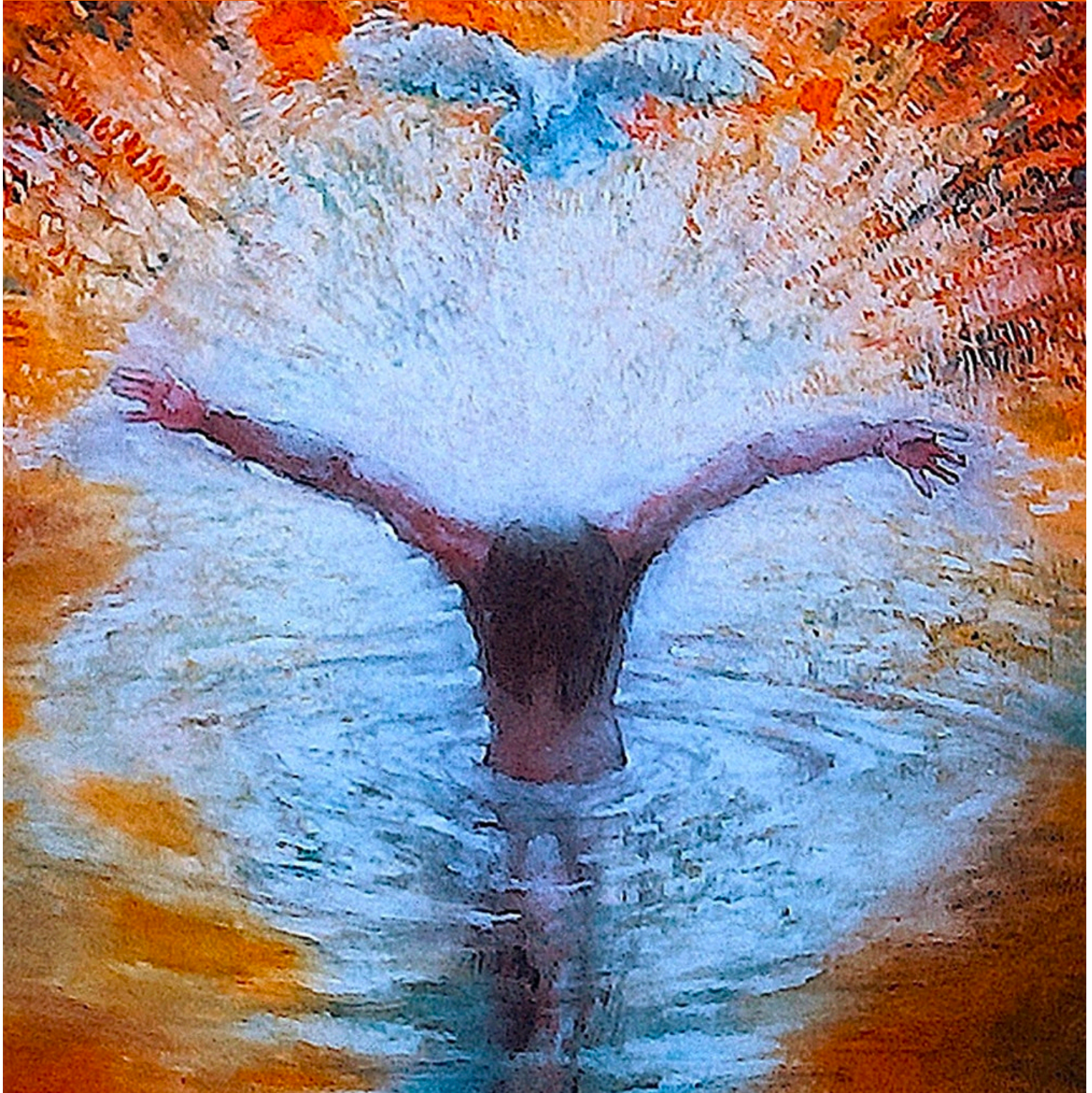
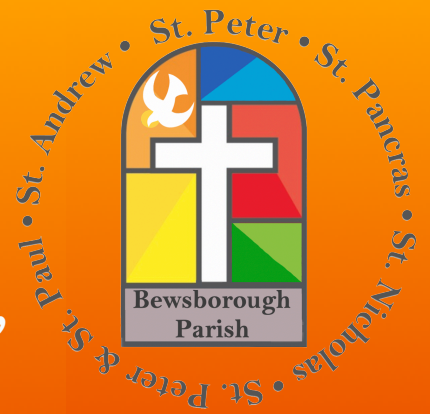


The Bewsborough Parish Post

A newsletter for the Churches in Barfrestone,
Coldred, Eythorne & Elvington with Waldershare,
Shepherdswell and Whitfield



Issue 4

New weekly format!

