

## Dear All

Welcome to Keeping In Touch (KIT)16. So, this weekend sees even more easing of the lockdown. How many of you have managed to get a hair appointment? It is nice to see things returning to a sort of normal but of course we must all still be cautious.

We have now received the expected guidance from the Bishop of Chichester which is being considered by your Churchwardens. There is a PCC meeting on 9<sup>th</sup> July when we will be discussing how we can arrange to open again for services.

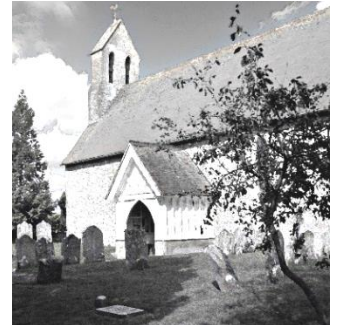
The regulations are quite prescriptive and seating will still be restricted as we will have to keep to 2m social distancing. When we do eventually open, the services we are able to provide will probably not be our normal offering in the first instance. No singing will be allowed and there are restrictions on several other activities. We will let you know more when we have finished our risk assessment and made the necessary arrangements. In his guidance the bishop was very clear that there is no rush and that it is not a competition between parishes to open. We must be certain that we are able to comply with what is required and that the congregation will be safe. When we have news, you will hear about it.

We are still able to offer **limited opening of St Mary's for individual private prayer**. We are opening twice a week:

Saturday 2.00pm – 4.00pm

Wednesday 10.00am – 1200

We hope that those of you who have taken advantage of these openings have enjoyed sitting in such a wonderful space and relished the quiet.



This week is named the **Fourth Sunday after Trinity**.

There is nothing special to say about the Fourth Sunday, however I did find a very small mention of it! Now, I will be honest, as a non-musician this is somewhat out of my field and I may not have told it correctly but in searching around for something to say this week it fits the bill...just!

Throughout his life as a musician, Johann Sebastian Bach composed cantatas for both secular and sacred use. His church cantatas are cantatas which he composed for use in the Lutheran church, mainly intended for the occasions of the liturgical year. Bach's *Nekrolog* (a name given to one of his three obituaries, which appeared four years after the composer's death) mentions five cantata cycles: "*Fünf Jahrgänge von Kirchenstücken, auf alle Sonn- und Festtage*" (Five year-cycles of pieces for the church, for all Sundays and feast days). The *Nekrolog* contains basic data about Bach's family, lists compositions and elaborates a few stories, notably that the young Bach secretly copied a score owned by his eldest brother and a story about a musical competition which Bach only 'won' because his competitor fled the town. The last pages of the *Nekrolog* contain verse in memory of the composer.

In 1723, Bach was appointed as director of music in Leipzig at the *Thomaskirche*, which provided music for four churches in the city: A cantata was required for the church services on Sundays and additional church holidays during the liturgical year. When Bach took up his office he started to compose new cantatas for most occasions, beginning with *Die Elenden sollen essen*, first performed on 30 May 1723, the first Sunday after Trinity. He collected the cantatas in annual cycles; five are mentioned in his obituaries. Bach's fourth cantata cycle, known as the Picander cycle, consists of cantatas performed for the first time from 24 June 1728 (St. John's Day) to 10 July 1729 which was the **Fourth Sunday after Trinity!** Bach held this post until his death. By 1749 his health was declining. Becoming blind, Bach

underwent eye surgery, first in March 1750 and again in April, by the British eye surgeon John Taylor, a man widely understood today as a charlatan and believed to have blinded hundreds of people. Bach died on 28 July 1750 from complications due to the unsuccessful treatment. Bach was originally buried at Old St. John's Cemetery in Leipzig. His grave went unmarked for nearly 150 years, but in 1894 his remains were located and moved to a vault in St. John's Church. This building was destroyed by Allied bombing during World War II, so in 1950 Bach's remains were taken to their present grave in *Thomaskirche*. Later research has however called into question whether the remains in the grave are actually those of Bach.

Here endeth the tenuous link!

Thank you Stephen for the **pewslip**.

## SERVICES FOR FOURTH SUNDAY AFTER TRINITY

This week's **Sunday Service** on BBC **Radio 4** at 0810. 'Speaking into TroubledTimes' *"The Revd Lucy Winkett, Rector of St James's Church, Piccadilly, and composer Bob Chilcott explore the power of music to speak into 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>.

