

We pray:

For all those suffering from the **Coronavirus** or working to treat people and those working to tackle the outbreak. May there be healing and help in Jesus name and may we not fall into fear.

We pray particularly for our rector **Andrew**, who is on the mend. We pray the Lord's protection on him, Susy, Elizabeth and Florence.

For all in our **church family** currently undergoing treatment or medical care, may they know God's presence with them, and His peace and healing.

We give thanks that **Robin Stevens** has been transferred for further recovery to a home which he knows and feels comfortable in.

For John Hunt's nephew **Pierre** who has been diagnosed with Guillan Barre syndrome. He is in hospital undergoing tests. Pray for his rehab and for his family to manage without him.

For all of us in **the community**, that we may continue to pray and serve despite the change in circumstances.

For our **government** and those making decisions about how to combat the virus.

Clergy contact details

Andrew Dand: 020 8567 6185 (day off Friday)

andrew@stmaryshanwell.org.uk

Helen Cosstick: 020 8579 6367 (available Sunday-Wednesday)

helen.cosstick@btinternet.com

For next issue contact us by 12noon on Thursday 28th May

Email Charlie via office@stmaryshanwell.org.uk



GRAPEVINE

The Parish of St Mary, Hanwell

Sunday 24th May - Sunday after Ascension Day

Sunday Services

9:30am | Morning Prayer on Facebook Live

Church during Covid-19 Pandemic

Welcome to St Mary's! We are finding new ways of being church whilst remaining in self-isolation and keeping social distancing laws. Many of our services have gone online and can be found on Facebook and www.stmaryshanwell.org.uk.

Online worship

Sunday Service on Facebook Live - 9.30am every Sunday, we gather from 9.15am to chat before the service

Spring Harvest Home - go to our website or search Spring Harvest on YouTube to worship, pray or to learn from SH

Prayer Toolbox Talks - visit www.stmaryshanwell.org.uk/ and search Prayer Toolbox Talks to catch up on the recent Lent sessions

Noah's Ark Videos - visit Noah's Ark on the website for resources for children



Hearing loop
installed.
Switch hearing aids
to 'T' position.

Find us online!

www.stmaryshanwell.org.uk

Facebook and Twitter:

@stmaryshanwell

Ascension Day | Please visit the Online Worship page on our website to find our Ascension Day celebration video. You can also find it on our Facebook page.

Coronavirus | Please visit the website to find information about our measures against Covid-19 <https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-churches> .

We are currently not visiting our church building and instead offering services online via our website and facebook live.

Noah's Ark | A new singing time Noah's Ark style, is available on the church website, with some new songs and the chance to play homemade musical instruments (try drums, shakers and bell sounds)

NEW! Foodbank List May | Shopping list for this month: Vegetable Curry/Chilli - tins, Macaroni Cheese/Cheese Ravioli in Tomato Sauce - tins, Fray Bentos Tinned Pies, Tinned Meat, Rice Pudding & Custard - ready made, Peanut Butter, Instant Coffee, Shower Gel/Hand Wash/Bars of Soap, Size 6 Nappies. Many thanks!

Charlie Lakin will still be making deliveries to the Foodbank on Wednesdays (drop off before 10am). Please contact her on 07808587203 if you'd like to drop some items off.

Daily Hope Prayer Hotline | The Church of England has launched their free Daily Hope prayer hotline 24 hrs a day for prayer and worship. If you know anyone who doesn't have access to the internet please give them the number 0800 804 8044. There will be a greeting from the Archbishop followed by some options including hymns, prayers, reflections and advice

Lent Course - Prayer: Tool Box Talks | All our talks are now available on the website www.stmaryshanwell.org.uk. If you'd like to continue praying in isolation please give them a watch.



Centering Prayer - Practice of the Week | Please visit the website to find all our prayer toolbox talks. Charlie Wheeler recently shared with us the practice of Centering. This is a way of silent prayer using one word to return to an awareness of God's presence. The method is below.

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When engaged with your thoughts*, return ever-so-gently to the sacred word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

*thoughts include body sensations, feelings, images and reflections.

Please also have a look at the talk by Charlie online on stmaryshanwell.org.uk on the Toolbox talks page which gives a short introduction to the method and may answer some of your questions.

Collect for 7th Sunday of Easter

Risen, ascended Lord,
as we rejoice at your triumph,
fill your Church on earth with power and compassion,
that all who are estranged by sin
may find forgiveness and know your peace,
to the glory of God the Father.

Sun 24	Sunday after Ascension Day Acts 1.1-11		Luke 24.44-end
Mon	Psalm 68	Acts 19.1-8	John 16.29-end
Tues	Psalm 69	Acts 20.17-27	John 17.1-11
Wed	Psalm 70	Acts 20.28-end	John 17.11-19
Thurs	Psalm 16	Acts 22.30, 23.6-11	John 17.20-end
Fri	Psalm 103	Acts 25.13-21	John 21.15-19
Sat	Psalm 11	Acts 28.16-20, 30-end	John 21.20-end
Sun 31	Pentecost Acts 2.1-21		John 20.19-23