Welcome to the Weekly Bewsborough Parish Post!

by Revd. Sean Sheffield

As our wonderful friend, Marguerite Mower wanted to share some words and insights in this issue, I am keeping my own introduction brief, as much of what she writes both resonates and offers us a very timely reminder that Jesus illuminates our paths, no matter what surrounds us.

The news earlier this week of Lockdown 3.0 was, I am sure for many of us, as devastating as it was expected. And as Boris drifted from view my thoughts of course immediately turned to how best we can serve the Parish and ensure that everyone feels connected to the worship and prayer of our community. With that in mind, I have decided to increase the frequency of the Parish Post to a weekly format from this issue. My hope is that this will ensure that everyone feel part of the worshipping life of our Parish, part of what is going on and that communication is received as widely as possible, especially those who I know are not connected via our online methods.

This will mean a slight shift in format and content, and a 'thinning down'; but on the whole I hope to maintain something that will be as spiritually nourishing as it is informative as we journey through these coming weeks.

If you have any comments or contributions (most gratefully received I hasten to add), please get in touch so that we can talk, my contact details are on the final page.

As I draw my brief contribution (for once) to an end I want to leave you with a verse that is sitting on my desk as I type and edit this first weekly copy:

"It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed."

Deuteronomy 31:8

A Tough End to a Tough Year

by Revd. Marguerite Mower

Tough - the new strain of the virus and the sudden impositions of Tier 4 restrictions. Many, many plans for meeting that had to be ditched while there were still presents people hoped to actually see being opened, and food to see being shared.

Tough - not to be able to give a Christmas hug to a grandchild or to an elderly relative or friend in a care home.

Tough - for those whose jobs were in doubt or had gone altogether, or whose livelihoods depended on shops and services suddenly shut down once again.

Tough - when the French president closed the ferry ports and thousands of lorry drivers were stranded on both sides of the Channel, desperate to get home for Christmas.

Our comfortable lives have been disrupted over and over again, for many with the anguish of loss or disease or acute loneliness. Most of us can be thankful for the comfort we enjoyed and perhaps still enjoy, but the pandemic has brought us to the reality that has always been part of human life. Lives haven't been disrupted in the past and doubtless will be in the future.

In this Christmas season we meet again two people whose lives were broken into with a great challenge: Mary and Joseph. Through their acceptance of the challenge our world has been transformed.

With Christ born again in each of our hearts, we can find the light on our path in this new year.

Genesis 1.1-5

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

Acts 19.1-7

While Apollos was in Corinth, Paul passed through the inland regions and came to Ephesus, where he found some disciples. He said to them, 'Did you receive the Holy Spirit when you became believers?' They replied, 'No, we have not even heard that there is a Holy Spirit.' Then he said, 'Into what then were you baptized?' They answered, 'Into John's baptism.' Paul said, 'John baptized with the baptism of repentance, telling the people to believe in the one who was to come after him, that is, in Jesus.' On hearing this, they were baptized in the name of the Lord Jesus. When Paul had laid his hands on them, the Holy Spirit came upon them, and they spoke in tongues and prophesied—altogether there were about twelve of them.

Psalms 29

1 Ascribe to the Lord, you powers of heaven, •
ascribe to the Lord glory and strength.
2 Ascribe to the Lord the honour due to his name; •
worship the Lord in the beauty of holiness.
3 The voice of the Lord is upon the waters; •
the God of glory thunders; •
the Lord is upon the mighty waters.
4 The voice of the Lord is mighty in operation; •
the voice of the Lord is a glorious voice.
5 The voice of the Lord breaks the cedar trees; •
the Lord breaks the cedars of Lebanon;
6 He makes Lebanon skip like a calf •
and Sirion like a young wild ox.
7 The voice of the Lord splits the flash of lightning; •
the voice of the Lord shakes the wilderness; •
the Lord shakes the wilderness of Kadesh.
8 The voice of the Lord makes the oak trees writhe and strips the forests bare; •
in his temple all cry, 'Glory!'
9 The Lord sits enthroned above the water flood; •
the Lord sits enthroned as king for evermore.
10 The Lord shall give strength to his people; •
the Lord shall give his people the blessing of peace.

