



Church of King Charles the Martyr
NOTICES
Sunday 23 June 2020
3rd Sunday after Trinity

**Trust in the Lord with all you heart
and lean not on your own understanding;
in all your ways acknowledge him,
and he will direct your paths.**

Prov. 3:5-6

It seems that our landscape is changing rapidly at the moment, just as we are adjusting to one way of life things start to change. The wardens and I thank you for your patience whilst we navigate these new ways of operating.

Reopening for Worship

On Tuesday 23 June we heard that we will be able to open for public worship from 4 July.

Whilst this this is good news I ask that we move forward with caution and await further information and guidance from both the government and the Church of England about how we enable this to happen at KCM – at the time of writing (Thursday 25 June) we have had no guidance from either the Government or the Church of England about ‘how’ we safely do this. The Wardens and I are planning within the best of our ability and hope to have more information for you ASAP.

The press release from the Church of England (22 June 2020)

(<https://www.churchofengland.org/more/media-centre/news/reopening-church-buildings-public-worship>) recognises that

“We will not be returning to normality overnight - this is the next step on a journey. We’ve been planning carefully, making detailed advice available for parishes to enable them to prepare to hold services when it is safe and practical to do so. It is important to say that the change in Government guidance is permissive, not prescriptive.

...Not all church buildings will be ready to hold regular services from July 4th, but we are providing whatever support we can to enable them.

“There will still be restrictions and we must all still do everything we can to limit the spread of the virus to protect each other, especially the most vulnerable. The online services and dial-in worship offerings we have become used to will continue.”

Whilst many of us are keen to get back to church for worship there will be some for whom this is not yet possible because they are still shielding, are in quarantine or are concerned about coming out. We must continue to remember them in our prayers and consider how we continue to support them with online services and contact from the church members until they are able and happy to return to us.

Those who are shielding will be doing so until the end of July when shielding will be “paused”, and many will not wish to return until there is a vaccine.

On the other hand we should also be mindful of those who are keen to come back but for whom it is not a good idea. We all have a duty of care to one another and I ask that you speak to those for whom you have care who might not be aware of the risks of being out in public too soon.

There will be a lot of work to do, both in terms of risk assessments and thinking how we do this safely, as well as the physical work of moving chairs and making the church building usable within the restrictions. I ask that you support the wardens in doing this.

Helen is shielding so the majority of the work is falling on Phil’s shoulders so please do offer your support to him.

It is unlikely that we will be able to return to two services on a Sunday morning until after the summer, therefore for the time being we will continue with the 930 Live stream from the Vicarage and the webcast that is posted on the webpage. Enabling the streaming of services and worship from the church building is another challenge that we will face in the coming weeks as we work out how we can worship together.

There is no advice on how and when we might reopen our halls and allow our community groups to meet again.

Please continue to hold all those making decisions about our community and church building in your prayers.

Opening the Church for Private Prayer

We are really pleased that we will be able to open the church doors to the public will be this Sunday (28 June) 2-4pm.

You will be asked to sanitise your hands as you enter and leave, to sign in so that we can help NHS Trace and Test if needed (these details will be held for 21 days in accordance with the protocols that have been produced for businesses). Entrance will be through the north porch from the car park and out onto the vicarage drive. At the moment there is no access to the halls or toilets in the building and the car park won't be open – please park on the vicarage drive if you come by car.

I have been asked why we are only opening on a Sunday afternoon – this is a trial to see if we are able to do this safely and with due consideration to all the things we need to be aware of. Once we see how this works we will be able to ask those who are able to volunteer if they are able to offer further hours to enable the church to be open.

If you would like to volunteer to Church Watch, I would be delighted to hear from you but please be aware that if you have been shielding, in quarantine or following government guidelines due to your health we would ask that you refrain from offering – we want to keep everyone as safe as possible.

Our thanks must go to all those who have enabled this to happen, especially our wardens Phil and Helen, John R and Laura our cleaner.

If you visit you will notice that the baptistry is temporary home to goods for the food bank – they are still in need of permanent indoor storage – please keep praying that a solution to this dilemma is found.

We are really in need of someone to design posters for our new notice boards – if you have any skills in this area I would love to hear from you, please do be in touch.

As always please do read all the way through – I know that there is a lot of information contain herein and some you may have seen before but it may be relevant to you this week when it wasn't last! As I said, things keep changing!

