



**What you can expect in Church now that Covid restrictions have been legally lifted.**

**FACE COVERINGS**

We would like everyone to continue to wear a face covering on the way in and out of Church, and in pinch points. Masks can be removed when sat down. You can also choose to keep yours on.

**SOCIAL DISTANCING**

We will continue to space Chairs out in the Sanctuary and encourage social distancing before and after the Service. We'll continue to advise against hand shaking and hugging, and find other ways to share 'The Peace'. Not everyone is comfortable with close physical proximity and Covid might have made that more acute.

**NHS TEST AND TRACE**

We will retain the NHS test and trace system for the time being, in case of an outbreak in the church community. You can use the QR code to check in via the app, or we will record your name on the paper sign in sheet.

**VENTILATION**

The windows in the Sanctuary will be kept open. Fresh air will be blown into the Sanctuary.

**SINGING**

Communal singing is now permitted but because singing is a higher risk activity we will be suggesting to worship leaders that the worship band continue to sing 2-3 hymns/songs within the Service, and the Congregation sing 1-2 hymns/songs. You don't need to wear a mask when you sing, and you can stand up. But please don't move around, and maintain a noticeable social distance from others. Try not to sing too loudly!

**COMMUNION**

We will undertake a risk assessment with a view to returning to small individual glasses rather than the miracle pots. Communion stewards will be expected to wear face coverings as they distribute Communion.

**REFRESHMENTS**

Whilst the weather is nice, we'll be serving refreshments outside, in compostable cups, from the trolley, served by a volunteer. We would strongly encourage you to maintain a social distance from others. Those setting up, serving, and cleaning up, will wear a face covering, and wash their hands.

**HAND WASHING AND HAND SANITISER**

We're encouraging you to wash your hands, and will continue to provide hand sanitiser. We'll continue to encourage the use of personal, not shared, items like hymn books and bibles. We're going to carry on as we are now, encouraging online giving rather than passing the offering plate.

**STAY AT HOME IF YOU ARE UNWELL**

Employees and volunteers will continue to take regular lateral flow tests. If you're poorly, you can watch the Service on the livestream.

**REVIEW**

These recommendations will be reviewed in September 2021.

By maintaining these precautions, we hope that as many people as possible will have the confidence to come to Church.

*'And let us watch out for one another to provoke love and good works.'* Hebrews 10:24

## Message from Rev Sam Funnell

Dear Friends,

I hope you've survived the last week and not melted – it certainly was hot, wasn't it. I can't say I enjoy the weather when it gets that hot and even Daisy Dog, who normally loves the sunshine and the warmth, was seeking out the coolest place inside the manse or in the garden. She's not very good with electrical devices, such as cooling fans but we've been working on that recently and she seems to be learning that they won't hurt her in any way and are actually quite pleasant when it's very warm. Her newest 'best place' is to lie near my feet, under my desk, when I have the fan running in the study and the cool air circles round under the shelter of the desktop.

No doubt you've had to find your own way to cope with the 'unseasonal warmth' – *I mean, I know it's summer but that's usually mostly wet and unpredictable with an occasional day where the sun comes out and everyone goes a bit stupid and pink!* The fan in the study might be enjoyable for Daisy but it keeps me able to work – as the heat seems to slow my brain down, as well as making my fingers stick to the keyboard of my laptop and that is not conducive to a decent day's work!

It made me think about how we cope when life gets a bit 'hot'; what are we like in our faith when it all gets too much to handle? It's not just the short-lived moments of intense discomfort or doubt but also the long-lived pain of unresolved issues, difficult relationships, the Covid-19 pandemic that seems to be going on for so much longer than we ever imagined last year, that it would and sometimes the dispiriting, hard to acknowledge feeling, that God is a long way away and maybe doesn't even notice or care.

What do we do then?

I imagine that there will be a whole load of different answers to that question, so I can only offer you my thoughts, and there have been times in my life when it felt like God was a long way off and really didn't seem that bothered about what I was going through – that may surprise you to hear your minister say that, but it is true.