Mark 1.4-11

John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. And people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, confessing their sins. Now John was clothed with camel's hair, with a leather belt around his waist, and he ate locusts and wild honey. He proclaimed, 'The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals. I have baptized you with water; but he will baptize you with the Holy Spirit.'

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'



Sermon - Doors

by Revd. Stewart Carolan-Evans

Doors.

In these strange times when so much is held back and put off there are some things that will not be put on hold. For instance my colleague Christopher is expecting at any moment to become a father for the first time. His wife is, as he puts it, one week overdue. Unable to meet directly, Christopher, a few other colleagues and I, share our news on WhatsApp. Over this channel we've heard about buying baby clothes, the careful painting of the nursery, messages from expectant grand parents, the booking of paternity leave and his favourite anecdote (he is a 'he' after all) the story of the trial fitting of the car baby seat. Each time the phone cheeps to announce a new message from the group I look to see: 'has it started? is it time?', only to be met with another 'nothing yet' or 'still waiting'. He has messaged of what it will be like after the event, how he will return from his leave refreshed, pictures of the new arrival proudly displayed in his wallet. It is as if Christopher's life is somehow on hold, it has reached a closed door, an impasse beyond which, for now, it is impossible to move. All is awaiting that exciting call 'Christopher, the baby is on the way, come now'. Until then there is little he or his wife can do.

Our reading from Genesis tells us of the first 'day', as is referred to in the text, when nothingness, when absence as it were was moved to presence and darkness to light. An eminent cosmologist was asked 'what was before the Big Bang, the event in which all matter and energy finds its origin'. His response was that - this was not really a meaningful question as even time was created at the first instance and before time there is nothing to measure, not even an absence. So from scripture and the science that follows, we can discern that all that 'is' necessarily finds its origin in the beginning described here, without the presence of God, the Spirit, or Breath as it is otherwise translated, hovering over the void, nothing 'is', nothing can be. The potential of matter and energy and time and consciousness cannot be realised without God's first words "let there be light". Our story from Acts describes a similar situation. The twelve friends of Appolos (their names are not given) have heard John the Baptist preach, they have even received his baptism. They are enthused about this new faith and are eager to move on, yet somehow their journey is on hold, they cannot move further. Paul recognises that they have reached this impasse, a door beyond which they have yet to pass, he knows that their Christian journey cannot proceed beyond this point. It is only when Paul baptises and lays his hands on them that they receive the Spirit and from that moment all is changed, they can move on prophesying and speaking in tongues as they go. Finally our Gospel. We hear little of the life of Jesus before his Baptism, indeed nothing at all in Mark's Gospel. Yet we know from our Christmas story that the child, now a man, has the government on his shoulders and is the 'wonderful counsellor', 'Mighty God', 'Everlasting Farther', 'Prince of Peace'. And from John's Gospel we know that he, the Word, was from the beginning with God. How is it then that this God-made-man needs to receive a baptism of repentance, he is after all without sin to repent? The answer is that repentance in this story is from the Greek to 'change', 'turn back' or 'return'. So the moment of Baptism for Jesus is not a washing from a non-existent sin but the moment when Jesus turns from the God-man who is the carpenter's Son to the God-man who has set his face to Jerusalem and the cross. Baptism here is the occasion rather than the cause of the Spirit resting on Jesus.

Thinking again of Christopher, his optimism, although endearing, elicits raised eyebrows from other members of the group who are already fathers. We more experienced parents have kindly omitted to mention the lack of sleep or indeed lack of a social life that follows the birth of a child. We know that all will change for Christopher and his wife, nothing will ever be the same. But we know too that he will learn all these things in good time, stories of the once doting wife whose attentions are now (correctly) focused exclusively on the new arrival, to the exclusion of all else, can wait. He can move to the joys and the tears of parenthood only through the door that is birth, after that he will live these things. His life will be forever divided between “all that was before” and “all that came after”.

