

Dear Friends,

I would like to begin by saying how wonderful it has been to see so much care for one another these past weeks since we've been living under the current Coronavirus pandemic restrictions. A group of pastoral carers have been phoning congregation members; service papers etc. have been distributed by email; letters have been sent out by post; acts of worship have appeared regularly on YouTube; our Facebook pages have seen much activity, new initiatives have been set up and many acts of kindness and thoughtfulness have been part of life's daily pattern. I'd like to say a huge **thank you** to all of those who have made this happen and have sustained our life as a Christian community while we have had to take measures to socially distance ourselves. Yes, we may be physically distanced, but I am aware of a profound sense of unity at a deeper level, especially spiritually.

This has also been a time when new gifts and skills have been discovered and existing ones have been honed. Some have discovered the joy and delights of recording videos to upload on various platforms! Some have volunteered to help in numerous ways, some have used creative ways to keep essential parish administration going, some have supported community and NHS initiatives. My hope is that, after the present crisis has passed... and it will... , we are able to retain these skills and develop them further to help us in our mission as the body of Christ here at St. Margaret's and St. George's.

Life has been very different, not least being in lockdown. In a world where we often define ourselves by what we do, or what we are seen to do, the removal of our everyday structures have enabled us to think afresh of what it means to be a Christian and how we serve the Lord.

So much has changed in recent weeks but what really matters has not. God, his word, his love, his purposes, his promises in Jesus – the fact that the church is being built by Jesus, that Jesus is praying for us and that Jesus will come again. We may know these truths, but at times like this, we rely on them and they give us strength even when much of our normal 'activity' has changed. We can still live the Christian life, based upon God, who is unchanging.

It has also been the time and opportunity to reflect on what our priorities are. The things that we take for granted – our families, friendships, our health and our communities have reasserted their true positions in our lives. We have realised how important each one of us is in protecting and supporting each

other and we are much more aware of how grateful we are to the NHS, essential and key workers, volunteers and our neighbours.

It is my prayer that as we seek to live Christian lives in lockdown, the lessons we have learnt will deepen and be embedded as lockdown is slowly lifted.

Every blessing,
Deborah

FROM THE PARISH REGISTERS

FUNERALS

We commend into the loving hands of Almighty God:

Martin Hargreaves, whose funeral took place on 7th May at 2020 at Blackley Crematorium

Les Clarkson, whose funeral took place on 12th May at 2020 at Blackley Crematorium

Simon Molyneux, whose funeral took place on 13th May 2020 at St. Margaret's graveside.

Don Young, whose funeral took place on May 15th 2020 at Radcliffe Crematorium.

CALENDAR FOR JUNE

The calendar for June is very limited as public church services have been suspended until further notice.

The weekly service sheet will continue to be provided by email, on our website and via Facebook. It will be the opportunity to reflect on the readings.

Sermons will be on the website: <https://stmargaretsprestwich.com/blog/>, our Facebook page, and our Twitter account @StMaggieP

The magazine will continue to be produced and delivered by email.

We will continue to live stream on our Facebook page
<https://www.facebook.com/StMaggieP/>:

- Morning Prayer daily at 8.30am,
- Compline daily at 8.30pm,
- Wednesday services at 10am,
- and some of our Sunday services at 9.45am.

Other Sunday services will be recorded in advance and published to the website and Facebook page at 9.45am.

We have a WhatsApp group for any prayer requests that you may have.

If you have any donations for porch boxes, please leave outside Church until 10.30am on Thursday mornings.

If we can help in any way, please contact Revd. Deborah on 0161 773 2698 or Revd. Sue on 07761 565428.

Please look after yourself and each other.

JUNE AT ST.GEORGE'S CHURCH, SIMISTER

There are no events planned at St George's during June.

St. Margaret's Church REREDOS FLOWERS

There are no flowers in church at present



Diocesan Updates

Updated 5th May 2020

On 5 May 2020 The House of Bishops affirmed that individual diocesan bishops can issue guidance about the first stage of a gradual easing of restrictions on our buildings and activities while keeping our church buildings closed.

The Church of England has now issued advice, intended to provide practical information to support those who do access church buildings in order to minimise the risk of virus transmission.