In those times – I've just held on, believing and hoping that, in the words of St Paul – 'There is nothing in all creation that will ever be able to separate us from the love of God which is ours through Christ Jesus our Lord.' (Romans 8:39 – Good News Bible)

Sometimes that was quite hard to do and I just had to keep coming back to that passage and that promise, or have other people remind me of it and live it out for me. Then, when some time had passed and the heat of the difficulty had abated a little, to look back and see that God was there, all the time, in family, friends, in the scriptures, in the beauty and freedom of a new day and new beginnings, in the waggy tail and wet nose of a canine companion. The 'not feeling God close' was in me, not in God; God was always there, sharing in my experiences, weeping with me, angry with me, 'feeling the heat' with me and offering me shelter from all that life brought my way.

The psalmist had other ways of putting this, 'How precious, O God, is your constant love! We find protection under the shadow of your wings.' (Psalm 36:7 – GNB), or 'and under God's wings you will find refuge.' (Psalm 91:4b – NRSV, amended). I think it's interesting to note that in both these examples, the image of the wings of God protecting God's people, means that God is in the same place of danger, need or 'heat of the moment' as the people. We are not alone, God is here – we just need to open our eyes, minds and hearts to recognise that loving, healing, helping presence of God right there in the heart of whatever it is that we face.

May you know the constant love of God, with you this week, in any and every way in which you may discover it!

With love,

Sam.

### Prayer for the Week:

God of wonder and beauty, majesty and might, glory and joy;  
God of wondering and doubt, humility and weakness, the ordinary and the sorrowful;  
Know me, love me, hold me - and then,  
help me to know you, love you and hold onto to you,  
more and more each day. Amen.

## Message from the Leadership Team

We have had new uniforms at work this week, embroidered with the Practice name (incorrectly spelt but hopefully no-one will look too closely until our new ones arrive!!). Whilst they are all the same design, they are in different colours depending on our role. As a Pharmacy Team, (and the only, currently, all female group) we are in the bright pink scrubs!! They are fabulous and brighten everyone's day! The fact that we are now all wearing the same each day (albeit different colours) gives us a sense of belonging and pride. Additionally, we cannot be missed in our fuchsia and will be easy to pick out, so I now must always

behave!) I love the joy of belonging that this colour co-ordination brings and the fact that it has made so many of the staff feel more valued and appreciated for what they do.

I tell you this because it is also how I feel about our Church; I love being a part of all that we do. I experience the same joy belonging to God, knowing I am loved and accepted. I hope we are now able to get back to more of our face to face gatherings safely going forward.

Samantha Cudby

### **A Word in Season 66 – ‘Heatwave!’**

***The Lord is your keeper; the Lord is your shade at your right hand. The sun shall not strike you by day, nor the moon by night. The Lord will keep your going out and your coming in from this time on and for evermore. (from Psalm 121:-8)***

David in his last words said, ***‘The Spirit of the Lord speaks through me, his word is upon my tongue. The God of Israel has spoken, the Rock of Israel has said to me: One who rules over (or serves, – my word) justly, in the fear of the God, is like a cloudless morning, gleaming from the rain, on the grassy land.***

On the last three mornings as I have gone out to feed the birds with the early morning sun in a cloudless sky, and the grass gleaming from the dew, fiercely hot days have followed. As I walked along the Canal to Trinity for morning worship on Sunday I was grateful, like Elijah (*see 1 Kings 19*), for the cover of the trees. The towpath was dappled and the water sparkled in the sunlight. It was uplifting but I had to stop halfway for a drink, it was so hot. But I made it to the Service, rather stickier than when I set out. As is so often, the walk was worth it and the service continued to lift me up.

At Bible Investigators on Sunday afternoon we had four new young people from Hong Kong and that was uplifting too. So were the ice creams Denzel bought! However the journey home was very much hotter. The sun had moved and was now beating down and the trees no longer gave the shade available earlier. The towpath was no longer dappled but lit for several metres with harsh sunlight. I was counting the paces to the next small patch of shade. At last I reached the Arcade at the Goldsworth Park Shopping Centre, and found a bench to sit in the shade and shake the grit out of my right shoe that had flicked in a little earlier. The rest of my walk home round the lake was easier as the high hedges and lakeside shrubs created some shade. I made it home and in spite of the fierceness of the sun was not sun burned – partly due to a liberal coat of sun protection. All the way home that verse above rang in my head. In spite of the sun I, like Elijah, had made it. The sun, though fierce, had not harmed me. The Lord had been with me as I hummed/sang various hymns/spiritual songs.

