

## A day in the life of John White

My life has relatively easily assumed anew 'normal' and has adapted to a different rhythm. The day still starts with the alarm, just a bit later, preceded by ever later bedtime, rarely before midnight.

### How does my new rhythm work in relation to reading, watching and keeping fit and healthy?

My day now always starts with Joe Wicks and PE, my grandsons always call immediately afterwards to check that I have taken part not a bad way to start the day. The spiritual day continues with Morning Prayer a calm moment of peace and Joy. Inevitably there is work to do both in my role as a consultant building services engineer and as a lecturer teaching remotely always a challenge but always a pleasure, I am very lucky.

### What am I reading?

I have just started reading Jenson Button's book 'How to be an F1 Driver' but I have a variety of part read books by my bedside; Soul Survivor by Philip Yancy, Yuval Noah Harari's 'Sapiens' (half read) 'Homo Deus' his follow up sits on the bookcase. Stephen Hawking's 'Brief answers to difficult Questions' I also have to hand on my desk Keith Moss's 'Heat and Mass transfer'. And then there is the building services engineering book sadly it is still in my head, one day!

### What am I watching?

Programmes with a construction theme or a car theme if I can get away with it! The Crown has been a recent binge watch, Death in Paradise is a go to staple.

### Keeping fit

The day starts with Joe Wicks, I have a treadmill a bike on a turbo trainer in the pain cave and my new ebike to enjoy out on the road my every move is monitored by my son and grandsons on 'Strava'

Evening Prayer provides an oasis of Peace in the evening. Long may virtual morning and night prayer continue. It's good to be busy and I am rarely bored with this new normal.

### What are you all getting up to?

If you would like to contribute to the back page, please email your answers to Sarah on [revsarahtodd@gmail.com](mailto:revsarahtodd@gmail.com) or give her a ring on 07534 720160

# St Barnabas

w/b April 19th  
2020

# Church Matters

## Hello to you all.

Welcome to this week's Church Matters Newsletter. This enlarged newsletter aims to keep church family in contact, share prayer requests, strengthen our discipleship and bring us closer together while we are unable to gather. If you are receiving this newsletter but aren't on the mailing list then please contact Sarah on 07534 720160 or [revsarahtodd@gmail.com](mailto:revsarahtodd@gmail.com)

## Sunday Livestream Worship Schedule

19th April 2020: Easter 1

### Live Stream on our Facebook Page

10.00 am

11.00 am

### All Age Worship on Easter Sunday

Zoom coffee

Meeting ID: 787 3973 5805

Password: 009824

7.45 pm

### Zoom Bible reflection and prayer with Hilary and Ian.

If you would like to join email [hilarypentycross@yahoo.com](mailto:hilarypentycross@yahoo.com)

Next Sunday: 26th April: Easter 2

1000 am All Age Worship

Sign up at:

[www.facebook.com/stbarnabasglos](https://www.facebook.com/stbarnabasglos)



## Reading for Easter I: John 20, 19– end

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. <sup>23</sup> If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."

But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe."

A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas answered him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe."

Now Jesus did many other signs in the presence of his disciples, which are not written in this book. But these are written so that you may come to

believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.

### Reflection

Have we personally met the Risen Christ? Would we recognise Him? Has He changed our lives?

This passage today leaves us with no doubt how to live "As the Father has sent me, so I send you." A huge responsibility to live like Jesus, a privilege to take on His work, as Disciples we are sent to do the things Jesus did, to follow in His footsteps, living with the mind of Christ. Of course we are not abandoned to figure this out for ourselves, we can walk boldly, telling of what He has done and is doing, we know His ways from the Bible, we know Him from His Spirit within us, we know He walks with us as a friend and as God.

We should not think we are not up to the task, these guys abandoned Him after He was arrested, denied Him, yet here He is sending them out into the world to represent Him, yes to represent the One they now recognised as God, in the words of Thomas, "My Lord and my God",

As God's people we are worthy to do His work, we know we can proclaim God's forgiveness of sin by repenting and believing in Him, we know this leads to life with Him now and always, we know through Him we have 'peace with God' and in the present uncertain