Update 6th May 2020 from Bishop David

Clergy can enter the church building for any or all of the following

- pray the Daily Office and/or celebrate the Eucharist on behalf of the community they serve,
- live stream or pre-record worship

In situations where a parish is in vacancy or the clergy person is self-isolating it can be a Reader, ALM, Churchwarden where appropriate.

2. It must be only one clergy person on any one occasion. It need not always be the same person as long as sufficient care is taken to minimise risk of cross infection.

3. Clergy may be accompanied by members of their household with whom they are living. However, those from other households (organists, musicians, camera operators etc) must NOT attend.

4. Only the clergy (and any of their household) should enter and the door should be locked.

5. Clergy, especially those with underlying health problems, or who are shielding people in their household with such problems, should not feel under any obligation to do this.

6. Consideration must be given to what cleaning will be needed to make the church safe from virus transmission risks (e.g. disinfecting gates, door handles, surfaces etc).

7. Hand hygiene advice provided by the government should also be followed. Our priority must be to act responsibly in order to safeguard ourselves and other people from infection.

If you have any specific questions then please contact pandemic@manchester.anglican.org

Clergy who are content with leading worship from home for the time being, having set everything up to that end, should feel under no obligation to switch back into the church. Likewise, it is perfectly fine to continue sharing services which are recorded or streamed by colleagues.

Meetings of the Diocesan Strategy Group and Bishop's Leadership Team will take place early next week to determine the appropriate next steps and further advice will be issued that takes account of the decisions that are made. The decisions that will be made will take account of our diocesan circumstances and the prevalence of the virus. At the time of preparing this advice the North West of England is at the epicentre of the pandemic in the UK – with virus hotspots in our diocese. Minimising the risks of virus transmission and protecting the health and well-being of clergy, their families and parishes is paramount in these considerations.

Decisions on opening churches up for funeral services will be taken at a later stage, as part of re-opening churches for wider public access, not at the present stage.

Update 13:40 on 12 May 2020

The Bishop of London, Sarah Mullally, is chairing the Church of England's response to the Recovery phase of work. She released a statement on 11 May in response to the Government's COVID-19 Recovery Strategy.

The Bishop of London, Sarah Mullally, said: “We note from the Government's COVID-19 Recovery Strategy that churches could be open from July as part of the conditional and phased plan to begin lifting the lockdown. We look forward to the time when we are able to gather again in our church buildings.

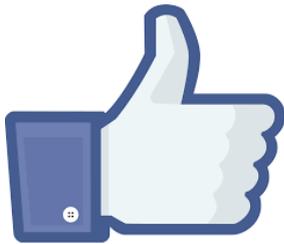
"We are examining what steps we will need to take to do so safely and are actively planning ahead in preparation. We strongly support the Government's approach of continuing to suppress the transmission of the virus and

accordingly, we recognise that at this time public worship cannot return in the interests of public health and safety.”

Further information can be found on the diocesan website.

Streams in a desert?

If we could have seen lockdown coming, we would have done things differently. In my case I would have had one more haircut and bought a webcam before they were sold out.



I've always liked playing around with computers, but never really bothered with Facebook and other social media. Suddenly, I found myself live streaming to our church Facebook page. A lot of people prefer to record in advance, but I like to stream. It's very helpful when people comment to say they are there, because it feels less like talking to an empty room. Recording would give me the chance to do it again if it goes wrong, but then the temptation is to keep trying until it is perfect, or to lose the thread as I wonder whether that last bit merits a retake. I wobbled a bit on Easter Sunday, feeling that the service recorded in the vicarage garden had more to offer, but I've continued to live stream so that you have the variety of approaches. The whole enterprise has been a lesson in humility. If a thing's worth doing, it's worth doing badly, said G.K. Chesterton. Now Chesterton loved the one liner, so don't take him too seriously, but the kernel of truth is that if we wait until we can do something perfectly, we very often don't get it done at all. There are plenty of more professional offerings out there, but they are not from our churches. My Unique Selling Point is that I am your curate, doing notices about our churches and praying for our sick.

One of the highlights so far was the first time I could stream from St Margaret's, with recordings of different people taking part. It was a little bit more like the normal Sunday service, and it brought home to me how much I value your contributions to give that real feel of a worshipping community.

