

Dear All

Welcome to Keeping In Touch (KIT) 4. We hope you are enjoying the Easter weekend as best you can and that the Easter Bunny will bring you something yummy!

You will find attached an **Easter letter from Canon David Nason**, who many of you will know as he has kindly covered so many of our services during the interregnum.

The **pewslip** for this week is also attached, together with the Good Friday Gospel reading from St John.

EASTER SUNDAY SERVICES

There is a good choice this weekend for access to an Easter Sunday service. Here are a few to explore:

For early birds, on BBC Radio 4, there is a **celebration for Easter morning with gospel group** Volney Morgan and New-Ye. This starts at 6.35am.

The Archbishop of Canterbury, Justin Welby, will be leading the **first national digital Easter Sunday service** from the kitchen of his flat in London. The programme will be broadcast at 8.10am on BBC Radio 4.

You can find a service on the **Church of England's** website and on their Facebook page at 9.00am.

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. (Did you try it last week?)

At 11.25am **Sunday Worship** on **BBC1** comes from Bangor Cathedral.

Here are some alternatives you may like:

You can hear **Prince Charles** read the Easter Day Gospel (St John chapter 20:1-18) on the Canterbury Cathedral website from midday. <https://www.canterbury-cathedral.org/>

Songs of Praise will be broadcast at 1.15 on BBC1

If you are a fan of Rev. Richard Coles you may like the Easter edition of the occasional Radio 4 series, '**Three Vicars Talking**'. This will be on Radio 4 at 1.30pm

Hopefully there is something amongst the above that you will enjoy.

HOSPITAL CHAPLAIN VISITS

We have been informed that, due to COVID-19, hospital chaplains are restricted in so far as they are not carrying out general ward rounds. If a parishioner or loved one is admitted to hospital for any reason, they must make sure to ask for the chaplain to be informed that they are there - also if they give permission for the chaplain to be in touch with their parish priest. We will be getting more information regarding this soon but please do pass this information to anyone you know who is being admitted to hospital or has a family member in that situation.

PALM CROSSES - UPDATE

Last week we put our palm crosses on the doors at St Mary's and invited people to take them home. We are delighted to say that every single one was taken so we do hope you managed to get one. If you are passing **St Mary's** this weekend you will see some Easter decoration.

THE BELLS, THE BELLS!

Last week we told you where to find some bell ringing online. <https://www.bbc.co.uk/programmes/m000h1h3> This week it will be from Canterbury Cathedral and you may also like to know that the oldest bell at Canterbury Cathedral will toll every evening in remembrance of those who have died from coronavirus, and celebrate those working on the front line. The 17th Century bell, named Harry, will ring out over Canterbury at 8.00pm every day.

LOCAL FOODBANKS

At the moment we are unable to collect items for foodbanks through our services so please take some time to read the info on the pewslip regarding local foodbanks which are in need of our help.

URGENT NEED FOR RETURN OF LOANED HEALTH CARE EQUIPMENT

Do you or does someone you know have any loaned health care equipment which is no longer needed that could be used by others? There is a desperate need for beds, mattresses, hoists, commodes and other loaned equipment to be returned to help the NHS. Contact NRS Healthcare on 0345 127 2931 (Mon-Fri 0830 – 4.00) or email enquiries@westsussex.nrs-uk.net to arrange collection.

TWEET, TWEET, TWEET

Did you know that we have a Twitter account? If you use Twitter you can follow us @chidhamstmarys

STUCK FOR SOMETHING TO DO?

Here are a few suggestions to relieve the lockdown!

Why not channel your inner Samuel Pepys?

Looking for something to do during the lockdown? The West Sussex County Records Office are inviting residents to write or film a diary documenting their experiences during the coronavirus pandemic. If you want to find out how to take part, visit <http://ow.ly/fZ0r50z7i3r> for more info.

Arundel Castle Tulip Festival 2020

Are you missing visiting local gardens? Stuck for something to do this weekend? Arundel Castle have produced an online tour of their (cancelled) Tulip Festival which you may like. Over 60,000 tulips will be blooming in the Castle's gardens providing one of the most impressive tulip displays in the country. Regular videos and updates can be found at www.tulipfestival.co.uk

Monet's Garden

Want to travel further afield? Try this link for Monet's garden <https://www.youtube.com/watch?v=rjWx2WNXFF4>

Visit the Novium Museum

The Novium Museum in Chichester have launched a Virtual Museum! Although their doors are closed, they are still sharing Chichester's history. In the coming weeks they will be releasing virtual tours, online exhibitions & home crafts. To start, watch the Ground Floor Virtual Tour: <https://youtu.be/DOsY4skLXLA>

Fancy a trip to the British Museum?

Use this link for a virtual tour of some of the galleries at the British Museum <https://blog.britishmuseum.org/how-to-explore-the-british-museum-from-home/>

THE LIGHTHEARTED BIT!

How did you get on with last week's **quiz**? Did you guess all the sweets and chocolates from their cryptic clues? The answers are attached. This week we have some advertising slogans for you to guess.

One a Penny, Two a Penny

Sadly, we were not able to provide our usual hot cross bun offering after the service on Good Friday this year, but hopefully you were all able to have one at home. Did you make your own?? Here are some fun facts about these delicious fruity buns.

- Traditionally the cross was made from shortcrust pastry but recipes these days use a flour and water paste.
- Flavours in our supermarkets are many and varied, but in Australia you can buy coffee flavoured ones!
- One recent theory on the origins of hot cross buns is that they originate from St Albans where around 1361 Brother Thomas Rodcliffe, a 14th century monk, developed a recipe called an 'Alban Bun'. He distributed these to the local poor on Good Friday.
- The earliest reference in the Oxford English Dictionary is from 1733 with this ditty from 'Poor Robin's Almanack' – *"Good Friday comes this month, the old woman runs, with one or two a penny hot cross buns"*
- Folklore has it that buns baked and served on Good Friday will not spoil or grow mouldy during the following year.
- Hot cross buns taken on a sea voyage were said to protect against shipwreck.
- An early tradition was to keep a bun for medicinal purposes. It was said that a piece grated and given to someone who was ill would help them to recover.

And finally, some prayers for the coming week:

For all who are affected by coronavirus,
through illness or isolation or anxiety,
that they may find relief and recovery:

Lord, hear us,

Lord, graciously hear us.

For those who are guiding our nation at this time,
and shaping national policies,
that they may make wise decisions:

Lord, hear us,

Lord, graciously hear us.

For doctors, nurses and medical researchers,
that through their skill and insights
many will be restored to health:

Lord, hear us,
Lord, graciously hear us.

For the vulnerable and the fearful,
for the gravely ill and the dying,
that they may know your comfort and peace:
Lord, hear us,
Lord, graciously hear us.

We commend ourselves, and all for whom we pray,
to the mercy and protection of God. ***Amen***

Wishing you all a blessed and joyous Easter.

Carol & Willem