

Dear All

Welcome to Keeping In Touch (KIT) 12. We hope you are all keeping well and have enjoyed a little more freedom in the past week.

With Pentecost last weekend we hope you are fired up for whatever God has in store for us all in the future.

This Sunday, the Sunday after Pentecost, is **Trinity Sunday** and put simply is dedicated to the Christian belief in God's three in oneness – the Father, the Son and the Holy Spirit. This is a very difficult concept to understand, the belief that God is three separate persons but is still a single God. I am not qualified to explain this to you (you may not need an explanation anyway) but for those like me who do, you may find the link below a useful and simple way of understanding some of the concept (although there is nothing simple about it),

[http://www.explorefaith.org/chron\\_053099.html](http://www.explorefaith.org/chron_053099.html)

For those of you who would like a longer read, you might enjoy the **attached sermon** found on the website of St. Andrew's church in Enfield.

Trinity Sunday is distinctive for being the only major Christian festival that celebrates a church doctrine rather than an actual event and was instigated by Pope Gregory IX in the 9<sup>th</sup> century. In 1162 Thomas Becket was consecrated as Archbishop of Canterbury on the Sunday after Pentecost and obtained for all of England the privilege of celebrating the Sunday after Whitsunday as Trinity Sunday. After his martyrdom in 1170, and subsequent canonisation, his shrine in Canterbury became one of the most important pilgrimage shrines in all of Europe and the popularity of Trinity Sunday also spread. In the 14<sup>th</sup> century Pope John XXII added Trinity Sunday to the calendar of the whole Western Church.

Thankyou Stephen for providing the **pewslip**.

### **SERVICES FOR TRINITY SUNDAY**

This week's **Sunday Service** on BBC **Radio 4** comes from Northern Ireland. As usual it is at **8.10am** and focuses on the comfort provided by the Trinity in troubled times.

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>. The **Archbishop of York** will be preaching. This will be the **last day in his role** as Archbishop before his retirement.

This week the live streamed service from **Chichester Cathedral** is led by the Precentor, The **Reverend Canon Tim Schofield** who is retiring in June. You can access this service live by clicking on the link and it will take you to the page with instructions on how to view. You can also view it later [www.chichestercathedral.org.uk/services/live-services](http://www.chichestercathedral.org.uk/services/live-services)

**Sunday Worship** on **BBC1** is being shown this week at **1045**. A service from St David's cathedral in Pembrokeshire.

The theme for **Songs of Praise** this week is 'Faith and Music'. It explores how music and faith can help us through the darkest of times. It will be broadcast at **1.15** on **BBC1**.

This week's **Choral Evensong service** on **BBC Radio 3** at **3.00pm** comes from St Mary's Collegiate Church in Warwick and was first broadcast in June 2017. The final hymn this week is '*Angel Voices, Ever Singing*'. You can listen to a rather lovely recording of it here <https://www.youtube.com/watch?v=-nFEjJKuDe4>

It was written in 1861 by Francis Pott, who had been invited to compose a hymn to commemorate the installation and dedication of a new organ at St John the Evangelist at Wingates in Lancashire. He wrote it at Brasenose College in Oxford and set it to music

composed by his friend Dr. Edwin Monk. The hymn was originally titled "For the Dedication of an Organ or for a Meeting of Choirs"! Edwin Monk was organist at York Minster for 24 years from 1859 so composing music for a hymn to dedicate an organ must have been a job close to his heart. Monk named his music 'Angel Voices'.

Born in 1832, Francis Pott was an English hymnwriter and Anglican priest who served on the publishing committee of the original edition of Hymns Ancient and Modern. He was born in Southwark and of interest is that he was the great-grandson of the surgeon Percivall Pott, one of the founders of orthopaedics and the first scientist to demonstrate that a cancer may be caused by an environmental carcinogen when he noticed a link between chimney sweeps and some cancers. Francis' father was the proprietor of the family business, the Potts Vinegar factory, at one point the largest vinegar brewery in Britain. Vinegar was of course a very popular commodity before refrigeration to preserve food stuffs. In 1857 an examination of vinegars by The Lancet praised the purity of Pott's vinegar.