Meetings (and even music practice), meanwhile have taken place on Zoom, so that we can see and hear each other. It can be a bit awkward, as without the cues you get from being in the same room as someone, there is a tendency for

two people to start talking at once, and then both stop and wait for the other one! But it is a blessing to be able to see the faces as well as hear the voices of others. I've been conscious that some of you don't have access to email or social media, and are missing out. I'm writing this just after a service over the telephone using Zoom. Eleven of us were able to join in a shortened version of the morning service, saying the prayers together and hearing the readings and intercessions recorded for the morning. Who would have thought we could all do that over ordinary landlines? That was very definitely another highpoint of the last few weeks.

Where next? Well I've been promised that that Webcam is arriving on Tuesday, and I'm hoping to combine live stream and recording in a smoother way that doesn't risk my husband's arm falling off from holding an iPad in front of the camera. I expect to have got up to speed, just as we can go back to church! But even then, there may be some who can't come back yet, so I expect to do some streaming from church so that they can remain a part of the worship as much as possible. Perhaps the telephone service will become a fixture, catering for the elderly or infirm who can't always come to church, who don't have an internet connection and miss their Sunday service.

We plan to send out a questionnaire to ask how you have found the services. I hope you will give us honest feedback – people have been very supportive and encouraging, and it would also be really helpful to know what works for you and what doesn't. Also, whether there is anything else you would like us to do – all suggestions welcome, although if they involve a unicycle it definitely won't be me doing it!

N.B. Streaming means live broadcasting, as opposed to recording. Zoom is a form of video conferencing.

Rev Sue

Mind the Gap! - Social Distancing and Mental Health

We are currently living in a drastically restructured reality. Life and living are somewhat different to that of last spring. Many people continue to work from home. Many shops, all pubs, restaurants and churches remain closed (other than for 'take-away services'). Cinemas and theatres sit dark and silent. Those

classed as 'vulnerable' remain isolated in their homes. We are all coming to terms with different boundaries and different ways of living. Some, on the surface at least, appear to be taking the changes in their stride; others are feeling lonely in their isolation. Perhaps there has never been a more appropriate time to sit back and take stock of our lives and situations and to be kind to ourselves and others.

National Mental Health Awareness Week commenced on Monday 18th May. This year, with the effects of the coronavirus pandemic (Covid19), the subsequent illness and loss of life, lockdown, and social distancing, awareness of mental health issues is more relevant than ever. Protecting our mental health is central to us coping with and recovering from the coronavirus pandemic – with the psychological and social impacts likely to outlast the physical symptoms of the virus. This year the Mental Health Foundation that hosts the national awareness week has chosen the theme of 'Kindness', focussing on its power and potential.

"Kindness was chosen because of its singular ability to unlock our shared humanity. It strengthens relationships, develops community, and deepens solidarity. It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practice to be fully alive.

Kindness is defined by doing something towards yourself and others motivated by a genuine desire to make a difference. Research indicates that kindness and our mental health are deeply connected. It shows that kindness is an antidote to isolation and creates a sense of belonging. It helps reduce stress, brings a fresh perspective and deepens friendships. Kindness to ourselves can prevent shame from corroding our sense of identity and help boost our self-esteem. Kindness can even improve feelings of confidence and optimism" (Mental Health Foundation).

Remember no act of kindness is ever wasted.

We may all experience loneliness and isolation at times but particularly in this current situation. Talking about your feelings and asking for help is part of taking charge of your wellbeing and doing what you can to stay healthy. Family and friends can be a vital source of support when things are difficult even if it means contacting them at the moment by telephone or social media platforms.

Other people may feel low or depressed due to the effects of the coronavirus or for other reasons. Bereavement, loss of employment, financial hardship or

sudden change of circumstances can all lead to low mood and feelings of being overwhelmed, leading to depression.

If you are experiencing any of these or other mental health concerns you may find it helpful to talk to someone you trust. Sharing a problem is often the first step to recovery. You may want to talk to your partner, a relative or a friend about your problems. They may be concerned about you and welcome the opportunity to hear what you have to say. If this is not possible you may prefer to talk to someone else you can trust like a faith leader , tutor or teacher.

If you need urgent help, if your mental or emotional state quickly worsens or you're worried about someone you know, you should seek the advice and support of your GP as a matter of priority or contact NHS 111. If you are in distress and need immediate help and are unable to see a GP you should visit the A&E Dept at your local general hospital.