*Revd Atalie
Thursday 25 June 2020*

Notices

How has this time affected your spiritual life? How is your prayer life? Research suggests people are praying more and tuning into online worship. One of the great things this time has opened up for some people is that home is a place for prayer. There are resources at the end of this notice sheet to help you. Try to find a few moments each day to be still and say, 'God, here I am, hear my prayer'. Then say whatever you wish, or read aloud/silently a written prayer, or say the Lord's Prayer, or simply be silent. Consider joining or setting up a Bible Fellowship or prayer group.

Opening our Church for private prayer. This Sunday 28 June we will open the church to the public for private prayer between 2-4pm.

Remember, we are easing lockdown, but the virus is not easing up. It is great to be able to socialise more, to be able to go to shops and, soon maybe, even a pub or restaurant, but take care and be wise. Social distancing and washing your hands are still keyways to prevent the spread of the virus.

Zoom Coffee at 1030 on Sunday Would you be interested in having coffee on Sunday morning at about 1030? We have been trialling zoom Coffee – just for half an hour 'between' the services. Do let me know by text or email if you would like to join us and I'll send you the link to join us. Perhaps zoom isn't your thing but you would like to have a chat on the phone with someone after church. Let me know and we'll see if we can hook people up with others. *Revd Atalie*

Black Lives Matter At KCM we are keen to treat everyone equally and to be aware of our own short comings in caring for all people but especially those who are treated differently because of their skin colour or ethnicity. Margaret Pritchard-Houston who is the Diocesan Children's Ministry Enabler (@StAlbansCME) suggests these as useful resources for talking to our children about race and ethnicity.

<https://wendyclairebarrie.com/2017/08/23/talking-with-our-children-about-race/>

<https://christinevhides.com/2020/06/01/talking-about-race-and-racism-with-children/>

Readers for services I am hoping to have more voices in the online services and webcasts – please do let me know if you would be happy to record a reading or to lead intercessions. All you need is a camera phone, the ability to record a video and to email or Whatsapp it to me. *Revd Atalie*

How to create a face covering. If you are creative and able to sew you can make your own face covering – this is Shelia from St Andrew’s Bedford (my curacy church) demonstrating how easy it is.

https://www.youtube.com/watch?v=86Sum9rMkvU&feature=youtu.be&fbclid=IwAR3GrBuY_Al8mqsmvfF8hAulVlrvlGVMKyCcQkHgblyzxNRU8y4iANFpg8s

Church Giving The finance committee are investigating new ways of giving and hope to have a text to give and button on our website set up shortly.

If you already give please do review that what you are giving is still a viable level of giving for you and be encouraged to adjust it accordingly.

If you give regularly using the envelopes please keep that money aside until we can meet again or let Revd Atalie know and we can arrange to collect it.

If you are not already giving to the church, please do consider doing so. Even a small amount each month will help us to plan effectively for the work and mission of this church in the future.

If you would like to set up giving regularly using the Parish Giving Scheme (PGS) Steve Jones, PCC treasurer would be delighted to talk to you about setting this up.

Are you creative or good at designing posters? The process for the new notice boards for the front of church is moving along and we need to design the new ‘posters’ that will go in the frames to tell passers by what is going on.

There are at least 18 different posters that we will need designing telling people about the services, café etc. If you have a visual eye Revd Atalie would be very pleased to hear from you.

Food Bank Whilst we as a community are supporting the Foodbank by offering temporary storage space in the church they are still in need of regular donations, especially of personal hygiene items: **Nappies up to 1 year old, Cooking oil, washing powder, liquid & capsules, washing up liquid, hand soap and hand sanitizer, tooth brushes and tooth paste, general personal hygiene products.** <https://pottersbar.foodbank.org.uk/>

The box is outside the vicarage if you have donations.

Thank you for all that you have donated thus far.

Please leave donations at the Vicarage by 10am on a Saturday morning.

Prayer

If you or someone you know is in need of prayer please contact Revd Atalie to have a chat and for your name to be added to her private prayers or to the list that is published each week.

Please pray for ALL members of our community, especially:
Those who live in: Clive Close, Cranborne Close, Cranborne Crescent.
Anniversary of death: Peter Howe, Edie McBay, Charles Notley

Please pray for members of our church family.
Especially those children and teachers who are back at school, and those for whom that won't be a possibility until September. For all those who have worked tirelessly for the over the last three months without a break to keep services going.