The readings describe a series of doors as it were. Our church marks these ‘liminal’ points as they are called, with words like baptism, confirmation, wedding, ordination, funeral. The strange times in which we now find ourselves may be seen as similar. The time before the advent of Covid and, as we can begin to see, the time beyond. All are doors dividing our lives between “all that was before” and “all that came after”. They are the thresholds in our lives through which we are variously called by the Spirit to Pass. Some of these we have all passed, some we may never be called to pass and another we have all yet to pass. But they have features in common, features that make them the significant points by which we mark and measure the passing of our existences. All describe and are the means of transition from one condition to another, all can only be passed through one way, all make a profound change in our lives. On the other side of these doors lies uncertainty and joy in roughly equal measure. But when called, we must pass through. And our lives after will not and cannot be the same. Called by the Spirit through baptism to union with the church, through marriage to union with another, through death to union with the saints. And so too perhaps through these current times, through pandemic to a new time of union with our neighbours.

After all of these points if we listen and pray carefully what will we hear?

Maybe, if we listen and look carefully, the clarion voice of our God telling us in a voice we know all too well ‘you are my child in you I am well pleased’.

Amen.



Poetry and Prayers

First and last
last and first
watching, knowing
how we thirst
for cleansing drops
of liquid life
to wash away
embodied strife
there for the asking,
sky torn apart
past washed away
fresh new start
embrace the present
release the past
last and first
first and last

Jan Griffin



Glory to the Father, the God of love,
who created us:
who continually preserves and sustains us;
who has loved us with an everlasting love,
and given us the light of the knowledge of his glory in
the face of Jesus Christ.

Blessed be God for ever.

Glory to Jesus Christ our Saviour,
who, though he was rich, yet for our sake humbled
himself and became poor;
who proclaimed the good news of the kingdom,
and was obedient to the point of death,
even death on a cross;
who was raised from the dead and is alive for ever,
and has opened the kingdom of heaven to all who trust
in him;
who is seated at God's right hand in glory,
and will come to be our judge.

Blessed be God for ever.

Glory to the Holy Spirit,
the Lord, the giver of life,
by whom we are born into the family of God,
and made members of the body of Christ;
whose witness confirms us;
whose wisdom teaches us;
whose power enable us;
who will do for us more than we can ask or think.

Blessed be God for ever

To the one God, Father, Son and Holy Spirit,
be praise and glory for ever. Amen.

[from the Methodist Covenant Service & taken from Harvey
Richardson's Sunday Prayers & Thoughts for the 10th January]

A prayer for all those affected by Coronavirus

Keep us, good Lord,
under the shadow of your mercy.
Sustain and support the anxious,
be with those who care for the sick,
and lift up all who are brought low;
that we may find comfort
knowing that nothing can separate us
from your love.
In Christ Jesus our Lord. Amen.

[taken from a CofE prayer resource]

Eternal Father,
who at the baptism of Jesus
revealed him to be your Son,
anointing him with the Holy Spirit:
grant to us, who are born again by water and the
Spirit,
that we may be faithful to our calling as your
adopted children;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.

[The Collect for the first Sunday after Epiphany]

Each week we will bring you one or two of the hymns that have been used in our services of praise and worship from Sunday morning. Why not take some time to sing these well known hymns and songs and praise God loudly at home!

Hymns and songs used in this Sunday's online services:

- All Hail the Power
- O Worship the Lord
- Rejoice! Rejoice! Christ is in You
- **Take my Life and Let it Be**
written by

Frances Ridley Havergal

Who was the daughter of the Rev. W. H. Havergal, was born at Astley, Worcestershire, Dec. 14, 1836. Five years later her father removed to the Rectory of St. Nicholas, Worcester. In August, 1850, she entered Mrs. Teed's school, whose influence over her was most beneficial. In the following year she says, "I committed my soul to the Saviour, and earth and heaven seemed brighter from that moment." A short sojourn in Germany followed, and on her return she was confirmed in Worcester Cathedral, July 17, 1853. In 1860 she left Worcester on her father resigning the Rectory of St. Nicholas, and resided at different periods in Leamington, and at Caswall Bay, Swansea, broken by visits to Switzerland, Scotland, and North Wales. She died at Caswell Bay, Swansea, June 3, 1879.



Songs of Praise

1 Take my life and let it be
consecrated, Lord, to thee.
Take my moments and my days;
let them flow in endless praise,
let them flow in endless praise.

