



Newsletter from the Bury St Edmunds  
Circuit  
for Sunday 5<sup>th</sup> April 2020

Dear Friends

Psalm 137: Vs 4

*"How could sing the Lord's song in a foreign land?"*

I am writing the newsletter which will reach you for Palm Sunday. It does seem that we are living in a strange land as the psalmist says. Palm Sunday is a time of rejoicing and much waving and shouting and singing Hosannas!

For us this Sunday there will be no palm cross waving (unless you have one from last year) or parading around our churches singing the hymn StF 264 'Make way, make way'. For some that will be a relief. But I have included it on our worship sheet so it will be up to you if you want to move around as you sing. You could make it part of Sunday's time of daily exercise. (As the government advise)

During this time of isolation from the communities in which we live, our families and our church family, we have had to learn to do things differently. One of those is the 'worship at home sheet' that you received either by email or by post. Another is the way in which we work. For those of us still of working age we are told 'work from home if at all possible'. For us ministers this raises difficulties. How do we continue to be pastoral at a time when you need us close but we have to remain very much at a distance? Our hope is that through our team of pastoral visitors you will receive phone calls on a regular basis and also from your minister as often as possible. So a different way of working. Please let us know if we can help in any way, collecting medication or essential shopping items.

Many of you may be thinking what shall I do with my time? I am usually an active person, going out, shopping, socialising with friends. As I said to my mum the other day on the phone we will have the tidiest houses and the neatest gardens that we have ever had. Make yourself a list (Francis loves a list!) and tick off one a job or activity a day. Don't try to do everything in the one day but spread it out and at the end you will see how much you have achieved. It doesn't have to be a list of chores either, include read a book on the list, or knit, sew, do a jigsaw. Use this time as a time of opportunity, an opportunity to do all the 'me' things you have been putting off until you 'get' time. You have the time now so make good use of it.

When in a few weeks' time we look to our time of being locked down and having had our sense of freedom temporarily taken from us we will realise just how strong we have been. But then that's not

surprising is it? God gives us the strength to bear our burdens and he gives us as much as we need at the time.

*'Cast your burdens unto Jesus, for he cares for you.*

*Cast your burdens onto Jesus, for he cares for you.'* (Gospel song)

God bless

*Rita, Ruth and Debbie*

There are opportunities to join in worship on a Sunday morning with the wider Methodist church. These can be found at

<https://www.methodist.org.uk/our-faith/worship/singing-the-faith-plus/seasons-and-themes/worship-during-the-coronavirus-pandemic/> .

Those services offered come from:

- **Wesley Chapel London**
- **Swan Bank Methodist Church Burslem**
- **Revd Andy Fishburne broadcasting 'At Home' from the Isle of Man**
- **Methodist Central Hall London**

We hope you may find one of these useful.

Many people are praying the Lord's Prayer at 12noon each day. People have said that they find great comfort in phoning someone just before 12 so that they can say the prayer together. You might like to try this, maybe phone a different person each day.

You have heard of Toilet Twinning, but what about Tap Twinning. Coronavirus has highlighted the importance of handwashing, this is vital in vulnerable communities. More details on <https://www.toilettwinning.org/tap-twinning/>

Trinity people – sadly we have decided that the open gardens/homes for this year is cancelled.

It is with sadness that we have to tell you of the sudden death of Pat Bewley from Stowmarket Methodist Church. Pat died shortly after celebrating his 80<sup>th</sup> birthday. Please hold Beryl and the family in your prayers as they come to terms with their loss.

Also we have heard that Beverley Richardson from St John's has died. Beverley did so much work for the district and the circuit. Our prayers are with Philip and his family. Philip is not well and has asked - please no phone calls or emails.

STAY HOME



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