My funeral plans. Funerals can be on our minds for all sorts of reasons. If you are thinking about sorting out your own funeral service plan, this webpage from the Church of England offers guidance on how to do that, and how it can really help your family when the time comes. If you would like to talk this through, please call Revd Atalie for a chat.

<https://www.churchofengland.org/life-events/funerals/my-funeral-plans>

Virtual Fellowship, Bible Study and Prayer Groups.

We have a Virtual fellowship and Bible study group be led by Gary Dakin on a Monday morning online.

If you would like to join this group please contact Church Warden Helen churchwarden2@kcm-church.org.uk for joining instructions.

If a morning group doesn't work for you, when would? We are looking to set up several groups.

OR would a **small prayer group** be more your thing? Please do contact Revd Atalie if you would like to join these groups or be interested in taking the lead to help get them off the ground.

Readings for Trinity 3

Collect

God our saviour,
look on this wounded world
in pity and in power;
hold us fast to your promises of peace
won for us by your Son,
our Saviour Jesus Christ.

Genesis 22.1–14

22 After these things God tested Abraham. He said to him, 'Abraham!' And he said, 'Here I am.' ² He said, 'Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt-offering on one of the mountains that I shall show you.' ³ So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac; he cut the wood for the burnt-offering, and set out and went to the place in the distance that God had shown him. ⁴ On the third day Abraham looked up and saw the place far away. ⁵ Then Abraham said to his young men, 'Stay here with the donkey; the boy and I will go over there; we will worship, and then we will come back to you.' ⁶ Abraham took the wood of the burnt-offering and laid it on his son Isaac, and he himself carried the fire and the knife. So the two of them walked on together. ⁷ Isaac said to his father Abraham, 'Father!' And he said, 'Here I am, my son.' He said, 'The fire and the wood are here, but where is the lamb for a burnt-offering?' ⁸ Abraham said, 'God himself will provide the lamb for a burnt-offering, my son.' So the two of them walked on together.

⁹ When they came to the place that God had shown him, Abraham built an altar there and laid the wood in order. He bound his son Isaac, and laid him on the altar, on top of the wood. ¹⁰ Then Abraham reached out his hand and took the knife to kill his son. ¹¹ But the angel of the Lord called to him from heaven, and said, 'Abraham, Abraham!' And he said, 'Here I am.' ¹² He said, 'Do not lay your hand on the boy or do anything to him; for now I know that you fear God, since you have not withheld your son, your only son, from me.' ¹³ And Abraham looked up and saw a ram, caught in a thicket by its horns. Abraham went and took the ram and offered it up as a burnt-offering instead of his son. ¹⁴ So Abraham called that place 'The Lord will provide'; as it is said to this day, 'On the mount of the Lord it shall be provided.'

Psalm 13

- 1 How long will you forget me, O Lord; for ever? •
How long will you hide your face from me?
- 2 How long shall I have anguish in my soul
and grief in my heart, day after day? •
How long shall my enemy triumph over me?
- 3 Look upon me and answer, O Lord my God; •
lighten my eyes, lest I sleep in death;
- 4 Lest my enemy say, 'I have prevailed against him,' •
and my foes rejoice that I have fallen.
- 5 But I put my trust in your steadfast love; •
my heart will rejoice in your salvation.
- 6 I will sing to the Lord, •
for he has dealt so bountifully with me.

Romans 6.12–end

¹² Therefore, do not let sin exercise dominion in your mortal bodies, to make you obey their passions. ¹³ No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. ¹⁴ For sin will have no dominion over you, since you are not under law but under grace.

¹⁵ What then? Should we sin because we are not under law but under grace? By no means! ¹⁶ Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? ¹⁷ But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, ¹⁸ and that you, having been set free from sin, have become slaves of righteousness. ¹⁹ I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification.

²⁰ When you were slaves of sin, you were free in regard to righteousness. ²¹ So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. ²² But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. ²³ For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Matthew 10.40–end

⁴⁰ ‘Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. ⁴¹ Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; ⁴² and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.’

Post Communion

O God, whose beauty is beyond our imagining and whose power we cannot comprehend: show us your glory as far as we can grasp it, and shield us from knowing more than we can bear until we may look upon you without fear; through Jesus Christ our Saviour.