2 Take my hands and let them move
at the impulse of thy love.
Take my feet and let them be
swift and beautiful for thee,
swift and beautiful for thee.

3 Take my voice and let me sing
always, only, for my King.
Take my lips and let them be
filled with messages from thee,
filled with messages from thee.

4 Take my silver and my gold;
not a mite would I withhold.
Take my intellect and use
every power as thou shalt choose,
every power as thou shalt choose.

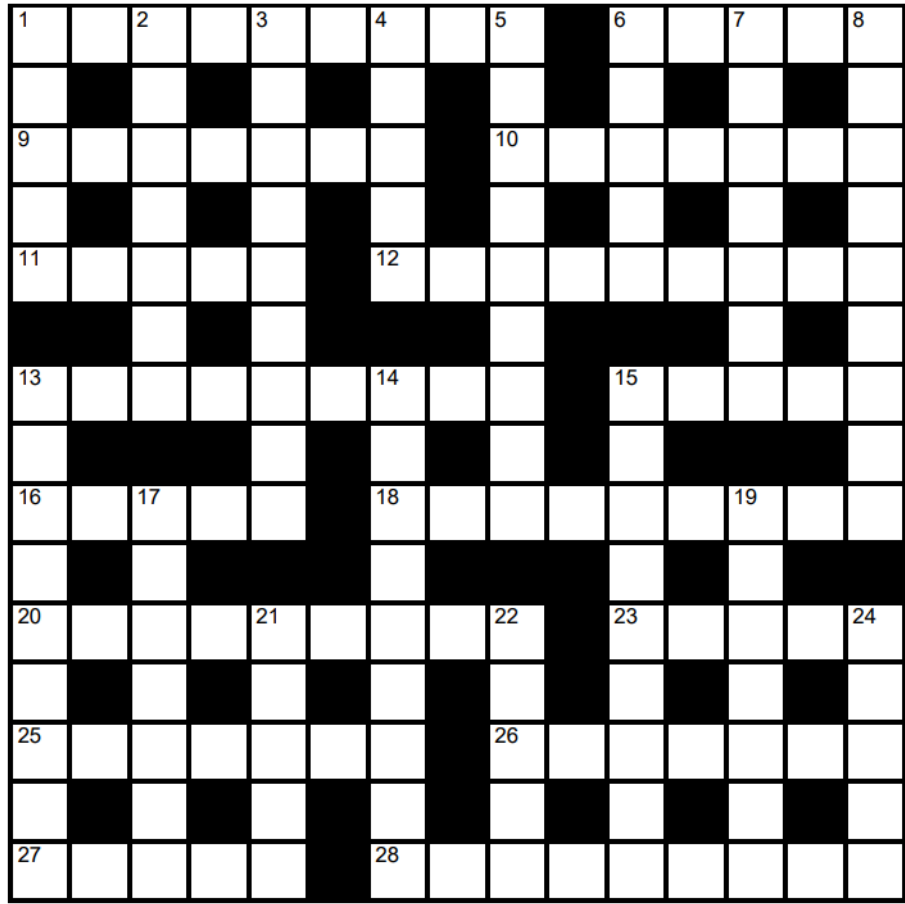
5 Take my will and make it thine;
it shall be no longer mine.
Take my heart it is thine own;
it shall be thy royal throne,
it shall be thy royal throne.

6 Take my love; my Lord, I pour
at thy feet its treasure store.
Take myself, and I will be
ever, only, all for thee,
ever, only, all for thee.

Puzzle Corner

Across

- 1 Word of God (9)
 6 Korah, Dathan and Abiram fell into one (5)
 9 Prophetess and judge (7)
 10 Rescue (7)
 11 Judas wore one around his neck (5)
 12 In a fervent manner (9)
 13 Age when Jehoram became king (6-3)
 15 Long range of hills or mountains (5)
 16 Like the tomb on Resurrection Morning (5)
 18 Samson, maybe? (9)
 20 Pharisaical tomb covering (9)
 23 The beginning of a sequence (5)
 25 Time when not working (7)
 26 Alternative name for Feast of Tabernacles (7)
 27 Region of Israeli enslavement (5)
 28 One of 13 down (9)



by Philologus

© BiblePuzzles.com

Down

- 1 City near to Tyre (5)
 2 Honourable title for a teacher (7)
 3 In an ideal way (9)
 4 Region famous for its gold (5)
 5 Strive (9)
 6 A city of Nimrod (5)
 7 Counselling (7)
 8 Golden covering of the ark (5,4)
 13 Apostles, collectively (3,6)
 14 New and old parts of the Bible (9)
 15 Plundered (9)
 17 Secretly (7)
 19 Instruction for the twelve spies (7)
 21 Jubilate (5)
 22 Minor prophet (5)
 24 Often put on the head during mourning (5)

