

Dear All

Welcome to Keeping In Touch (KIT) 5. Another week has passed and we have learned we will be 'locked down' for another 3 weeks at least. This of course includes the fact that our churches will remain firmly locked down too. The recent beautiful weather has made staying home an even harder prospect but for many of us it has meant that our gardens have never looked better!

This week's **pewslip** is attached (thank you Stephen), for what is often referred to in the Anglican Communion as '**Low Sunday**'. The Octave of Easter is the eight-day period in Eastertide that starts on Easter and ends with the following Sunday. The exact origin of Low Sunday is not clear but it might refer to the somewhat less intense celebration of the day compared to the great feast of Easter. In addition, many parishes experience lower attendance on Low Sunday than on Easter Day! It may also be called Thomas Sunday, especially among Eastern Christians, as the Gospel reading is always John 20:19-31, which recounts the story of Christ appearing to the Apostle Thomas in order to dispel his doubt about the Resurrection.

Of interest is that on 30th April 2000, it was also designated as Divine Mercy Sunday (or the Feast of Mercy) by Pope John Paul II. This was in fulfillment of the wish which Jesus revealed to saint Faustina Kowalska, a Polish nun, that any Catholic who goes to Confession and then receives the Holy Eucharist on this day will be liberated from any punishment after death. It can also be referred to as White Sunday, Renewal Sunday and even Quasimodo Sunday, the latter connected to the Latin text of the traditional Introit (the entrance of the priest at a Eucharist) for this Sunday. For such a seemingly ordinary day in the church calendar there is much to be told and greater minds and scholars than me would know much more! I will leave to you to read for yourselves.....

SERVICES FOR THE SECOND SUNDAY OF EASTER

The weekly **Sunday service** on **BBC Radio 4** is at 8.10am and comes from Holy Trinity Platt in Manchester and will be reflecting on the experience of the disciples after Jesus' resurrection when Jesus came to them in the upper room. This is what the info on the website says: *"Immediately after the crucifixion the disciples were in 'Lockdown.'* *Fearing for their very lives, perhaps there's some sense of parallel with our current situation, locked away as we all are out of fear of something much less tangible but just as much a threat. They were surprised by the appearance of the risen Christ. How do such Resurrection narratives speak to Christians today as we all continue to face existential threats as individuals and as a society?"*

On **BBC Radio Sussex** during the Sunday programme there is an act of worship between 0800 – 0830 led by Canon Tim Daykin, a regular broadcaster on Radio Solent.

There is a **live 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.

Sunday Worship on **BBC1** comes from St David's Cathedral in Pembrokeshire and is being shown at 1015.

Songs of Praise will be broadcast at 1.15 on **BBC1**

THANKS TO OUR LAY READER COLIN OTTEWELL FOR THE FOLLOWING

**Wise words in Difficult Days
from Mother Theresa**

People are often unreasonable, irrational and self centred.

Forgive them anyway

*If you are kind, people may accuse you of
selfish ulterior motives.*

Be kind anyway.

If you are honest and sincere, people may deceive you.

Be honest and sincere anyway.

What you spend years creating, others could destroy overnight.

Create anyway.

If you find serenity and happiness, some may be jealous.

Be happy anyway.

The good you do today will often be forgotten.

Do good anyway.

Give the best you have, and it will never be enough.

Give your best anyway.

In the final analysis, it is between you and God.

It never was between you and them -

ANYWAY.

So however things turn out and however long all this lasts,
although it may be hard for us to remain hopeful,
it may be hard for us to remain helpful,
it may be hard for us to remain loving and kind and gentle,
we need to remember that we are the Easter People, the Resurrection People, anyway.

So,
pray anyway,
serve anyway,
love anyway, give anyway,
worship anyway and hope anyway.

SAY HELLO!

If you are passing **St Mary's** during your permitted exercise do leave a message on our makeshift visitors' book. Well, when I say book, it is technically a clipboard and is hopefully still there and has not blown away! Leave a message for others to read and help communication going!

LOVE IS COME AGAIN

A spot of personal indulgence now, I absolutely love the hymn 'Now the Green Blade Riseth', sung at this time of the year. Here are two YouTube clips of it being sung, both with the words displayed. It seems to me that in particular the words of the final verse are very pertinent for the current situation and also who can ignore the obvious connection with Chidham wheat!

<https://www.youtube.com/watch?v=g-5Bi2jM40E>

<https://www.youtube.com/watch?v=UVduV0ustWw>

The hymn was written by the marvellously named John Macleod Campbell Crum. Born in 1872, he was an English Clergyman and poet. He was a graduate of New College, Oxford gaining his MA in 1901. Crum was ordained as a deacon in 1897, and priest in 1900. He held many positions over the years including: domestic chaplain to Francis Paget, Bishop of Oxford (1901-10); Rector of Farnham (1913-28) and Canon of Canterbury (1928-43). He died in Farnham in 1958.

