

We hope you have had a good week and are all keeping well.

Welcome to Keeping In Touch (KIT) 3 and welcome especially to some new subscribers! As we said last week, several people are not 'online' so if you know someone who might like these messages then please consider printing this update and giving it to them. You could also tell them to email treasurerstmaryschidham@gmail.com and we will add them to the list.

Second week of the lockdown with essential journeys only! It is so hard not having face to face contact with our family and friends, but we hope you are all managing to stay in touch by telephone and electronic means. There have been some lovely stories about the older generation using ways such as Facetime and Skype for the first time to talk to their families and friends and you may have experienced that too!

The **pewslip** for this week is attached (thank you Stephen), together with an alternative reading from St Matthew which tells the story of **Holy Week**.

You will see in the pewslip that Chichester Cathedral are delivering some live streamed services for Holy Week. 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. If you have not 'live streamed' before why not use this as an experiment 😊. Alternatively, you can also click on the link later and watch a recorded version if you cannot watch the live stream. The Cathedral service from 29th March is already there. The diocese of Chichester has also provided an A4 Passiontide poster that proclaims, *Praying for you*. Click [Here](#) You might like to print this and put it in your window this week.

This Sunday is **Palm Sunday**. Remember that you can collect a Palm Cross from St Mary's porch door if you are walking or driving past. If you know someone who cannot get out, then do take one for them too. You could also have a go at making your own from paper, the instructions are attached (I haven't tried it but let me know how you get on!!).

Remember you can listen to a **service on Sunday** on the radio. BBC radio 4 has a service every week at 8.10am. Alternatively you can watch Sunday Worship on BBC1 at 10.45am where they even have the words to the hymns on screen so you can sing at the top of your voice!

Currently there is no ringing taking place in bell towers across the country but if you would like to hear some, Radio 4 broadcasts '**Bells on Sunday**' each week at 0543am! This week they are from St Mary Magdalene in Morteheo in Devon. If that is a little early for you, can hear past broadcasts (they last about 2 minutes) by clicking here: <https://www.bbc.co.uk/programmes/m000h1h3> Next Sunday it will be from Canterbury Cathedral.

A reminder that **HM The Queen** will address the nation and Commonwealth on Sunday. This will be broadcast at 8pm.

The Lighthearted bit!

How did you get on with last week's **quiz**? Did you try it? The answers are attached – I hope they make sense. This week we have a cryptic puzzle all about chocolate!

And finally, some **prayers** for Palm Sunday and Holy Week:

Dear Lord

Thank you for sending your Son and paving the way for our lives to be set free through Jesus' death on the cross. Thank you for what this day stands for – the beginning of Holy Week, the start of the journey towards the power of the cross, the victory of the Resurrection, and the rich truth that Jesus truly is our King of Kings. *Amen*

Dear Lord

Help us to use these days in the run up to Easter as a time to stop and think. Help us to remember this is a season of hope and infinite possibility. Help us to step off the merry-go-round of life, take a good look at who we are and where we are going and ask, 'Am I the kind of person God is calling me to be?'. *Amen*

A prayer for children to use

Dear God

Thank you that your Son Jesus came and lived on the earth as an example for us to follow. Help us to love and help others as Jesus did. Help us to share your love with the world and people we meet.

Amen

Best wishes to you all and God Bless you

Carol & Willem