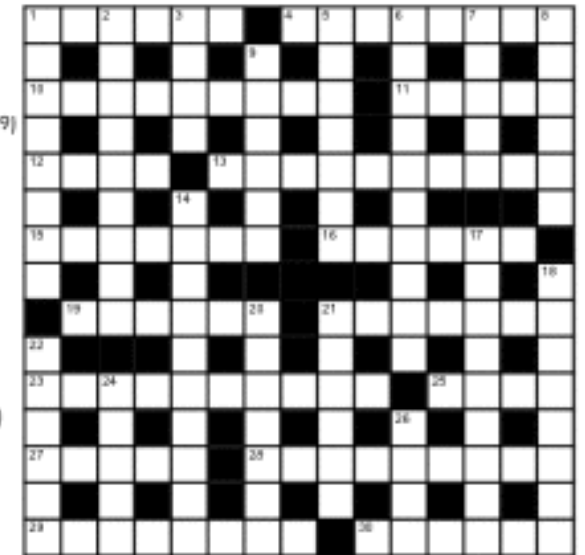
## BIBLE CROSSWORD I

### Across

- 1 An ancient weight (6)
- 4 Seemed (8)
- 10 New Testament book (9)
- 11 Unit of length (5)
- 12 '...it is a \_\_\_\_ thing the king requireth' (Dan 2:11) (4)
- 13 Contemplation (10)
- 15 Abigail supplied David with one hundred clusters of these (7)
- 16 A son of King David (6)
- 19 Concurred (6)
- 21 Light sources (7)
- 23 Propitiations (10)
- 25 A false god (4)
- 27 Gather (5)
- 28 Abimelech was hit by this (9)
- 29 Instructors (8)
- 30 Hastily (6)

### Down

- 1 Skilled animal workers (8)
- 2 Inspiring (9)
- 3 Compass point (4)
- 5 Intense emotion (7)



by Philologus

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- 6 The words of Jeremiah said not to listen to these (10)
- 7 Jewish leader (5)
- 8 'He is proud, knowing nothing, but \_\_\_\_ about questions and strifes of words...' (1 Tim 6:4) (6)
- 9 Bread makers (6)
- 14 In this year of King Nebuchadrezzar's reign, Nebuzaradan arrived in Jerusalem (10)
- 17 Ancient city of Og, King of Bashan (9)
- 18 Stringed instrument (8)
- 20 Joseph, perhaps? (7)
- 21 Tiny amount (6)
- 22 Jesus did this with authority (6)
- 24 Last letter of the Greek alphabet (5)
- 26 Province of the Roman Empire (4)

# News

**Coronavirus - Stay at home but continue to pray, to love and to care for the vulnerable.**

**Sarah's Licensing** - Sarah is going to be licensed as Vicar of St Barnabas Tuffley and Priest in Charge of St Katherine's Matson on Monday 27th April at 6pm. This will be a private legal service on Zoom attended by the Bishop, Archdeacon and Churchwardens only. Given the current challenges, it was felt wise to bring the licensing forward. However as soon as we can safely do so, we will gather for a special induction service to celebrate the ministry of the whole church. Sarah will be on leave from Monday 20th April - Sunday 26th April inclusive. Please pray for her - and we will celebrate together on Zoom at some point in the week after the licensing!

**The Church Office** - Although the Office is closed, Marge is working from home and is happy to answer any of your questions if she can! The "opening" hours are the same Tues and Thurs 10-12.

**Barnabas Buddies** - Given the current government guidelines we are aware that many of our immediate congregation and those who benefit from our organisations will miss the regular contact and experience of being amongst a community. We are hoping a regular 'Barnabas Buddy' system can be set up in conjunction with already existing visiting arrangements, but all now on a totally phone based operation. If you or anyone you know in the parish feels you could be a phone buddy or you know of someone isolated, lonely and in need of a chat then please call Katherine the churchwarden on 528508 or email [katherine@katherinekear.co.uk](mailto:katherine@katherinekear.co.uk).

**Daily Prayer and Worship** - Daily prayer will live stream on the Facebook Page at 10.00 and 21.00. Prayer changes things - and your prayers matter. Worship will be live streamed on Facebook each Sunday at 10.00. If you need help in getting onto social media to get connected, please ring Sarah on 07534 720160. If you can't access these, or indeed even if you can, you are invited to pray the Lord's Prayer together at 09.15 and 21.15, beginning and ending the day in prayer together. There are also prayers for home use included in this news sheet.