This week the live streamed service from **Chichester Cathedral will be at the changed time of 9.30am**. 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)

There does not appear to be a showing of **Sunday Worship** on BBC1 again this week

**Songs of Praise** *"In the year of Florence Nightingale's bicentenary and to celebrate the anniversary of the founding of the NHS, Katherine Jenkins is in central London to pay tribute to all carers on the frontline. Outside St Thomas' Hospital, Katherine meets Christian nurses who have been caring for people with Covid-19 throughout the pandemic. She also meets the archbishop of Canterbury, Justin Welby, who has been volunteering as a chaplain at St Thomas' during lockdown. He speaks about the role of Christian faith at such a time of loss and uncertainty, and he reflects on the care NHS staff have given to patients, which he has witnessed first-hand. Speaking with Rev Mia Hilborn, head chaplain at St Thomas', Katherine learns more about the extraordinary legacy of Florence Nightingale, born 200 years ago this year, and how her faith was central to all that she did. And Christian artist Sophie Hacker shows Katherine her design for a new Florence Nightingale window for Romsey Abbey, depicting the moment a young Florence felt God's call."*

*Rev Kate Bottley meets a young man in Manchester to pay tribute to his late mother, a nurse who died of Covid-19 in the hospital in which she worked. He tells Kate of his mother's determination to serve others with Christian love and how his own faith is helping to keep him strong.*

*With hymns and songs from across the UK, including a very special new performance from Katherine Jenkins in tribute to the carers on the frontline". It will be broadcast at **1.15** on **BBC1**.*

This week's **Choral Evensong service** on **BBC Radio 3** at **3.00pm** comes from Sheffield Cathedral. Sheffield Cathedral is the oldest building in Sheffield still in daily use. Formerly the Parish Church of Sheffield, it was granted Cathedral status in 1914 – however the history of Christianity on this site goes back over 1000 years. If you fancy a virtual visit click here <https://www.sheffieldcathedral.org/virtual-tour>

## ST PANCRAS

Mention St Pancras and you probably either think of the railway station in London or the area just at the end of East Street in Chichester. In the June 2011 copy of our Parish magazine I

notice that I had been drawn to investigate St Pancras following receipt of a copy of the Catholic Teachers Gazette! (oh those heady days!). I won't reproduce all of it (it was 2 pages) but here are a few snippets from the item (hope it is not too long....).

Pancras would have been born around 289, near Synnada, a city of Phrygia, to parents of Roman citizenship. His name is Greek and literally means "the one that holds everything". His mother, Cyriada, died during childbirth while his father, Cleonius, died when Pancras was only 8 years old. He went to live with his uncle and was brought up at the Court of the Emperor in Rome. While living there both Pancras and his uncle converted to Christianity. During the persecution of Christians by the Emperor Diocletian, around 303AD, Pancras was brought before the authorities and asked to denounce his faith and perform a sacrifice to the Roman gods. Pancras steadfastly refused and Diocletian, impressed by this young boy's determination to resist, promised him wealth and power if he conformed. Pancras still refused and he was finally sentenced to death. On 12<sup>th</sup> May 303, along with three other men, at the age of only 14 years, Pancras was decapitated. A Roman woman named Ottavilla recovered Pancras' body, covered it in balsam, wrapped it in precious linens and buried it in a newly built sepulchre dug in the Catacombs of Rome. His head was placed in a reliquary (an area housing relics) and still lies there today.

Devotion to Pancras definitely existed from the fifth century onwards, for the basilica of Saint Pancras was built by Pope Symmachus (498-514), on the place where the body of the young martyr had been buried. Pope Gregory the Great sent Augustine to England carrying Pancras' in the hope that they would help evangelise the country. In 597 St Augustine dedicated his first church in Canterbury to Pancras, which was a tradition that soon spread across the country. It is said that Pancras' relics were presented to the king of Northumberland when he converted to Christianity.

Pancras is venerated as the patron saint of children, jobs and health. His name is also invoked against cramps, false witnesses, headaches and perjury. His feast day is 12<sup>th</sup> May and he is traditionally the second of the Ice Saints. Ice saints is the name given to St Mamertus, St Pancras and St Servatius in Flemish, Dutch, Hungarian, German, Austrian, Polish and Swiss folklore. They are so named because their feast days fall on 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> May respectively and in the northern hemisphere the period from 11<sup>th</sup> - 13<sup>th</sup> May traditional brought a brief spell of cold weather, including the last nightly frosts of the spring. In Poland the trio are also collectively known as *zimni ogrodnicy* (cold gardeners).

