

April 26<sup>th</sup> 2020

**Greetings in the name of our  
Lord Jesus Christ.  
In this time of uncertainty,  
we declare: Jesus is Lord!**

### Simple measures ...

To put it mildly, this is a very unsettling season. Your soul probably isn't getting the nourishment it needs to stay healthy. Well, drastic times call for simple measures.

Wait... what? You cannot be serious!

Yes, I mean it, simple measures. With the level of uncertainty concerning just about everything, and with the dramatic change in routine for so many, and with the frenzied pace of news reporting, and with the crazed actions of a minority of people breaking the lockdown guidance, each of us must be intentional to slow down and nourish our inner self. Our bodies and souls are not built for this. Neither are our relationships.



We can't be there for each other if we're not first attentive to our own well being. So here are a few things to try this week to at least start your day in a better state of wellness. You can return to these things later in the day, too, if you need to.

- Take time to slowly savour the first few sips of your favourite morning beverage.
- Chew your breakfast more slowly than normal, and think about the flavours and textures as you eat.
- Spend a few minutes looking out of the window and noticing things.
- Create some silence and notice what it feels like to be in it. This may require some creativity if you live with others, but it will be worth it, and if you do live with others, you could invite them to be in it with you.
- Breathe. Slowly. A few deep breaths in through your nose and out through your mouth.
- Picture in your mind the face of someone who loved you well at some point in your life. Smile at them.
- Read a Psalm or two – or even three! And a passage from the New Testament.
- Pray the best prayer ever – the Lord's Prayer.

As you complete each of these steps, allow yourself to flow into a few moments of gratitude, and end with a few prayers of appreciation for God's unconditional love.

You'll notice a cumulative effect as you do this over many days and as you allow yourself more time each day. And, if you feel so inspired, invite someone else to try it too and then talk with each other about it.

Paul

## **Bible Study with Zoom**

**Tuesday, 8.00pm Bible Study by Zoom, hosted by David and Margaret Phypers**

All are welcome to join, please email David at david@phypers.co.uk or text him on 07866 777015.

## **Financial news**

We have received two substantial amounts in recent days:

- An anonymous donation of £5000 for whatever is the most pressing need at present, so maybe to our General Fund or to go towards regular outgoings.
- A £5,000 grant from Quadralene to go towards the appointment of a full-time Inside Out Project Manager.

## **Message from Derby City Mission regarding their Food bank.**

The demand on our Foodbank is at an all-time high as we see an unprecedented number of first-time clients in crisis. Consequently, we are running out of food. We have launched a specific appeal for this called 'Shop but can't drop' for supporters who may want to give to our food bank but can't get to the supermarket or warehouse due to isolation.

This appeal will be used specifically to replenish stocks of the items most in need. Donations can be made in two ways:

1. With a donation of the following food products: tinned potatoes, tinned cold meat (corned beef, spam), bags of rice and cuppa soups along with egg boxes and carrier bags. These can be taken to our Basics Bank Warehouse at Unit 6, Robinsons Industrial Estate, Shaftsbury Street, Off Osmaston Park Road, Derby DE23 8NL. This needs to be between 10am-12pm on Monday, Wednesday and Thursdays.
2. By donation to: [www.derbycitymission.org.uk/appeal/food-bank-donations](http://www.derbycitymission.org.uk/appeal/food-bank-donations)

## **PCC update:**

**Paul recently sent the following information to members of the PCC:**

### **1. Staff**

Following the Government announcement that employees and the self-employed can be 'furloughed' and receive 80% of their salary, Wayne, Kismet, Melvyn and Gillian have agreed to remain off work for the foreseeable future. St. Peter's will pay the additional 20% so they will not incur any financial loss.

### **2. Pastoral care and communication**

In these very difficult times we need to look out for each other. We now have 65 people in small support groups receiving a weekly phone call. We are also sending a weekly bulletin by email and post to over 70 people.

### **3. The Annual Parochial Church Meeting (APCM)**

The Diocese has informed us that the APCM rules have been adapted as follows:

- Existing PCC members will remain in office until this year's APCM is held and new members are appointed.
- The APCM needs to be held on or before 31st October 2020.
- Churchwardens who were admitted at the 2019 APCM will continue in office until 31st January 2021 unless their successor has been admitted before then.

## **Anita with an update on our Lent Project 2020**

### **An update on the Lent Project 2020: Raising £4500 for The Dorcas Project**

As many of you will know, we are raising money for the work of Cathedral Relief Services (CRS) in Kolkata, and specifically the Dorcas Project, connected to an existing project, Ashakiran (Ray of Hope).

For women interested in working at Nari Dana, the first step is to take a 12 month course in tailoring and embroidery at one of the CRS Ashakiran Centres, as in this picture. In 2019/20 they are 214 women enrolled on this training.



The coursework is evaluated by an external organisation, and those that achieve the pass mark graduate and qualify to work at Nari Dana. This opens up the option of training on professional electrically powered 'Juki' sewing machines located at the central Nari Dana production centre, which is currently very small and not able to accommodate enough women.

Dorcas is a new centre for Nari Dana which will train 60 women in textiles and embroidery, enabling them to find employment or set up small businesses. The money we are raising through the Lent Project will renovate the building and provide the Juki sewing machines for the women to train on. The difference this project can make to a family is huge – it means that the mother can provide adequate food and medicines for the family, and the children can access education through the CRS Education provision, offering them the opportunity to break out of the poverty cycle which they are trapped in.

Above all, the Dorcas Centre will offer hope to some of the poorest women in Kolkata. Please pray for the project, and consider prayerfully what you are able to give to support it. Thank you.



### **Prayer ...**

In this very testing time for us all, do not hesitate to ask for prayer for any concern you have. We all face difficulties and challenges, but prayer makes a difference. In an emergency, call Bren (07967 183601), and she will ask those on the prayer chain to pray for you.

**Space to take notes from today's readings, prayers and sermon.**

**St. Peter's in the City Staff:**

**Vicar: Revd. Canon Paul Morris**  
paul@stpetersderby.org.uk

**Vicar's PA and Church Administrator**  
**Kismet Barber**  
office@stpetersderby.org.uk

**Building Manager: Melvyn Wood**  
**Kitchen Supervisor: Gillian Wood**

**Associate Priest: Revd. Anita Matthews**  
anita@stpetersderby.org.uk

**Inside Out Project Worker: Wayne Haycock**  
wayne@insideoutderby.org.uk

**Church Wardens: Tim Benson, Sung-Hee Lee**

**We are a community of faith, hope and love in the heart of the city**  
**Follow us on Twitter: @stpetersderby**  
**www.stpetersderby.org.uk**

**Parish Safeguarding Links: Revd. Anita Matthews and Kismet Barber**

**IN THE WEEK**

**The church and church office are closed until further notice,  
but telephone calls to the Office on 01332 360790 and  
emails to office@stpetersderby.org.uk will be monitored**