Pott studied classical languages at Brasenose College graduating with a Bachelor of Arts degree in 1854 and obtaining his Master's in 1857. As a scholar of classical languages, Pott was able to translate Latin and Syriac liturgical texts into English verse and one of his best-known hymns, *'The Strife is O'er, the Battle Done'*, is a translation of a 17th-century Latin hymn, *'Finita jam sun proelia'*. In 1856 he was ordained into the Anglican priesthood, initially serving as a curate in Gloucestershire before moving to serve in Berkshire and subsequently at Ticehurst in East Sussex. In 1866 he was appointed Rector of Norhill in Ely.

He always took an interest in the hymn tunes used to set his words to music; in particular, he expressed a dislike for a tune written by Sir Arthur Sullivan for *'Angel Voices, Ever Singing'*, which Pott considered a *"trivial, pretty but altogether unfit tune"* which caught the ear of people who *"did not trouble themselves to see that the hymn was of quite another character"*. Pott subsequently made it a condition of publication of this hymn that it should never be set to Sullivan's tune.

Pott suffered increasingly from hearing problems, and in 1891 was forced to resign from active work as a priest due to deafness. He went to live near Tunbridge Wells where he continued in his hymn-writing work. He died on 26 October 1909.

### **THE BISHOP OF CHICHESTER'S LETTER TO LOCAL MPs**

The Bishop of Chichester, Dr Martin Warner, has written an Open Letter to all Members of Parliament whose constituencies are in his Diocese asking them to "lobby for an urgent review of the continued closure of our church buildings to individuals who seek solace in such places".

<https://www.chichester.anglican.org/documents/letter-mps/>

### **ASSOCIATION OF CHRISTIAN COUNSELLORS**

ACC have set up a new service – a COVID-19 Crisis Counselling Support Service (CCSS) for NHS frontline staff, people working in a residential care home setting being directly impacted by caring for people who have COVID-19 and people who have been bereaved during the COVID-19 epidemic in the U.K.

The crisis counselling support service offers up to ten sessions of counselling on a no fee basis.

If you are someone who would like to take up this service or know someone who might benefit from it, call 0247 6449694 for more details.

### **MARKING A MOMENT IN HISTORY**

A time capsule capturing West Sussex's response to the COVID-19 outbreak is being put together into a Community Archive to show future generations. Residents are invited to share their lockdown diaries, posters, poems, artwork, objects or videos to be part of it. The

project will be managed by West Sussex Records Office, The Novium Museum and Screen Archive South East (part of the University of Brighton).

They will also be collecting examples of leaflets and flyers, local business info regarding changes in the way they operate, info about community efforts to help vulnerable people and much more connected to the Outbreak.

You can find out more at <https://www.westsussex.gov.uk/news/covid-19-community-archive-marking-a-moment-in-history/>

### **DO YOU NEED SOME DIGITAL SUPPORT?**

If you are struggling to get to grips with online services or know someone who could benefit from some remote support for a basic digital need, West Sussex Libraries Service are offering a new Remote Digital Support service for library customers!

A small team of Library Digital Volunteers can now offer remote support for basic digital enquiries, such as:

- Accessing the library service's online Current Offer
- Using email
- Using a digital device to connect with others
- General internet searching
- Accessing Learn My Way's free digital skills courses
- Accessing government services online
- Staying safe online

If you would like some digital support please phone 0330 222 3455, or email your name, phone number and a brief description of the help needed to [library.digital.support@westsussex.gov.uk](mailto:library.digital.support@westsussex.gov.uk), and they will get in touch.

### **JUNE PARISH MAGAZINE**

If you are a subscriber you will have received your copy of the Parish magazine for this month. Huge thanks to everyone involved in delivering this to doors throughout the parish and beyond.

