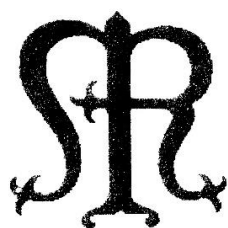


Newsletter #5

Friday 15th April 2022 to Friday 22nd April 2022



St Mary's Church Eccleston /

St Mary's Church Pulford

[Eccleston and Pulford Churches](#)

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Dear Reader,

The parish newsletter is available to download from the church website as well as being emailed once a fortnight.

In this edition Rob Hughes provides prayers and meditations, Jeanette provides another one of her lovely poems and finally some meditations and thoughts.

Kind Regards

Stephen Hutchinson



Upcoming Services

- **15/04/2022 Friday 2pm at Eccleston Church.**
Good Friday. The Service of the Cross.
Rev Robin Mosley.
- **17/04/2022 Sunday 10:30 at Pulford Church**
Parish Communion for Easter Day.
Revd. Robin Mosley.
- **24/04/2022 Sunday 10:30 at Eccleston Church**
Choral Communion.
Revd. Robin Mosley.
- **1/05/2022 Sunday 10:30 at Pulford Church**
TBA
- **8/05/2022 Sunday 10:30 at Eccleston Church**
Choral Communion.
Revd. Canon Stephen Attwater.
- **15/05/2022 Sunday 10:30 at Pulford Church**
TBA

Important News and Reminders

Food Bank:

A reminder from Rachel Williams

Urgently Wanted

- Tinned Meats, Tomatoes, Desserts & Potatoes
- UHT Milk & Juice
- Custard
- Small Jars Instant Coffee
- Jams and Spreads
- Instant Mashed
- Cereal Bars
- Instant Pasta & Instant Noodles

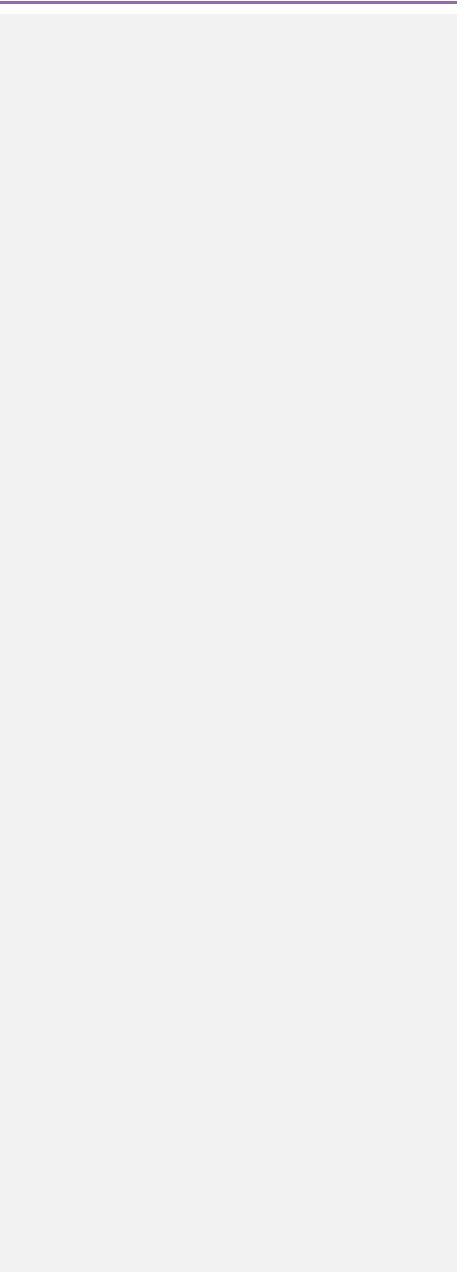
Wanted

- Tinned Meat, Fish, Vegetables, Potatoes, Tomatoes, Custard & Fruit
- Cuppa Soup
- Pot Noodles
- Instant Pasta & Pasta Sauce, Mashed Potato, Coffee & Custard
- Biscuits
- UHT Milk and Fruit Juice
- Breakfast Cereal

Plenty Of

- Pasta
- Baked Beans

The list changes from time to time. Both donation stations are emptied on the last service in the month and for those parents who receive the magazine we collect from school the last week of each half term.



Prayers submitted by Rob Hughes (from his Home Worship)

Prayer 1 – Meditation.

(Based on 1 Corinthians 13:4-7)

The Scriptures say “Love is patient.”
God, how can I be patient when I experience injustice?
God, teach me to patient without being silent or inactive.

The Scriptures say “Love is kind.”
God, how can I be kind as I confront what is evil?”
God, teach me to love my enemy.

The Scriptures say “Love is not jealous.”
God, how can I not be jealous
of those who have so much wealth or power or control?
God, teach me to keep my values straight.

The Scriptures say “Love is not pompous.”
God, how can I not be pompous when I am speaking truth
to those who seem so wrong?
God, teach me to know how to both speak and listen.

The Scriptures say “Love is not inflated.”
God, how can I not be inflated with righteousness in the cause of justice?
God, teach me to know my limits, that I make mistakes
and that I don't always see clearly.

The Scriptures say “Love is not rude.”
God, how can I be gracious but also committed to what is right?
God, teach me to respect all my sisters and brothers.

The Scriptures say “Love does not seek its own interests.”
God, how can I move beyond my own limits and desires and needs?
God, teach me to understand the needs and perspectives of others, especially the poor.

The Scriptures say “Love is not quick-tempered.”
God, how can I learn from my anger?
God, teach me to learn from my strongest emotions.

