to get started:

<https://www.longleat.co.uk/news/longleat-launches-virtual-safari>

Hidcote Manor

Hidcote Manor Gardens is a National Trust property with a series of outdoor spaces brimming with colourful plants and flowers. Don't forget to turn on the sound effects to hear the birds chirping!

https://www.nationaltrust.org.uk/hidcote/features/hidcote-virtual-tours?awc=3795_1590829794_e1a2ce60759b8b02a743ef1f2b73eaf4&campid=Affiliates_Central_Mem_AWIN_Standard&aff=78888

THE LIGHTHEARTED BIT!

I do hope some of you are enjoying the quizzes. I have heard from some of you that they are being shared with others which is great. Did you guess the sayings last week? This week I have given you cryptic clues to towns and cities in the UK. Hope you enjoy it.

DID YOU KNOW?

The quiz I compiled last week of clues to well known sayings, made me think about their origins.

One explanation of the phrase '**A Stitch in time Saves Nine**', is that it is a French proverb dating back to the early 1700s and was a sailing term that had a specific meaning. When burying someone at sea, nine pounds of shot was used to weigh the body sack. When the sack was stitched closed, the last stitch was passed through a body part. This kept the shroud and body together, otherwise the nine pounds of shot would be wasted.

'**An apple a day keeps the doctor away**' is apparently a variant of the Welsh proverb, "Eat an apple on going to bed, and you'll keep the doctor from earning his bread" which was recorded as a Pembrokeshire saying in 1866. The current version, began usage at the end of the 19th century, with early print examples found as early as 1887.

The phrase '**Cutting off your nose to spite your face**' is known to have been used in the 12th century. It might be associated with the numerous legends of pious women disfiguring themselves in order to protect their virginity. One example of these cases was that of Saint Ebba the Mother Superior of the monastery of Coldingham Priory in the Scottish Borders. In AD 867, Viking pirates from Zealand and Uppsala landed in Scotland. When news of the raid reached Saint Ebba, she gathered her nuns together and urged them to disfigure themselves, so that they might be unappealing to the Vikings. In this way, they hoped to protect their chastity. She demonstrated this by cutting off her nose and upper lip, and the nuns proceeded to do the same. It is said that the Viking raiders were so disgusted that they burned the entire building to the ground with the nuns inside.

Another explanation may be that it was not uncommon in the Middle Ages for a person to cut off the nose of another for various reasons, including punishment from the state, or as an act of revenge.

Grose's *Classical Dictionary of the Vulgar Tongue* of 1796 defines, "*He cut off his nose to be revenged of his face*" as "*one who, to be revenged on his neighbor, has materially injured himself.*" The word "face" here is used in the sense of honour.

HARD CHEESE THIS YEAR!

This weekend would have seen the annual cheese rolling contest at Cooper's Hill in Gloucestershire but of course this will not be happening this year. A large round cheese is rolled down the steep slope of the hill and chased by a group of "runners", who in fact spend most of their brief descent to the bottom of the hill falling and tumbling. Two hundred years ago this was part of a larger mid-summer festival with other activities and competitions, but the event is now confined to the cheese-rolling and is held on Bank-holiday Monday. It is said to have originated as a pagan festival celebrating the arrival of summer, fertility, or both. Click below to see a previous event (sorry about the adverts that come first):

<https://www.youtube.com/watch?v=KEh3wz-92i4>

And **finally**, some prayers for Pentecost:
Almighty God, who on this day
didst open the way of eternal life
to every race and nation
by the promised gift of thy Holy Spirit:
Shed abroad this gift throughout the world
by the preaching of the Gospel,
that it may reach to the ends of the earth;
through Jesus Christ our Lord, who liveth and reigneth
with thee, in the unity of the Holy Spirit,
one God, for ever and ever. **Amen**

We light a candle,
and enjoy the flickering light,
the fragrance
and warmth it creates.
But without the spark that ignites,
there will be no flame.
Without the wax,
the source of power,
the wick will not burn.
Without the flame,
there will be no fragrance,
no warmth, no light.
And so with us, Lord.
You are the catalyst that ignites us,
and the fuel that sustains us.
You fill us with your fragrance
as you enter our lives.
You empower us
to carry your flame in our hearts,
to be the fragrance, warmth,
and light of your love,
in this dark world. **Amen**

Breathe in me O Holy Spirit

that my thoughts may all be holy;
Act in me O Holy Spirit
that my works, too, may be holy;
Draw my heart O Holy Spirit
that I love but what is holy;
Strengthen me O Holy Spirit
to defend that is holy;
Guard me then O Holy Spirit
that I always may be holy. **Amen**
St. Augustine of Hippo (AD 354-430)

Stay safe and enjoy a happy week

Carol & Willem