

## Weekly Notes for Sunday 28 March 2020

Good afternoon everyone.

I do hope you are all keeping safe and well. Matthew and I are doing well. Matthew is working from home and I am loving having him home. Not sure he feels the same! Bill & Elspeth are well. They are staying in their own flats full time now so we won't see them at the weekends for a while – wasn't an easy decision to make but the safest given the current circumstances. But thank God for modern technology to help us keep in touch!

Please get in touch with any of the elders if you need support or a chat.

I have lots of interesting updates for you...

- Everyone can find the latest e-edition of Contact through the church website. Just go to [sawstonfreechurch.org.uk](http://sawstonfreechurch.org.uk) and click on the link "Contact magazine". We're just considering if actually this is the better way to publish Contact currently. Or is the paper copy better? Please let me know your thoughts.
- How did you find the URC worship last Sunday morning? Feedback via me or direct to the URC will be really helpful. If you would rather listen to this on CD with a printed order of service, please let me know ASAP.

Alternatively, some individual churches are doing their own thing on Sunday mornings ...

### **Linton Free Church (Chris Kemshell's church)**

Chris has offered us a warm welcome to his church's online services.

Visit [www.lintonfreechurch.org.uk/c19](http://www.lintonfreechurch.org.uk/c19) for more info.

### **Crossway Church URC (Jacob Bali's church)**

Jacob has invited us to have a listen to his sermons on <http://www.crosswaychurch.org.uk/>

From our Synod Moderator (and SFC's Interim Moderator) Paul Whittle ...

- Paul's regular blog which offers a variety of brief reflections on being the church - <http://gettingthechurchsorted.blogspot.com/>
- Paul is planning to post a brief video broadcast on YouTube two or three times a week. He has uploaded two so far – just click on [https://www.youtube.com/channel/UCOisCXiElqiJSYoq\\_EoIF8w](https://www.youtube.com/channel/UCOisCXiElqiJSYoq_EoIF8w)

They are well worth a visit.

### **For Families at Home**

**Roots** (publisher of resources for Junior Church) are providing free downloads. The links to these are:

<https://www.rootsontheweb.com/lectionary/2020/106-march-april-2020-a/lent-5/adultsathome>  
<https://www.rootsontheweb.com/lectionary/2020/106-march-april-2020-a/lent-5/familiesathome>

### **Sing together**

<https://www.worshipworkshop.org.uk/songs-and-hymns/hymns/father-i-place-into-your-hands/>

**Read together** (a paraphrase of psalm 18 taken from Psalms for Children)

*God is like a rock  
Strong and powerful  
God is like a warm, dry place during a storm*

*He protects me from  
things that might hurt me  
When I ask for Gods help  
I feel safe*

**Make together**

Decorate a Stone or pebble hopefully there will be some in the garden. It is helpful to have something to hold onto when we are praying and the stone is physical reminder of God's presence, a symbol of God being the spiritual rock we hold on to.

**Pray together**

Lord, when it is hard to believe you are there, Jesus, help me.  
When you feel a long way away  
When I feel sad...  
When I feel alone...

Thank you, Jesus, that we can believe in you,  
and trust you when life is difficult.

Amen

**A Prayer** written by Ian Fosten and published in "Ordinary Time", the 2013 Prayer Handbook.

You seek us out and you find us wanting

- wanting an answer
- wanting hurt to be removed
- wanting peace in place of strife
- wanting to know what the future holds
- wanting brokenness to be made whole
- wanting a cup of suffering to be taken from us
- wanting you to hear our cry and come to save us

.... and God says, 'I know your wants  
and I know what you need. And now  
will you listen to me?

For the Kingdom, the Power  
and the Glory are within you  
and among you now and for ever.' Amen.

Keep safe.

Best wishes,

Maggie