There has been a church on the site of St Pancras church in Chichester from at least as early as 1309. It was destroyed during the Civil War and remained derelict from the mid 1640s until it was rebuilt in 1749. The flint on the outside walls was donated by the Duke of Richmond from his Goodwood quarry. The flint was all knapped but sadly it is recorded that several workmen lost their sight during the building work as they of course had nothing to protect their eyes from the flying chips of flint.

There are actually 10 churches bearing his name in Great Britain. One of the most interesting stories is connected to St Pancras at Widecombe-on-the-Moor in Dartmoor. Known locally as the cathedral of the moor because it can be seen from miles away, this church is connected to a very dark legend. On Sunday 21<sup>st</sup> October 1638 an exceptionally violent storm occurred and a huge thunderbolt and ball lightning hit the church killing 6 and badly injuring 62 of the congregation. Terrible injuries were suffered and the accounts of the injuries are a bit too graphic to repeat here. What is of interest is that locals believed that the disaster was the work of the Devil who had made a pact with Jan Reynolds a young tin miner.

Jan worked hard but played even harder and he was known as a womaniser, drinker and gambler. Sadly his income did not match his lifestyle and he was always short of 'coin'. In an attempt to solve this problem it is said that Jan sold his soul to the Devil in return for good luck, the deal being that if the Devil ever found Jan asleep in the church he could have his soul. Jan felt he couldn't lose as he rarely attended church.

The upturn in his fortune enabled the young miner to indulge even further his passions and eventually he forgot his satanic pact. So far had he forgotten that on that Sunday he left the local inn and decided to go to the afternoon service as he was hoping to catch the eye of a certain milk maid. The vicar was not known for a short sermon and so to pass the time Jan played with a pack of cards. However his lunchtime drinking started to tell and as the sermon continued Jan soon fell asleep. It is said that the Devil saw his chance and headed for Widecombe, stopping for refreshment at the inn. The landlady reported a visit by a man in black who ordered a mug of ale which hissed as it went down his throat and then the empty mug left a scorch mark on the bar when he put it down. As the stranger rode away on a jet black horse the landlady found that the coins he had left turned to dried leaves in her hand.

At the church, as the Devil tethered his horse to one of the pinnacles on the tower the lightning hit, *"a terrible strange lightning came into the church so flaming that the whole church was presently filled with fire and smoke, the smell whereof was very loathsome, much like unto the scent of brimstone"*. As debris and fire showered down from the roof it is said that the Devil plummeted down into the nave from the tower, captured the sleeping Jan, bashed in his skull and rode away with him into the storm. As the horse leapt into the air it tore off the pinnacle and sent it crashing down into the church. As they flew over nearby Birch Tor, the four aces from Jan's pack of cards fell to the ground and today you can still see four ancient field enclosures, each shaped like the symbols of the suits from a pack of cards.

From Rome to a pack of cards and beyond, who knew that Saint Pancras would have more connections than the station named after him!

## PARISH MAGAZINE

Speaking of the Parish magazine, if you subscribe then you will receive the July/August edition during next week. Many thanks to our distributors.

If you do not subscribe and would like to (the magazine is quite similar to KIT but less frivolous!) then email [treasurerstmaryschidham@gmail.com](mailto:treasurerstmaryschidham@gmail.com). It costs £1 a month and the annual resubscription is usually November but we are happy to start you off at any time! It is delivered to your door too.

The magazine also has an excellent contribution each month from Colin our Lay Reader.

## DID YOU KNOW WE ARE CLAPPING AGAIN – ON SUNDAY EVENING?

People are invited to celebrate the 72<sup>nd</sup> birthday of the NHS this Sunday by clapping again, this time at **5pm**. This evening (Saturday) people are asked to put a light in their windows in remembrance of those who have died during the pandemic. Public buildings will be lit up in NHS blue, including the Royal Albert Hall, Blackpool Tower, the Shard and the Wembley Arch.

On Sunday, broadcasters will suspend their normal transmissions at 5pm and everybody will be encouraged to stop what they're doing and join their neighbours (following social distancing advice of course) to applaud not just the NHS and other key workers but all those who have volunteered or helped keep services and community networks going. Following the applause organisers hope people will enjoy a drink or a cup of tea with family, friends and neighbours to think about the bonds that have sustained us in recent months.