Whatever your situation, if you are struggling, please seek help. There is no wrong way to tell someone how you are feeling. Discussing and sharing your concerns can enable you to see things from a fresh perspective as well as getting you the support and help you need and deserve.

Organisations that offer help are:

The Samaritans: they offer emotional support 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide – in full confidence. Call **116 123** – its free or email **jo@samaritans.org.uk**

Shout Crisis Text Line: for support in a crisis **text Shout to 85258**. If you're experiencing a personal crisis, are unable to cope and need support. Shout can help with urgent issues such as suicidal thoughts, abuse or assault, self-harm, bullying, and relationship challenges.

Calm (Campaign Against Living Miserably): is dedicated to preventing male suicide, the single biggest killer of men under 45 in the UK. Telephone: **0800 585858** (17:00 – 00:00). www.thecalmzone.net

PAPYRUS (Parents Association for the Prevention of Young Suicide): advice and information for parents, carers, teachers, professionals and friends of young people at risk of suicide. **Telephone: 0800 068 41 41 Text: 07786 209697** email: pat@papyrus.org Weekdays 10.00 – 22.00 Weekends 14.00 – 17.00

ChildLine: a counselling service for parents, children and young people. Help and advice is free and confidential. Telephone: **0800 1111** www.childLine.org.uk

Rethink Mental Illness: you can call the Rethink advice and information line Monday to Friday, 10am -2pm for practical advice on:

Different types of therapy and medication, benefits, debt, money issues, police, courts and prison, your rights under the Mental Health Act. Call Rethink on **0300 5000 927** (calls charged at local rate).

Mind is a national mental health charity. Visit www.mind.org.uk for information on all aspects of mental health and choose from over 40 booklets in their online shop. Call **0300 123 3393** for their Infoline or text **86463**. They can help you find services in your area. For booklets call **0844 448 4448** or email: publications@mind.org.uk

Cruse – Bereavement Care: Cruse offer support, advice and information to children, young people and adults when someone dies, and work to enhance society's care of bereaved people via face to face, telephone, email and website support. Telephone: 0808 808 1677 (weekdays 9.00 – 17.00). Email: helpline@cruse.org.uk www.cruse.org.uk

National Domestic Abuse Helpline: for those facing any form of domestic abuse: psychological abuse, economic abuse, coercive control, emotional abuse, physical abuse, honour-based abuse or sexual abuse. **Telephone: 0808 2000 247** (free 24 hour confidential helpline). **In an emergency dial 999**

Above all, please remember that you don't have to cope with this crisis alone; we are all in this together!

Stay well and keep safe,
Andrew Ginn

Dial -in service

Thanks to those who have been dialling in to our afternoon services for everyone who has a telephone of any description. People have expressed appreciation that they had the opportunity to worship with others for the first time in a few weeks. We did have some teething troubles with a less than perfect connection, but since then the sound has been very good.

Phone **0208 080 6592** from any phone.

A voice will ask for the meeting key. For security purposes I am not putting that here. It is the same number every time for the Sunday afternoon at 3.00 service. I've sent invitations through the post to as many people as I had addresses for. **If you don't have the key number, ring me.**

Enter the number followed by # (hash).

Ignore the message about personal ID. Enter # again.

You should then find that you can hear me, and anyone else who has dialled in.

If when you dial the phone number the reception is bad, don't bother to put in the meeting key but start again and try one of these numbers:

0330 088 5830

0131 460 1196

0203 481 5237

0203 481 5240

0208 080 6591

It may be that different ones work better on different days.

We shall say together the first part of our usual Sunday service, from the beginning to the Peace and then ending with the Lord's Prayer and blessing. Do join us. The dates are

June 7th, June 21st, July 5th and July 19th

The lines will be open at 3.00, and the service will start at 3.10 to give everyone a chance to dial in.

Don't hesitate to contact me for help – including before 3.10 on the day. If it's not working for you, you can put your phone down at any time. **Rev Sue**

Can't wait until our next phone-in service? Hear a 2-minute message from Archbishop Justin on a free phone number then

Press 1 for a talk about a hymn

Press 2 to listen to a hymn

Press 3 for prayers

Press 4 then 5 for the Church of England weekly service

Press 4 then 6 for the Church of England morning or evening prayer



A free phone line of hymns,
reflections and prayers

Foxhill Update:

Following the Prime Minister's talk last Sunday, Foxhill have contacted me to advise that they will not be able to re-open until at least the 1st July. This being the case the Retreat planned for the 5th June, 2020 has been cancelled, however, I hope to be able to rearrange a date for next June 2021 instead. Thank you to all of you who expressed an interest in attending the Retreat. Please watch this space for further information about next year. Thank you and keep safe Christine

Litany to the Holy Spirit – Hurford (1930-2019)

Before his Ascension, Jesus promised his disciples that he would not leave them as orphans, but instead gave them a Comforter. This is of course the Holy Spirit.