**Finance Matters** - Like many churches, charities and other organisations, St Barnabas is facing serious financial challenges. Whilst we believe that God will provide for our needs we rely on giving from our church family, grants and donations from others to continue our ministry here in Tuffley, White City and Robinswood. We don't receive any money from the government. We will be looking at ways to make giving easier on line, but if you aren't a member of the parish giving scheme, could you consider giving electronically? If so, our e-banking details are: HSBC, St Barnabas Church PCC Sort Code: 40 43 42, Account Number 91283383

times I am sure we have become more aware we have 'The Peace of God' and we have the great comfort of knowing that not only are we sent by Him, but we that we walk with Him

So would we recognise Him? Have we personally met the Risen Christ? Has He changed our lives? Amen

Dave Stevens Pioneer Lay Minister

## **Farewell from our Curate Sarah**

So my curacy at St Barnabas has come to end. The last 3 and half years have been an incredibly special time. However they have ended in a way which I couldn't have imagined when I arrived in June 2016!

I want to say a huge thank you for all the support you have given me throughout this time. Curacy isn't necessarily the easiest of times and I feel incredibly blessed to have served it at St Barnabas. Janet was a careful and caring training incumbent who taught me an awful lot. I also learnt a great deal from each of you and my curacy portfolio was all the richer for the time and experiences you so generously shared with me

I can't even start to pick out highlights as there is so much to celebrate. Any future curate will be blessed to serve here and thank you so much for your commitment to remain a place where people can explore, discern and develop vocations of all sorts both lay and ordained.

So now it is time for me to say goodbye as your curate. God bless you all and I pray that we remain expectant and trusting,

that the God who walks with us through the valleys, mountains and wildernesses of life will always be with us As recent months have shown us we can't know what lies ahead, but as we have also learnt in recent months even in the most challenging of times God will bless our faithfulness and our willingness to step out and share the good news of Jesus afresh in this generation.

*Sarah*



Please pray...

#### For our Church family and the wider Church:

- Those in our family who don't have the technology to stay connected to their families and the Church family at this time.
- Sarah as she is preparing for her licensing a lot earlier than expected...see the News for more details.
- Those involved in the ministry team who are helping keep the Facebook live streams up to date.

#### For our community and the world:

- The Diocesan Board of Education Team, Rachel Howie (Director), Jo Munn, Fay Price, Clare Woodman, Rowan Scott-Berry, Sarah Major (Jumping Fish), Debbie Helme, Linda Rolfe, Rob Stephens, David Williams, Bishop Robert Springett (Chair).
- That we will find new depths to our personal spiritual growth during this time.

#### For the Covid 19 pandemic

- The Government as they look at how best to lead the country during the Pandemic.
- All frontline staff, Police, Firefighters and the NHS Volunteers as they work together to support the NHS and our communities.
- Those who are caring for the bereaved in different ways to how they are used to.

#### For the sick and the bereaved

- Those who are self isolating and those who are supporting them.
- The sick: Janet, Richard, Colin, Tim, Mick, Joan, Noel, Julia, Rachel, Christopher, Ray, Ruby, Clare, Kay, Peggy, Mary, Ann, Phil
- Those who have died: June James, Susan Hiam, Mary Jordan, Leslie Wisdom, Mary Carter, Bridget Stevens, David Butler, Jenny Perry and those who grieve.

Parish office: CLOSED to the public  
office@stbarnabasgloucester.org.uk

Revd Sarah Todd (Curate) 07534 720160 stbarnabascurate@gmail.com

Myra Bowen - Davies (Churchwarden) 302508 myrabowendavies@me.com

Katherine Kear (Churchwarden) 528508 katherine@katherinekear.co.uk

#### Prayers at home A short service at any time of day

*You may wish to light a candle and have some reflective music playing in the background*

The Lord is good, a strong refuge when trouble comes. God is close to those who trust in him.  
Nahum 1.7

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Today I am feeling (*name how you are feeling*) because (*name reasons why*)  
Help me to remember you love me and are with me every day.

**Amen**

Lord Jesus Christ, you said to your disciples, "I am with you always". Be with me today as I offer myself to you. Hear my prayers for others and for myself, and keep me in your care.

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

I am giving you worship with all my life,  
I am giving you obedience with all my power,  
I am giving you praise with all my strength,  
I am giving you honour with all my speech.  
I am giving you love with all my heart,

I am giving you affection with all my sense,  
I am giving you my being with all my mind,  
I am giving you my soul,  
O most high and holy God.  
Praise to the Father,  
Praise to the Son,  
Praise to the Spirit,  
The Three in One.

God of compassion, be close to those who are ill, afraid or in isolation. In their loneliness, be their consolation; in their anxiety, be their hope; in their darkness, be their light; through him who suffered alone on the cross, but reigns with you in glory, Jesus Christ our Lord. Amen.

Gracious God, give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure. Strengthen them with your Spirit, that through their work many will be restored to health; through Jesus Christ our Lord. Amen.

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen