

St Paul's Methodist Church, Crawley
Extraordinary Times
a magazine to help us through COVID-19
Issue 31 **October 25th 2020**

From the minister...

We continue to press forward cautiously in the light of the new three tier system for local lockdowns. According to Government regulations churches are still permitted to remain open for worship regardless of which tier our region is placed in: but I am advised by our District chairman that if we are raised to tier 2, our leadership team should carefully consider whether to suspend services. If (God forbid) we find ourselves in tier 3, then I think we would almost definitely have to call a halt to our Sunday morning services, though having established live streaming of services we may be able to continue on Facebook.

But for now our services continue, and it has been great to welcome you back to church in recent weeks if you've felt confident in attending. We shared in our first communion service on October 4th but, reflecting on the experience, some of you felt nervous about sharing in the Lord's Supper in the way we normally do, in case there is any risk of cross infection. So we have decided that at our next communion service on Sunday November 1st we will play it ultra-safe by using communion cups.

So what are these "communion cups"? Well think back to the days before Costa and Nero, to simpler times before we all started drinking Italian style coffee. Think back to a time when you went into a café and were not presented with a dozen different options, many of which have odd sounding names which explain little about what you are ordering (Flat White, anyone? Cortado?). Think back to the time when you went into a café and simply asked for a coffee. You would be presented with at most three alternatives for this, eg. "Filter", "Instant" or "Milky". In many cafes you wouldn't even get these options, you'd just be presented with a lukewarm cup of "Mellow Birds" along with a tiny plastic pot of UHT milk. Yum!

Well the new Covid-friendly "communion cups" look almost exactly like those little pots of milk. Which is fine if you are a "Millennial" and have no reference points from before the turn of the 21st century: but for the rest of us it will feel strangely familiar and out of context as you enter church on the morning of Sunday November 1st. You will find a tray of what appear to be UHT milk pots on a table either in the foyer or just inside the sanctuary door – please help yourself to one as you go in.

At the point in the service where we receive the bread and wine we will each open our pot, which as it turns out has a double lid. Inside the first lid (which is transparent) is a tiny wafer, and we will eat these all together from our socially distanced seats. Under the second lid, in the main part of the pot, is a small quantity of grape juice; which again we will all receive together.

So it will be different. We won't be coming forward for the Lord's Supper, but this is good because we can maintain social distancing. There won't be any common loaf or communion glasses laid out on the table: and your personal

communion cup will have been touched by no one other than yourself. In this way we can have a totally Covid-friendly communion service; and I hope this is a reassurance to anyone who is thinking of attending but is apprehensive about the implications of breaking bread together.

Our plan is to continue with using communion cups in our sacramental services for the time being, in order that everyone might stay safe and best practice be maintained in these uncertain times.

Please note that, unfortunately, the wafers included in the cups are not gluten free. So, for those of you for whom this is an issue, please remember to bring your own personal piece of gluten free bread with you, to keep about your person. Stay safe everyone and I look forward to seeing you soon

God bless, *Ralph*

In your prayers

Pray for people who have been forced into debt as a result of the Covid-19 pandemic, as they struggle to pay their bills and feed their families.

Reset the Debt is a report by the Baptist Union of Great Britain, the Church of Scotland, the Methodist Church, the United Reformed Church and Church Action on Poverty which suggests ways to give families a fresh start. You can read the report here <https://resethedebt.uk/>

Continue to pray for Geoff Ridgway, for Jean and Geoff and for others you know who need prayers at this time.

Send your prayer requests to ask.stpauls@gmail.com

Permission must be received from a person before their name is put on the Church prayer list

What's On

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| Sun 25 Oct | 10:30am Worship with Rev Clive McKie |
| Sun 1 Nov | 10:30am Worship with Communion with Rev Ralph Ward |
| Sun 8 Nov | 10:30am Remembrance Sunday with Deacon Irene Tafirenyika |
| Every Wed | 7:30pm Online Alpha course with Rev Ralph |

Please remember



Last chance to donate to our Harvest offerings

This Sunday is the last that there will be a basket ready for your Harvest offerings by the door as you leave the sanctuary at the end of the service.

The money raised will be split equally between the *All We Can* appeal for victims of the Beirut explosion and, more locally, *Christians Against Poverty*.

If you're not coming to services, please consider making a donation directly to the Beirut Explosion Emergency Appeal on the *All We Can* website

<https://www.allwecan.org.uk/give/current-appeals/beirut/> or to *Crawley Christians Against Poverty* at <https://www.crawleycapcentre.org/donate>

Remembrance Sunday, 8th November

Our Remembrance service will be led by Deacon Irene. This year we won't be showing the Cenotaph service and cannot do as we have before by inviting the congregation to come forward to light candles in memory of their loved ones. However, we would like you to send in your own prayers, or the name of someone you wish to remember, which can be used during the service. Suggestions for suitable readings would be welcome too. Please send your contributions to me or to ask.stpauls@gmail.com *Joyce Jordan*

The House of Good – the value of churches to the economy

Methodist churches were amongst those who submitted evidence to this report from the National Churches Trust which estimates the total economic and social value that church buildings generate in the UK to be at least £12.4 billion per year. Read more here <http://ow.ly/zaTJ50BXGVC>



THE
**HOUSE OF
GOOD**

Love in a Box Shoebox appeal 2020

If you are intending to join with Trinity Church in this year's Shoebox appeal, here's a reminder of how it will work. The leaflet (either attached to email, or on paper for people who receive the newsletter by post) gives you ideas for what you might include in your shoebox this year. The label should be printed out, completed and attached to your box as usual. Please note the big change this year, which is that you should seal your box prior to collection, and the £4 contribution should be brought separately (not placed inside the box).

"Shoebox Sunday" is November 15th at Trinity. Carol and Martyn Ofield have kindly offered to collect the boxes from St Pauls and deliver them to Trinity on this date. So please make sure that if you would like to offer a shoebox filled with toys for a child in Moldova this year, you must have it at St Pauls ready for collection by the morning of November 15th. If you have any questions please email Ralph direct on rphwrd@gmail.com or ring on 01342 325877.

New Welcome Hall stewards' team

When you arrive at St Paul's for worship you will be greeted by some new faces on the team of stewards as the three older members of the previous team have decided it's time to stand down. The people who have offered to form the new team are Eddie, Chona, Tunde, Lindelee and Leonie. As well as giving you a warm welcome, they are responsible for registering you on arrival and making sure all the Covid rules are being observed. If you'd like to join the team, and you are not in a vulnerable group yourself, please tell Eddie Madakudya, the new team leader, or email ask.stpauls@gmail.com *Joyce Jord*

Somerset Apple Cake

Here's a great way to use some of this year's apple harvest. This traditional West Country cake is delicious eaten warm with cream or custard.

Ingredients

- 110 g (4 oz) butter
- 175 g (6oz) soft brown sugar
- 2 eggs, beaten
- 225 g (8 oz) plain flour
- 1 tsp mixed spice
- 1 tsp cinnamon
- 2 tsp baking powder
- 450 g (1 lb) apples, peeled, cored and chopped
- 3-4 tabs milk
- 1 tab clear honey
- 1 tab demerara sugar



Method

- Pre-heat oven to 170°C/325°F/Gas mark 3
- Grease and line a deep 18 cm (7inch) round cake tin
- Cream the butter and sugar together until pale and fluffy. Gradually add the beaten eggs, beating well after each addition.
- Add the flour, spices and baking powder and mix well.
- Fold in the apples and enough milk to give a soft dropping consistency.
- Turn into the prepared tin and bake for 1½ hours until well risen and firm to the touch. Turn out onto a wire rack to cool.
- While still warm, brush the top with the honey and sprinkle with the demerara sugar.

Pictures please

It's going to be a colourful Autumn this year so if you take pictures when you are out and about, or in your garden, please send them to ask.stpauls@gmail.com so we can all . This one is of the autumn colours on the Wey and Arun canal.



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Prayer requests & newsletter items ask.stpauls@gmail.com

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