### **A REMINDER - 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](mailto:enquiries@westsussex.nrs-uk.net) to arrange collection.

### **VIRTUAL SUGGESTIONS**

A few virtual ideas to try this week.

#### **Edinburgh Castle**

Although we can drive as far as we like we can't stay overnight so a trip to Scotland may be just a bit too far!

This 360-degree aerial tour not only takes you around the castle itself but provides an opportunity to see across the whole of the capital

<https://www.youtube.com/watch?v=Zu-KVWSqJII>

#### **Tower of London**

A tour of the castle and grounds with Dan Snow

<https://www.youtube.com/watch?v=yeLQVare-3k>

## **York Minster**

In the week that the Archbishop of York retires why not check out this tour of York Minster

<https://www.york360.co.uk/movies/york-minster-interior.htm>

## **THE LIGHTHEARTED BIT!**

How did you get on with the cryptic clues for the towns and cities? The answers are attached. This week you will find anagrams of various cheeses. Easy Peasy Cheesys??

## **DID YOU KNOW?**

Many of us will be indulging in a bowl of strawberries to relieve the tedium of our restricted world (I've just been the White Swan at Bosham to buy some local ones from the veg man there). Did you know these mildly interesting strawberry facts??

- Lemons contain more sugar than strawberries
- 100g of strawberries contains 50 calories
- The name is derived from the anglo-saxon verb 'to strew' (spread) because of their runners which spread outwards, hence the name strewberries then strawberries.
- There is a strawberry museum in Wepion in Belgium
- It was once believed that if a pregnant woman touched her body while walking through a strawberry patch her baby would have a birth mark in that spot
- Firm berries are excellent fried in a little butter and sprinkled with sugar
- An Ancient Egyptian myth said that eating 300 in an hour would turn you into an evil cat!
- In Medieval France a soup made of strawberries, borage and soured cream was served to newly weds as it was thought to be an aphrodisiac
- In Bavaria each Spring baskets of wild strawberries are tied to the horns of cattle as an offering to elves so they will help produce healthy calves and a high milk yield!

## **DRIVE SAFELY**

This week WSCC released some official advice for those who have not driven for a while and were now using their cars again. Amazingly they did not quote from 'How to Drive a Motor Car' which you may remember we brought you some tips from in a previous KIT. You may recall that my 1924 edition gave some sound advice regarding lady drivers and reversing practice! No doubt the WSCC advice is very sound, however I felt you may feel more assured with advice from the worthy 1924 volume

*"On occasion one goes to start up the car and finds her more contrarily disposed to perform her righteous and appointed work than any – well, any other 'she's' contrariness!"*

"If you suddenly find yourself with what you doubt to be sufficient room to pass between the wheel of a steamroller on one side and a brick wall on the other, it can serve absolutely no useful purpose to try and look at both sides of the car when making the attempt".

*"When overtaking a tram and trying to pass between it and a lamp standard, it must be remembered that it has great powers of acceleration and that it is quite a common occurrence for the driver to select the moment when a car is trying pass as the time to exhibit the powers of acceleration possessed by his tram."*

"Few drivers, it is to be feared, have made a point of training their eyes, yet the eyes' powers of observation can undoubtedly be improved by scientific training".

*"It ought not to be too much to ask a driver of a car to give due consideration to the safety of so insignificant a thing as a frog which may be finding its way across the road from one pool to another. Similarly with hens, chickens and dogs."*

Be careful out there.....

And **finally**, a prayer for Trinity Sunday:

Father,

you sent your Word to bring us truth

and your Spirit to make us holy.

Through them we come to know the mystery of your life.

Help us to worship you,

one God in three Persons,

by proclaiming and living our faith in you.

We ask you this, Father, Son, and Holy Spirit,

one God, true and living, for ever and ever. **Amen**

Stay safe and enjoy a happy week

**Carol & Willem**