“Litany to the Holy Spirit” is a beautiful setting of the first three verses of the [Herrick poem](#):

*In the hour of my distress,
When temptations me oppress,
And when I my sins confess,
Sweet Spirit, comfort me!*



*When I lie with my bed,
Sick in heart and sick in head,
And with doubts discomforted,
Sweet Spirit, comfort me!*

*When the house doth sigh and weep,
And the world is drown'd in sleep,
Yet mine eyes the watch do keep,
Sweet Spirit, comfort me!*

It is some time since I have sung this – or indeed heard it sung. It isn't the most celebratory of Pentecost anthems, but is reassuring in its confidence that the Holy Spirit is always with us, giving comfort when needed, even in our darkest hour. I hope that Maggie's Music Makers will agree to sing it when we are back together.

In the meantime, you can listen to "Litany to the Holy Spirit" here:

https://www.youtube.com/watch?v=Fl05xS9m_fI

For those of you with a preference for a more upbeat celebration of the Holy Spirit, may I direct you to the Pete James 2018 song for [Thy Kingdom Come](#), which I wrote about this time last year:

<https://stmargaretsprestwich.com/2019/06/01/your-kingdom-come-p-james-h-jessop/>

<https://www.youtube.com/watch?v=mA2q295l9A0>

This year, his offering for Thy Kingdom Come is set to a very familiar tune:

<https://www.youtube.com/watch?v=CWhL6v8oQZ0&feature=youtu.be>

Carol P

*For those of you receiving this issue by post, I'll play these pieces to you when we're all back together again.



MESSY CHURCH

Physical Messy Church is temporarily suspended. However there will be a Virtual Messy church on Wednesday 4 June at 4.00pm. Please contact Christine H if you are interested in joining in.

Sunday School Anniversary

GARDEN FEST

27th-28th JUNE



This year we cannot have our usual BBQ and games on the vicarage lawn, for obvious reasons. So we thought that we would do Anniversary Sunday differently by having a garden festival over the weekend of 27th and 28th June.

During the lockdown, many of us have spent a lot of time in our gardens. Here is the chance for you to take a photograph of what you have done in your garden, either with or without you in the picture, and send it to me by E-mail (deborah.sandercock@hotmail.co.uk) by Thursday 25th June. If you are on your own and isolated, perhaps whoever does your shopping could take a photograph.

There will be four categories for the photographs.

- Gardens – as mentioned above
- A flower arrangement – for those who don't have a garden
- Fruit and vegetables – for those who have allotments or grow vegetables in their garden
- Scarecrows – either to draw or make a scarecrow (for those good at design including children and young people). Any scarecrow will do, but if you want a theme, it could be 'lockdown'.

These will be put on our Facebook page on Saturday 27th June. Unfortunately, there are no prizes, but equally, there is no entrance fee and you can enter any or all categories.



On Sunday 28th June there will be a family service on streamed as usual at 9.45. After this there will be a virtual 'picnic' to be held in our own gardens (weather permitting) or inside our houses. During this time, there will be a variety of activities and challenges for our children and young people via the internet. There may also be a junior bake off.

Hopefully, it will be possible at the end of the weekend to put a few photographs together for those without internet access and post them.

Please do join us in our anniversary Sunday **'GARDEN FEST'**.

My newspaper article about lockdown.

Hi everyone, I would like to talk about the positive and negative sides about the lockdown.....

Lockdown has its good and bad things, but to make it better we can look on the bright side. For example, the sunshine we've been having lately, it's lovely, and the quality time we have as a family. Every morning, I can hear the dreamy sound of birds. Because of their songs I have been waking up in a better mood!

The virus is a bad thing and we have to admit it, but we can stop it.

The lockdown has its bad side as well:(

In my opinion a bad thing is DEFINITELY tidying up (I'm really not a huge fan!). There really are not that many things that are bad though. It's true! Just think about it. You've got to admit, there are more good points than bad.