I enjoyed the cooling shower when I got home and then sat in the lounge with a cold drink and the French windows wide open, watching the Cricket. Unlike last Sunday (with the football!), this Sunday we were winners.

We are predicted a continued ‘heatwave’ for the next few days and I know many of us would prefer it a little more temperate, but the sun is so important and the garden is full of blooms and fragrances, enabled by the sun. In the cool of the later evening it is pleasant to water them. We can, through this heatwave, get a sense of what it must be like in the parched lands of the earth without cooling water to drink, and water for showers. It made me realise the significant contribution of our brother in Christ, Bill Lindop, in seeking to provide clean and available water in the Gambia. I believe he would appreciate those words of David.

However, there is opportunity for another type of ‘heatwave’ for us at Trinity. A ‘heatwave’ powered by the Holy Spirit as opportunities are appearing on the horizon for a real contribution to our Lord’s mission here in our church and local community. We all have a role to play in encouraging and supporting Christ’s work amongst us. In the power of the Holy Spirit with faith and love we can all play a part. We can rest assured that God will be with us guiding our steps as we go.

Marjorie Dobson sums it up like this;

*Lord, you call us to your service, each in our own way.*

*Some to caring, loving, healing; some to preach or pray; some to work with quiet learning, truth discerning, day by day.*

*Life for us is always changing in the work we share. Christian love adds new dimensions to the way we care.*

*For we know that you could lead us as you need us, anywhere.*

*Seeing life from your perspective makes your challenge plain, as your heart is grieving over those who live in pain.*

*Teach us how, by our compassion, you may fashion hope again.*

*Lord, we set our human limits on the work we do.*

*Send us your directing Spirit, pour your power through, that we may be free in living and giving, all for you. (StF 664)*

Graham

## Valerie's Quiz Corner!

Answers from the last quiz:

1. Which European country has the largest population? *Russia*
2. Anfield Stadium is home to which English football club? *Liverpool FC*
3. In which country was the British Writer Rudyard Kipling born? *India*
4. From which nut is marzipan derived? *Almond*
5. What is the capital of Austria? *Vienna*
6. With what type of reference book is Peter Mark Roget chiefly associated? *Thesaurus*
7. In the periodic table of elements the Letter "H" represents which chemical element? *Hydrogen*
8. In which country is the U.K's highest mountain Ben Nevis? *Scotland*
9. What are petit fours? *Small iced cakes or sweets*
10. In which year did Elizabeth II officially become queen of the U.K? *1952*
11. In which Cathedral is Horatio Nelson buried? *St Paul's*
12. Which South American country has borders with 10 other countries? *Brazil*
13. How many months of the year have exactly 31 days? *Seven*
14. Which resort opened the U.K's first nudist beach in 1979? *Brighton*
15. In the Solar System which is the farthest planet from the sun? *Pluto*

Have a go this week! 😊

1. Which retailer says "Every Little Helps"?
2. What is the name of the process when meat is soaked in a flavoured or spiced liquid?
3. Eric Carle wrote a series of children's books about a very hungry .....?
4. Where in England is the Jurassic Coast?
5. Who played the title role in "The Godfather," released in 1972?
6. Amarelle, May Duke and Morello are types of which fruit?
7. What nationality is Agatha Christie's detective Hercule Poirot?
8. In the Bible, who led the Israelites out of Egypt across the Red Sea?
9. 'Moonshine' was slang for which type of beverage?
10. What traditional English dish is made from pork trimmings and Pig's head?
11. Which British novelist married Frieda Weedley in 1914?
12. Name the biscuit that contains currants and is named after an 18<sup>th</sup> Century Italian leader?
13. What is a Percheron?
14. What traditional English dance, usually performed by one person, is associated with sailors?
15. What is a Scotch Bonnet?

## Methodist Church Prayer of the Day – 22<sup>nd</sup> July 2021



Trinity Woking

3h · 🌐

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Methodist Church

6h · 🌐

#Prayer of the day:

Let nothing disturb or dismay us, O God, for all things are passing and you alone are unchanging. All things are wrought in patience, O God, and those who possess you lack nothing.

<http://ow.ly/XyZt50FACXu>