## EMSWORTH SHOW

For the first time, this year, the Emsworth Show show will be hosted as a Virtual Show in response to the Coronavirus pandemic – more details will be published soon so keep an eye out: [www.emsworthshow.org.uk](http://www.emsworthshow.org.uk)

## LIBRARIES ARE RE-OPENING

All 36 West Sussex libraries are starting a phased reopening from 6<sup>th</sup> July. You will still not be able to browse in the library itself but they will be running a 'Select and Collect' service. You can either use the library catalogue to reserve books in the usual way online (for free) or by telephone or you can use a form to ask the staff to make a general selection for you. You will then be contacted when the books are ready to collect.

You can also still **return books at the library door today 4<sup>th</sup> July 1000-1200**. If you cannot return them do not worry as there will be no charges on any books that have not been returned during lockdown.

## FREE PARKING IN CHICHESTER

Don't forget that at weekends you can park for free in the Avenue de Chartres carpark in Chichester every weekend until 6<sup>th</sup> September.

All of the public lavatories in Chichester are now open again from 7.00am – 7.30pm.

## A HAPPY THING

The parents of any babies born since the end of March have not been able to register their birth. However this can now start again (in a socially distanced way of course) and in West Sussex it is anticipated that some 2000 babies will need to be registered. By law all births have to be registered face to face and therefore none have been carried out during the lockdown.

On a separate note, all Council playground and outdoor gym equipment will be open again from this weekend.

## NATIONAL MEADOW DAY

National Meadow Day is an annual celebration of wildflower meadows across the UK. It usually takes place on the first Saturday in July....which is today! The event was started to raise aware of the importance of meadow conservation, as since the 1930s we have lost 97% of our meadows (7.5 million acres). Find out more at

<http://www.magnificentmeadows.org.uk/celebrating-meadows/national-meadows-day>

## THE LIGHTHEARTED BIT!

Did you enjoy the chocolate advertising quiz? Answers attached.

Some of those straplines will never be forgotten. Do you remember Pacers? Originally known as Opal Mints they are now discontinued but, they were plain white coloured chewy spearmint flavoured sweets. They were relaunched as Pacers around 1976, with three green peppermint stripes added to the sweet. Television commercials for Pacers alluded to sport and fitness, with participants wearing green and white-striped kit. For reasons lost in the mists of time wording from the adverts has remained a firm family favourite saying for us "Stripes, whoop, whoop, whoop". (*not that interesting but as my sister reads KIT I thought I would include it*).

Of interest, at one point the Celtic football team were even nicknamed "The Pacers" because of the similarity of their kit to the sweets.

This week's quiz is brands and logos.

## CHURCH NOTICES

All of the following were genuine church notices (allegedly!):

- Next Thursday there will be auditions for the choir. They need all the help they can get
- *Don't let worry kill you – let the Church help*
- The sermon topic this week will be "*What is Hell?*". Come early before the service and listen to our choir practice.
- *Pot-luck supper next Sunday evening – prayer and medication to follow*
- The church drama group will be presenting Shakespeare's Hamlet on Friday – The congregation are all invited to attend this tragedy
- *The Fasting & Prayer weekend includes meals*
- Ladies, don't forget the jumble sale. It's a chance to get rid of those these not really worth keeping around the house. Bring your husbands
- *Eight new choir robes are currently needed due to the audition of several new members and to the deterioration of some older ones.*
- Miss Charlotte Mason sang "*I will not pass this way again*" giving obvious pleasure to the congregation
- On Saturday evening there will be hymn singing in the field by the church. Bring a blanket and come prepared to sin.

And my personal favourite:

- Place your donation in the envelope provided together with the deceased person you want remembered (*In future I will be looking much more carefully at the wording Nina uses for our In Memoriam flower donations!*)

And **finally**, our prayers:

God of compassion,  
whose Son Jesus Christ, the child of Mary,  
shared the life of a home in Nazareth,  
and on the cross drew the whole human family to himself:  
strengthen us in our daily living  
that in joy and in sorrow  
we may know the power of your presence  
to bind together and to heal;  
through Jesus Christ our Lord.

**Amen.**

Lord, you are ever watchful  
and bless us with your gifts;  
as you provide for all our needs,  
so help us to build only what pleases you,  
through Jesus Christ our Lord.

***Amen.***

Enjoy the new freedoms and we wish you happy reunions with family and friends

**Carol & Willem**