There has also been a lot of lively events going on. Like the alopecia 2.6 challenge on Facebook. They really need the money, so they can hold events and make children so happy! We have also had the grand VE day. Where we went out on our streets just outside the house and had a mini social distancing party! But we have to still remember the reason for the party: WHEN VICTORY CAME TO EUROPE!!!

I have some ideas on what you can do at home to stay entertained. You can: make board games (we made monopoly), sit in the garden and read a book or just relax, tidy the house, do improvements in your home maybe even baking. If you're tired or lazy you can just sit back and relax while watching TV. However, if you have got energy you can do lots of different stuff in the garden and maybe do some arts and crafts. I have been very busy in a good way, and I hope everyone is having lots of fun in all kinds of weather, and that everybody is OK and well.



Stay home
Protect the NHS
Save lives

Written by Emily Cupial XXX

LAND'S END TO JOHN O'GROATS DIARY

So why am I doing this? Well, I am currently in lockdown and I come in the 'shielded category'. Yes, I have had the letter - 3 months of isolation: no leaving the house; no going to shops; no going out for daily exercise; no physical contact with others ... the list goes on.

Just before Christmas I had the idea of going from Land's End (LE) to John O'Groats (JOG) and ran the idea past a friend. The response was negative – you will not be able to do it. It's too far. I suggested a bike ride – but even I thought that would be too much of a challenge. Anyway, I dropped the idea until now.



Although my running is not what it used to be, I can still jog. I could do a virtual run from LE to JOG around the garden. I would plan my route to coincide with towns and visit the surrounding area via the internet. I would also visit a local church, make contact with them (via their website) and pray for them. Having made that

decision and planned my route, I was ready to go.

Land's End to Penzance (11 miles)

And so, it begins. Waving goodbye to the bleakness of Land's End, my first stop was Penzance, 11 miles away. 15 laps around the garden is about a mile..... 165 laps later I arrived in sun drenched Penzance (aka vicarage gardens!).

I wandered around Chapel Street, the main street, looking at the eclectic mix of shops, houses and hotels which date back to the 18th century and beyond. I visited the church of St. Mary the Virgin, part of the Penlee cluster, built in 1835. It was reordered thirty years ago after a huge fire! The church is used by musicians, artists and schools.

After having a pastry and a Cornish ice cream (yes, they were very real), I went on to see the art deco Jubilee pool on the sea front

I decided to take a trip to the picture perfect fishing village of Mousehole, which is a collection of granite cottages clinging to the hillside around a small harbour. The harbour entrance is where the village gets its name from. A beautiful place. However, it was now time to move on to Truro.

Penzance to Truro (34 miles)

A bit tougher this next phase. 34 miles – I am not sure how long this is going to take. Still, taking a few laps a day and I may just get there.....

I have made it! I am in Truro. I will take a bit of a rest and then explore. My first port of call is Truro Cathedral (via the website).

In 1259, St. Mary's Church was consecrated by Bishop Bronescombe of Exeter during a tour of Cornwall. In 1504, St. Mary's was re-built in Gothic style and in 1768 re-built in Georgian style. In 1876 the Cornish diocese of Truro was formed and St. Mary's became the cathedral church. 1880 saw the foundation stones being laid and work continued including the nave, tower and spire with the effective completion of the cathedral in 1910. Normally a lot happens at the cathedral, but for obvious reasons, most things are done on-line. I couldn't sign a visitor's book but sent an e-mail sending greetings from St. Margaret's and St. George's and explaining what I was doing. Here is the response.

Dear Deborah,

We think you are slightly mad – in the nicest possible way. Thank you for visiting us, even electronically, we will hope and pray that we can meet beyond

the virtual world someday. Our prayers for both your condition and your great efforts on behalf of others.

With every good wish

Alan Bashforth – Canon Chancellor

PS Prayers also for the people that you serve in Prestwich....

Stay safe,

A

I was really touched by the E-mail and it obviously made the cathedral staff smile.

An ice cream was the next port of call.

Truro to St. Austell (14.7 miles)

The next stage of my journey is to St. Austell, home of the Eden project and the Lost Gardens of Heligan.