PARISH MAGAZINE

The May edition of the Parish Magazine has gone to print so hopefully will be with you by the end of the month (if you are a subscriber).

VIRTUAL TOURS

Several of you have said you liked the virtual suggestions, so.....here are a few more. If you have a good one to offer please let me know and we will add it next week. There are some different ones in the May magazine too so watch out for those.

Take a tour of Buckingham Palace

<https://www.royal.uk/virtual-tours-buckingham-palace>

Visit an Egyptian Tomb

Egypt's classical wonders are off limits, but a royal tomb is one of four sites where 3D modelling gives us a fascinating glimpse of antiquity

<https://my.matterport.com/show/?m=d42fuVA21To>

Missing the Theatre?

Here are 7 musicals and theatre shows you can watch for free on line

<https://www.housebeautiful.com/uk/lifestyle/g32030829/coronavirus-lockdown-stream-musicals-theatre-shows-free/>

Take a free Ivy League course

Ivy League colleges in the USA are offering **free courses online**. You can take anything from Buddhism and Modern Psychology, to The Global Financial Crisis, to one that's just called 'Success'.

Show the NHS your appreciation

Say thank you to health workers by placing a heart on **[this live map](#)**.

COMMUNITY SUPPORT GROUP

If you live in Chidham, Nutbourne or Hambrook do remember that the Community Support Group set up by the Chidham and Hambrook Parish Council can help if you need support. You should have received a leaflet with the name of a volunteer who can assist you but if not contact Jane Towers 01243 576580/Philip MacDougall 01243 573782/Roger Gowlett 01243 573868

VOLUNTEERING

The District Council is working with West Sussex County Council and Voluntary Action Arun and Chichester. If you are looking to get involved in voluntary activities consider getting in touch with Voluntary Action Arun and Chichester by contacting www.vaac.org.uk

Chichester District Council have created a Community Guide, which includes key information, contacts, and guidance all in one place. The aim of the guide is to inform and assist people, and to ensure their safety as well as the safety of any people they may be supporting. You can find this guide at: www.chichester.gov.uk/helpyourneighbour

THE LIGHTHEARTED BIT!

The answers to last week's **quiz** are attached. This week we have some famous dogs for you to identify.

SUSSEX WON'T BE DRUV

That is said to be the unofficial motto of Sussex. As we all determinedly fight against the terrible virus, you might like to be reminded of the resilience of the people of Sussex! Here is the poem by W. Victor Cook (to be read in a Sussex accent!)

Sussex Won't be Druv

Some folks as come to Sussex,
They reckons as they know -
A durn sight better what to do
Than simple folks, like me and you,
Could possibly suppose.

But them as comes to Sussex,
They mustn't push and shove,
For Sussex will be Sussex,
And Sussex won't be druv!

Mus Wilfred come to Sussex,
Us heaved a stone at he,
Because he reckoned he could teach
Our Sussex fishers how to reach
The fishes in the sea.

But when he dwelt among us,
Us gave un land and luv,
For Sussex will be Sussex,

And Sussex won't be druv!

All folks as come to Sussex
Must follow Sussex ways -
And when they've larned to know us well,
There's no place else they'll wish to dwell
In all their blessed days -

There ant no place like Sussex,
Until ye goos above,
For Sussex will be Sussex,
And Sussex won't be druv.

And finally, some prayers for the coming week:

For the health workers tending the seriously ill
for the scientists working on a vaccination
for the researchers analysing data and identifying trends
for the media outlets working to communicate reality
for the supermarket workers, hygiene and sanitation providers
for the good news stories of recoveries and effective planning
for the singing from balconies by locked-down communities
for the recognition that isolation doesn't need to mean loneliness
for the notes through letterboxes offering help and support
for the internet and telephones and technology that connects
for the awakened appreciation of what is truly important

Thanks be to God.

For those who are unwell and concerned for loved ones
for those who were already very anxious
for those immune suppressed or compromised
for those vulnerable because of underlying conditions
for those in the 'most at risk to coronavirus' categories
for those who have no choice but to go out to work
for those who are afraid to be at home
for those who are more lonely than they've ever been

for those who are bereaved and grieving.

God be their healer, comfort and protection,
be their strength, shield and provision
be their security, safety and close companion

God, in your mercy, Hear our prayer.

With our very best wishes for the coming week. Stay safe.

Carol & Willem