Music for Sunday 28 June

The Third Sunday after Trinity (Feast of Peter and Paul)

Hymn: How Great Thou Art

Hymn: Jesus Christ is waiting

Hymn: And can it be

Anthem: Lord of all hopefulness (Archer)

Looking forward

80th Anniversary of the Dedication of the Church Building 2021.

We are starting to look towards our 80th Anniversary in 2021. We will celebrate over the weekend of **Saturday 10 and Sunday 11 July 2021** and need your help. I have had *one offer of help* but we need more if we are going to make this weekend a success.

Revd Atalie

How does your garden grow?

Please do capture with a photo or a picture anything creative that you are doing during this lockdown period. It would be lovely to be able to share those things that we have been doing whilst we are apart. I hope that we can share them in an exhibition when we are able to return to church.

How to access services at KCM

Live streamed services. To access the live streamed Eucharist on Facebook **Sunday at 9.30am and Tuesday at 10am.** You **do not** need to have a Facebook account to access these – if you go to the church website www.kcm-church.org.uk and click on the link at the top of the page it will take you to Facebook and once you are on the Facebook page you will be able to click on the LIVE streaming or watch the services from previous weeks.

Orders of service and Hymn words can be found on our website in the News and Notices section on the left-hand side of the home page.

Keep an eye on our social media

Youtube <https://www.youtube.com/channel/UCbHtNFKZaN7fHVIkIL2tYUQ>

Facebook <https://www.facebook.com/KCMChurchPottersBar/>

Twitter <https://twitter.com/home?lang=en-gb>

BBC Daily Service

If you are a Radio 4 listener who will know that each day at 9.45 the BBC broadcast a daily service. Christian worship with Bible reading, prayer and music.

Several of our congregation have been in contact with them to ask them to publish the list of hymns that they will be using each day so that they can have their hymn books ready and sing along – they have been fruitful and these are now published in advance. If you would like a copy of the words please contact Peter Sansom who is happy to distribute them.

Listen Live on DAB

The Daily Service is available on a Radio 4 DAB side channel which is automatically made available about a minute before the programme begins. After tuning to Radio 4 DAB, select "Daily Service" (from your display) with the tuning wheel and press the selector button.

On some radios the side channel can be stored on a preset button and once it is stored there you simply need to press the preset. We recommend choosing a well established brand of DAB receiver.

Daily Hope Freephone Telephone Service 0800 804 8044

Daily Hope is a **free** national phone line as a simple way to bring worship and prayer into people's homes. It offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line. The call is free and is available **24 hours a day on 0800 804 8044**

Online options from the Church of England

Other options available include [Prayer During the Day and Night Prayer](#), updated daily, from Common Worship, and a recording of the Church of England [weekly national online service](#).

Prayer During the Day and Night Prayer audio are available on [Soundcloud](#) and via the Church's free [Time To Pray app](#).

Readings for next week: 5 July 2020 Trinity 4

Genesis 24.34–38, 42–49, 58–end, Psalm 45.10–end, Romans 7.15–25a

Matthew 11.16–19, 25–end

How to stay in touch

We have a KCMfamily WhatsApp group for information about the church and a KCMjokes WhatsApp group to share the more light hearted jokes and things that we wish to share – if you would like to join either of these groups please contact the wardens with your mobile number to be added.

Whilst there is no staff presence in our office please send all notices to Revd Atalie Gaines vicar@kcm-church.org.uk by 12noon Wednesday.

Contact details:

The Vicar

The Reverend Atalie Gaines

Rest Day: Friday

01707 661266 / 07423 586915

vicar@kcm-church.org.uk

Please email the relevant person or call the vicarage if you need assistance and we will get back to you as soon as we are able.

All email addresses are xxx@kcm-church.org.uk

Church Warden

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Church Warden &

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www.kcm-church.org.uk



King Charles the Martyr Church Potters Bar



@KCM_PottersBar

Where to get help

It's Ok to say... if you are not feeling ok, or right or just feeling out of sorts. There are lots of way to get help - below are just some of the organisations that can help. If you are not feeling great please pick up the phone and ask for help.

The Church of England has published this support for our mental health.
<https://www.churchofengland.org/faith-action/mental-health-resources/supporting-good-mental-health/supporting-good-mental-health>

The Samaritans 116 123 <https://www.samaritans.org/>

Childline 0800 1111

Silverline 0800 470 80 90

Domestic Violence Hotline 0808 2000 247

MIND 0300 123 3393

Age UK 0800 169 6565