Solution from Issue 3 (December 2020)

Across: 1 Bethlehem, 5 Two, 8 Joel, 9 Reed, 10 The, 12 Ad, 14 Aser, 15 Virgin, 20 Meet, 21 East, 22 Jacob, 23 Ruth, 25 Omer, 27 Elisha, 30 Ears, 32 Ed, 33 Add, 35 Agree, 36 Lead, 38 Inn, 39 Shepherds.

Down: 1 Born, 2 Twelve, 3 Eat, 4 Eve, 5 To, 6 Wear, 7 Old, 8 Jesse, 11 Hai, 13 Or, 16 It, 17 Grace, 18 Naomi, 19 Star, 20 Mary, 24 Herod, 25 Oh, 26 Manger, 28 Led, 29 So, 30 Eden, 31 Jews, 32 Eli, 33 Ash, 34 Dip, 37 An.

Together @ Home

Lectionary Edition
Sunday 10th January
First Sunday of Epiphany

Here are some activities you could do together as a family, begin with the story and then do as many or as few as you like, in any order.



Bible Passage

Today we will be exploring together, the story of Jesus' Baptism.

You can find it in your Bible in:
Mark 1 v 4-11

Read the story together – choose a Bible translation or children's story version which best suits your group.

The other passages we might be thinking about at church this week are:

Genesis 1 v 1-5
Psalm 29
Acts 19 v 1-7

Discussion

A question for adults to ask children

Can you find all three persons of God in the story?

Even though there is only one God, God himself is made up of three persons – God the Father, God the Son and God the Holy Spirit. Jesus is present in the story getting baptised by John but we also see the Holy Spirit descending as a dove and we hear God the Father speaking from heaven.

When Jesus was on the earth, he told his disciples to baptize people in the name of "the Father and the Son and the Holy Spirit" – Jesus wants everybody to know all three persons of the Holy Trinity.

Some questions for children to ask adults

Have you been baptised? What happened at your baptism?

Spot the difference...

Why not read the story in the other gospels and see how similar/different they are:

Matthew 3 v 13-17

Luke 3 v 21-22

John 1 v 29-34



A prayer to say together

Dear God,
Thank you for the story of Jesus' baptism and the reminder it is to all of us that we can change our hearts and minds and have a fresh start forgiven by you.

Help us to connect with all three persons of your trinity this week. Help us to connect to you as our loving father who cares and provides for each of us. Help us to follow your example as Jesus living a life of service and love on the earth. Help us to be guided by you as the Holy Spirit our helper.

We pray for others who do not yet know you that they would come to know you fully and change their hearts and lives as they follow you. Amen.

Family Activity 1

Go and... find triangles



In the description of Jesus' baptism we see all three persons of the trinity present. God the Father, God the Son and God the Holy Spirit.

Go around your house and garden looking for things that come in threes or which have three sides. Visit each room in the house and give yourself one minute to find as many items as you can which are triangle shaped or have three parts to them. How many can you find in each room?



Lucy's Supreme Brownies

By Lucy Carolan-Evans

Tired of your brownies coming out a little bit dry and lacklustre, fear not, after extensive research and many trials Lucy has come up with a guaranteed pleaser, ideal for an afternoon tea treat... or anytime. Great to share with those on a gluten and low lactose diet.

Ingredients:

200g dark chocolate – roughly chopped*

175g good quality margarine (lactose free)

325g light Muscovado sugar (or dark for even richer texture)

130g Oat Flour**

3 Eggs

Cinnamon & 1 tbsp. Instant Espresso Coffee

100g of Raisins

40ml (2 tablespoons) of Oat-milk

Handful of mini marshmallows if desired



Method:

- 1: Preheat oven to 170°C Gas mark 3
- 2: Put chocolate and marg. into a glass bowl and place in microwave on 'high' until melting. Stir briskly by hand until blended.
- 3: Add sugar, flour, cinnamon and instant coffee, mix well in.
- 4: Add the 3 eggs and oat-milk, keep stirring until smooth!
- 5: Add the raisins and stir briefly until evenly distributed.
- 6: Pour into a shallow well-greased baking tray, sprinkle the marshmallows evenly over the top
- 7: Bake in preheated oven for 30 to 35 mins. They are ready when a skewer pushed in just comes out clean.
- 8: Cool for 30 minutes then 2 hours in the fridge***

Tips:

* Co-op Fair-trade Dark Chocolate 150g bar is good value and excellent chocolate.