The Scriptures say “Love does not brood over injury.”
God, how can I not get discouraged by all the hurts and injuries in our world?
God, teach me to move forward and get into action for what is right.

The Scriptures say "Love does not rejoice over wrongdoing but rejoices with the truth."

God, how can I stop thinking of what helps my side to win and the other side to lose?
God, teach me to practice a love that wants the truth to win for all people.

The Scriptures say "Love bears all things."

God, how can I bear the stress of trying so hard to do what is right?
God, teach me to let go and to trust in your wisdom.

The Scriptures say "Love believes all things, hopes all things, endures all things."

God, how can I possibly love?
God, teach me that I don't love alone,
But rather in community with you and with all my sisters and brothers.

The Scriptures say "love never fails."

God, how is it that I sometimes feel failure? How can I believe?
God, teach me to love with a heart as big as the world
And to receive love and help with a big a heart.

Amen.

Freely shared from the thisischurch.com website, as is the following:

Prayer 2: Gaelic prayer for inner peace:

Each morning and each evening
let the peace of the Father, be ours.

Each day and each night
let the peace of the Son be ours.

Each dawn and each dusk
let the peace of the Spirit be ours.

Let the blessing of the three in one be ours;
both now and forever.

Amen.

Carmina Gadelica

Rob Hughes' Home Worship files are available to download from [Home Worship – St Mary's Church Eccleston and St Mary's Church Pulford \(ecclestonchurch.org\)](http://HomeWorship-StMarysChurchEcclestonandStMarysChurchPulford.ecclestonchurch.org)

A 2nd Poem composed during a Silent Retreat.

Jeanette Howe has composed another lovely poem during a silent retreat she attended at Lee Abbey, Lynton, North Devon on March 22nd.



Figure 1 Lee Abbey Photo © Paul Buckingham (cc-by-sa/2.0)

Silent Retreat: Archeology of human existence. A walk through the Valley of the Rocks.

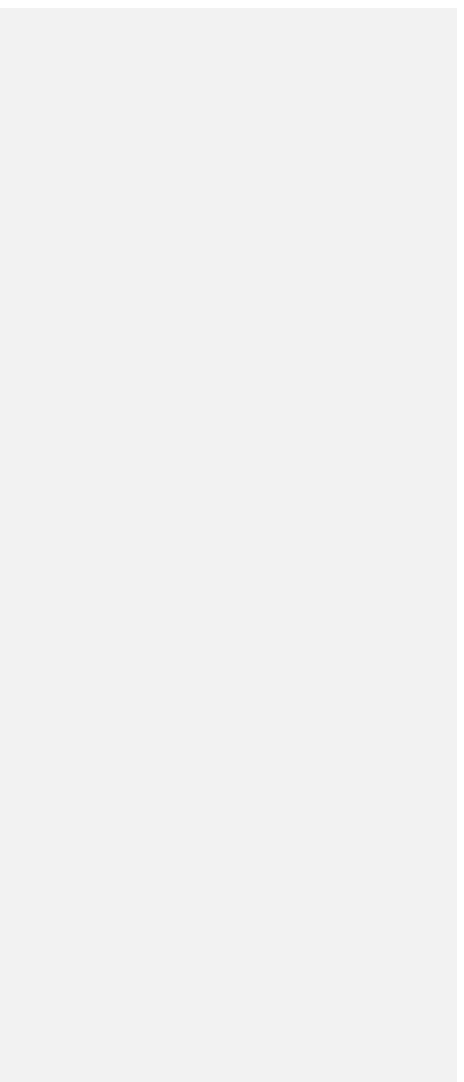
Dig beneath the surface
Beneath the noise, gadgets and all that overwhelms the senses
To Find silence

Excavate the layers of rock
That have grown to protect the core from disappointment,
pain and heartbreak
To find the mis- shaped self

Immerse the core
In the knowledge of God's love for His creation
To find gold;

God in you and me
You and me in God
The precious bonds that connect us with the God of
grace,
mercy
and love.

And there, out over the bay, I saw an eagle soaring.



Reflections

Meditations and thoughts to stimulate and stir disciples:

“Pray always to keep a joyful heart,
And thus preserve the anointing of the Holy Spirit”
(St Francis of Assisi – 12th Century)

“We have so much to learn,
But it can only be learned in prayer,
By the hours of vigil in the darkness alone with God,
Letting the eternal silence flow deep within us”
(James Roose-Evans – Priest and Theatre Director)

“What is believing?
Watching at home, till the time arrives for the welcome”
(Waldo Williams – Welsh poet)

“Angels can fly because they take themselves lightly,
Never forget that the devil fell by force of gravity.
He who has the faith has fun.”
(G.K. Chesterton – writer)

“Religion’s purpose is to give us the courage to spend and
expend one’s life creatively.”
(Don Cupitt – philosopher and theologian)

“There should be in the soul halls of space, avenues of leisure,
and high porticoes of silence, where God waits.”
(Jeremy Taylor – 17th Century Bishop)

“Man raises himself to God, by asking questions.
I pray to God that he will give me the grace
To ask him the right questions”.
(Elie Wiesel – Jewish novelist)

“Take not, O Lord, our literal sense,
But in thy great unbroken speech and halting metaphor
translate.”
(R.E.C. Browne – priest and writer)

“Man’s prayer is a trickle of language gathering to a reservoir
To be drawn by the thirsting mind in its need for meaning.”
(R.S. Thomas – priest and poet)