First stop, the Eden project, a series of biomes with plants collected from many diverse climates and environments. The biomes consist of hundreds of hexagonal and pentagonal, inflated, plastic cells supported by steel frames, with the largest simulating a rainforest environment and the second, a Mediterranean environment. There is also an outside botanical garden which is home to plants and wildlife native to Cornwall.

Next stop, the Lost Gardens of Heligan, near to Mevagissey. The gardens were created by members of the Cornish Tremayne family from the mid-18th century to the beginning of the 20th century, and still form part of the family's Heligan estate. The gardens were neglected after the First World War and restored only in the 1990s, a restoration. The gardens include aged and colossal rhododendrons and camellias, a series of lakes fed by a ram pump over 100 years old, highly productive flower and vegetable gardens, an Italian garden, and a wild area filled with subtropical tree ferns called 'The Jungle.'

Back to St. Austell to visit the church of Holy Trinity. It is one parish with three locations – Holy Trinity, which is a beautiful example of many periods of history, from the Norman Font, to the latest digital technology. It is a thriving acting church with a wide range of groups and activities – home groups, 18-

30's, youth group, children's group, bell ringing, walking for health and chill out church to name but a few.

Here's the response to the E-mail I sent.

Dear Deborah,

Thank you so much for the message that you sent through via our website recently. Your idea of running from Land's End to John O'Groats sounds like a brilliant idea, especially within the confines of your garden!

It seems very novel for you to think of praying for the "stopping off point" but all the same it's a lovely idea. Today I've circulated your message to everybody here in the parish via a daily email, and I'm sure many folks will remember you in their prayers and be looking forward to hear how you get on.

It also gives us an opportunity to pray for the people of St Margaret's and is a firm reminder that as though we are many we are indeed One Body.

Thank you again for taking the time to be in touch and may God bless you as you traverse your garden. I'm guessing many thousands of times!

With warmest regards,

Howard

Time to move on and head for the town of Bodmin.

(Next instalment in the July magazine.)

OUR DAILY BREAD

June 2020

Yours is the day, Yours also is the night; You have prepared the light and the sun. Psalm 74:16. Dear Lord thank you for the sun, moon and stars as we share these long summer days together. Amen

Monday 1st:

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. **Psalm 139:13-14**

Tuesday 2nd:

Faith is having the courage to believe God will do it before we see it. *What we hope for is waiting for us, even though we cannot see it up ahead* **Hebrews 11.1**

Wednesday 3rd:

We live by faith, not by sight. **Corinthians 5:7**

Thursday 4th:

When we find it difficult to forgive others, it helps to remember all that Jesus has done for us. "Forgive as the Lord forgave you." **Colossians 3:13**

Friday 5th:

For every house is built by someone, but God is the builder of everything. **Hebrews 3:4**

Saturday 6th:

May we learn from each other how to give, how to receive, how, in joy, to celebrate and how, in pain, to grieve; how to fight for what is right yet not do any wrong; how to be the family to which we all belong.

Psalm for the week 119 v 121-136

Sunday 7th:

Whatever your circumstances – whether this is a good or a bad day – make prayer a vital part of your life. *Daniel knelt on his knees three times that day, and prayed and gave thanks before his God, as was his custom.* **Daniel 6:10**

Monday 8th:

We are not primarily put on this earth to see through one another, but to see one another through. **Peter Devries**

Tuesday 9th:

Columba of Iona Almighty God, who filled the heart of Columba with the joy of the Holy Spirit and with deep love for those in his care: may your pilgrim people follow him, strong in faith, sustained by hope, and one in the love that binds us to you; through Jesus Christ your Son our Lord.

Wednesday 10th:

I live by faith in the Son of God, who loved me and gave Himself for me.

Galatians 2:20

Thursday 11th:

He took the bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you". **Luke 22:19**

Friday 12th:

Thank you, dear God, for the joy of life and the everyday things that make life a joy. Amen

Saturday 13th:

Yet I will not forget you. Look, I have engraved you on the palms of my hands.

Isaiah 49: 15-16

Psalm for the week 119 v 137-160

Sunday 14th:

Thank you for being the God who sees me. I praise you that though you see both good and bad, you sent your Son to save and set me free. Help me to walk in loving obedience.

Monday 15th:

Look at the world, everything all around us,

Look at the world and marvel every day.

Look at the world: so many joys and wonders,

So many miracles along our way.