** To make oat flour put ordinary dry porridge oats in an electric blender for 30 seconds or until fine.

*** Don't be tempted to gobble them up earlier.

What's Happening This Week?

Sunday Morning

Each Sunday morning we have two services that you can join on Zoom, and enjoy the fellowship of those across our worshipping communities as we come together to worship God:

9.00am BCP Morning Prayer Service

10.30am Morning Worship

The Zoom meeting room details are the same each week for both services:

Meeting ID: 858 7103 2095

Passcode: 868162

So come along, sing, pray and worship God. AND..... Why not invite a friend or two to join you, during this time of continued lockdown we are keen to reach out to all who may need spiritual nourishment and support, so do send the weekly links to those you know.

From this week, if you are unable to make it, the 10.30 service will be available later on the Bewsborough Parish YouTube channel.

Daily Morning & Evening Prayer

If you are able to join us on zoom, either through video or dialling in on a phone you are welcome to join us, the meeting link and ID are below.

Tuesday to Saturday 7.45am and 6.00pm

Meeting ID: 872 0208 4861

Passcode: 794903

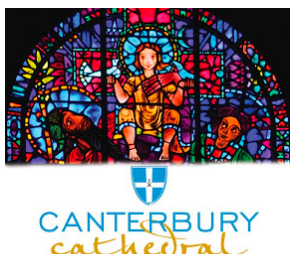
Phone dial in 0203 481 5240

If you have any particular prayer needs or need help to join by phone please contact Sean.

Other Resources

Each week Harvey Richardson produces a wonderfully rich resource for our ongoing spiritual journeys. 'Sunday Prayers' contains a reflection, meditation or thoughts, music, poetry and images; alongside prayers for the coming week, linked to the themes of that Sunday.

If you would like to be added to his weekly email distribution list, please drop him an email on harvey.s.richardson@gmail.com or if you would like a paper copy each week contact Sean.



For Morning Prayer, Evening Prayer and Choral Evensong why not head over to the Canterbury Cathedral **YouTube Channel**



Starting Wednesday 4th February



An eight-session course helping you explore the BIG story

“Big, complex, old” ... just some of the words some people use to describe the Bible. Sound familiar?

That’s where The Bible Course comes in. The course will increase your confidence, equip you to read the Bible better and help you to see its relevance to daily life. The course provides a birds-eye view of the world’s bestselling book.

Over eight interactive sessions here is an opportunity for us to come together each week, watch a video, enjoy group discussion, personal reflection and daily readings as we journey with one another.

This course is accessible for everyone, whether you are looking to break into the Bible or increase your understanding.

Further details can be found on the Bible Society website

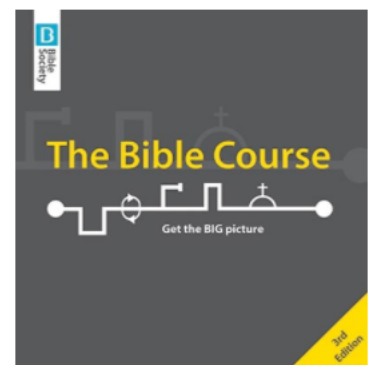
www.biblesociety.org.uk/explore-the-bible/the-bible-course

The eight sessions will run over Zoom and Sean is happy to run a daytime and evening group should there be a need.

Why not take the time during these winter months to gather with friends from around the Parish and learn more about the Bible!

A course companion manual is available at a small cost, but is not essential, Sean will find out on sign up whether you would like one.

DON'T MISS OUT - SIGN UP today by emailing Sean!



Contributors

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Jan Griffin

Revd. Harvey Richardson

Revd. Stewart Carolan-Evans

Lucy Carolan-Evans

Revd. Sean Sheffield
Editor

If you need anything at all please do not hesitate to get in touch:

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