Chorus: Praise to thee, O Lord for all creation. Give us thankful hearts that we may see All the gifts we share, and every blessing, All things come of thee.

Tuesday 16th:

Look at the earth bringing forth fruit and flower.

Look at the sky, the sunshine and the rain.

Look at the hills; look at the trees and mountains,

Valley and flowing river, field and plain. *Chorus*

Wednesday 17th:

Think of the spring, think of the warmth of summer,
Bringing the harvest before the winter's cold.

Everything grows, everything has a season,
Till it is gathered to the Father's fold: *Chorus*

Thursday 18th:

Every good gift, all that we need and cherish,
Comes from the Lord, in token of his love.
We are his hands, stewards of all his bounty.
His is the earth and his the heavens above. – John Rutter

Friday 19th:

Every morning we enter a new day. Who knows what that day will bring? God knows. In the morning, we can put our day in God's hands, then in the evening we give it back to him. And trust him with all that has happened in it.

Saturday 20th: At the Sea-Side

When I was down beside the sea A wooden spade they gave to me
To dig the sandy shore. My holes were empty like a cup. In every hole the sea
came up, Till it could come no more. **by Robert Louis Stevenson**

Psalm for the week 119 v 161-176

Sunday 21st:



“Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.” — John Lubbock, *The Use Of Life*

Monday 22nd:

Dear Lord, I know that if I knock, the door will open, if I listen, I shall find. And I shall know that you are there for me, and for all mankind. Thank you, Lord.
Amen

Tuesday 23rd:

When fear is overwhelming, the comforting presence of the Lord is there to carry us through our deepest trials. *Yea, though I walk through the valley of the shadow of death, I will fear no evil: for You are with me; Your rod and staff, they comfort me.* **Psalm 23:4**

Wednesday 24th:

Birth of John the Baptist: Almighty God, by whose providence your servant John the Baptist was wonderfully born, and sent to prepare the way of your Son our Saviour

by the preaching of repentance: lead us to repent according to his preaching and, after his example, constantly to speak the truth, boldly to rebuke vice, and patiently to suffer for the truth's sake; through Jesus Christ your Son our Lord.

Thursday 25th:

Gracious God, we thank you for the gift of words through which we can express so much. We thank you for the words of Scripture that speak so powerfully of your love. But most of all we thank you for putting your words into action, making them come alive in the person of Jesus. Help us in our turn not simply to use words but to act upon them, not just to talk about faith but live it day by day. Amen

Friday 26th:

If you will stir up this inner power, you will never be afraid. **2 Timothy 1:8**

Saturday 27th:

To talk with God, no breath is lost. To walk with God, no steps are lost. To wait with God, no time is lost.

Psalm for the week 120

Sunday 28th:

Today is God's gift to you – shine!. Live one day at a time. **Matthew 6:34**

Monday 29th: Peter and Paul Apostles:

Almighty God, whose blessed apostles Peter and Paul glorified you in their death as in their life: grant that your Church, inspired by their teaching and example, and made one by your Spirit, may ever stand firm upon the one foundation, Jesus Christ.

Tuesday 30th:

You are precious to me and honoured, and I love you. **Isaiah 43:4**

*For the beauty of the earth
For the beauty of the skies
For the love which from our birth
Over and around us lies
Over and around us lies
Lord of all, to thee we raise
This our joyful hymn of praise*



Maggie's Music Makers

For fairly obvious reasons, we are not physically meeting at present. Instead we are meeting via Zoom for weekly singing practices every Wednesday from 5.30-6.30pm in the comfort of our own homes. Please contact Carol P if you would like to join in.

Articles for future editions of our parish magazine should be emailed as an attachment (Word doc, A4, portrait, no columns) to stmargaretsprestwich@gmail.com no later than:

| | |
|-----------------|---------|
| July Magazine | 28 June |
| August Magazine | 26 July |

Large print version of the magazine. We are planning to produce a larger print version of the magazine. If text this size easier for you to read, let whoever brings your magazine know.

Whisper a prayer in the morning

Whisper a prayer at noon

Whisper a prayer in the evening

To keep your heart in tune.

God answers a prayer in the morning

God answers a prayer at noon

God answers a prayer in the evening

So keep your heart in tune

Jesus may come in the morning

Jesus may come at noon

Jesus may come in the evening

So keep your heart in tune.

