

Returning to the church for Worship

Public worship will restart at KCM on **Sunday 12 July 1030** – which is a good date to return as it is our 79th dedication festival. Throughout July and August, we will meet at 1030, as we usually would throughout the summer, and we will review the situation for September.

The same basic principles of physical distancing, hygiene and safety will apply and a distance of 2m will affect the number of people that we can safely sit in the main church building.

Entrance will be through the north porch by the car park and out through the south onto the vicarage drive. You will be asked to sanitise your hands as you come and go. The halls and therefore the toilets will not be open.

We will not have singing and all the words will be on the screen.

We will need stewards and people to operate the laptop to enable us to do this safely and ask that you are in touch with office@kcm-church.org.uk if you can help

We hope in the fullness of time to be able to live stream from the church, but as we don't have the technology to do this immediately I will continue with the live streamed eucharist from the vicarage dining room at 9.30 and we will continue with the webcast which is posted on the website for the foreseeable future.

The Church of England Guidance can be found here

<https://www.churchofengland.org/sites/default/files/2020-06/COVID%2019%20advice%20on%20conducting%20public%20worship%20v1.1.pdf>

I have been asked about *who* can come back to church – ALL ARE WELCOME but we ask that you are mindful of the situation that we found ourselves in (Page 5 specifically addresses those over 70 or clinically vulnerable, and those self-isolating.)

Please do keep the wardens, PCC and those working on upgrading our church technology in your prayers – returning to worship in church is a step in what maybe a very long road but we know that we are guided along the way.

NHS Anniversary - 'Together', Sunday 5th July

On the NHS's birthday this year on the 5th of July we are:

- mourning those whom we've lost
- giving thanks to all those who've sustained us
- committing to a better shared future.

[This joint letter](#) from Archbishop Justin, Chair of 'Together' and Simon Steven, Chief Executive NHS England tells you more. The Bishop of Bedford will preach about the NHS as part of our webcast this week.



We are encouraged to wear a rainbow and clap for our NHS staff at 5pm on Sunday 5 July in partnership with NHS Charities Together.

If you are wearing a rainbow please do share it online or email it to me, so that we can share it as part of our rainbow display in church where we are capturing some of the things that we have been doing during lockdown.

Whilst you can't be with us in person please do remember KCM in your charitable giving. We know that many charities and business are facing a difficult future and the church is no different. The finance committee has been looking at cutting costs, how we might save on our expenditure and budgeting. We have a **New giving button** on the website that you could use to donate to the parish but please do speak to Steve Jones the treasurer about your giving and consider setting up regular donation using the Parish Giving Scheme (PGS) Steve would be delighted to talk to you. (Contact details at the end of this newsletter).

Children's collection During these lockdown months we have still been supporting our sponsored children through Compassion. If you would like to give specifically to this cause please use the online giving button and make a note when prompted to indicate where you would like your money to go.

David Simpson, Ordinand. I had a lovely socially distanced doorstep chat with David, our ordinand from Oak Hill College who was with us on placement from January. We were able to support him with all the things he was required to do and got them in just before we were locked down. Like most ordinands David won't be able to be ordained as he should have been at this time, but will be licenced as a lay leader to his parish (Holy Trinity Brompton – where he will be one of several curates). He will be ordained later in the year, Covid-19 guidelines permitting. Please do pray for David, his family and all those who should have been ordained this Petertide.

Revd Atalie, Thursday 2 July 2020

Notices

Stewards for opening the church for Worship on Sunday mornings and private prayer Sundays 2-4pm. We are still in need of volunteers to enable this to happen, even if you can just offer an hour please be in touch.

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 Do let Revd Atalie know by text or email if you would like to join us so she can send you the link to join us.

From next week (12July) we will meet after the service about 11.15

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/>

Our staff We are starting to welcome back our staff from furlough. Nicola will be working from home so please email her office@kcm-church.org.uk We will let you know as and when we are able to unfurlough others and how to contact them.

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_Al8mqsmvfF8hAuIVlrvIGVMKyCcQkHgblyzxNRU8y4iANFpg8s

Food Bank

Whilst we as a community are supporting the Foodbank by offering temporary storage space in the baptistry of 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: Cranborne Road, Deepdene, Drayton Avenue, The Drive.

The recently departed: John Bray and all those who have died of Covid-19.

Anniversary of death: Brian Carr, Valentin Askarov, Violet Porter, Lil Bedford, Chris Niblett

Please pray for members of our church family.

Especially those who are not able to be ordained at this time.

We give thanks for our teachers and all those who have care of our children and young people. We remember parents for whom lockdown has been difficult and families in difficult situations.

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.

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.

Readings for Trinity 4

Collect

O God, the protector of all who trust in you,
without whom nothing is strong, nothing is holy:
increase and multiply upon us your mercy;
that with you as our ruler and guide
we may so pass through things temporal
that we lose not our hold on things eternal;
grant this, heavenly Father,
for our Lord Jesus Christ's sake,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Genesis 24.34–38, 42–49, 58–end

³⁴ So he said, ‘I am Abraham’s servant. ³⁵ The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. ³⁶ And Sarah my master’s wife bore a son to my master when she was old; and he has given him all that he has. ³⁷ My master made me swear, saying, “You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; ³⁸ but you shall go to my father’s house, to my kindred, and get a wife for my son.”

⁴² ‘I came today to the spring, and said, “O Lord, the God of my master Abraham, if now you will only make successful the way I am going! ⁴³ I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, ‘Please give me a little water from your jar to drink,’ ⁴⁴ and who will say to me, ‘Drink, and I will draw for your camels also’—let her be the woman whom the Lord has appointed for my master’s son.”

⁴⁵ ‘Before I had finished speaking in my heart, there was Rebekah coming out with her water-jar on her shoulder; and she went down to the spring, and drew. I said to her, “Please let me drink.” ⁴⁶ She quickly let down her jar from her shoulder, and said, “Drink, and I will also water your camels.” So I drank, and she also watered the camels. ⁴⁷ Then I asked her, “Whose daughter are you?” She said, “The daughter of Bethuel, Nahor’s son, whom Milcah bore to him.” So I put the ring on her nose, and the bracelets on her arms. ⁴⁸ Then I bowed my head and worshipped the Lord, and blessed the Lord, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master’s kinsman for his son. ⁴⁹ Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left.’ ⁵⁸ And they called Rebekah, and said to her, ‘Will you go with this man?’ She said, ‘I will.’ ⁵⁹ So they sent away their sister Rebekah and her nurse along with Abraham’s servant and his men. ⁶⁰ And they blessed Rebekah and said to her,

‘May you, our sister, become
thousands of myriads;
may your offspring gain possession
of the gates of their foes.’

⁶¹ Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way.

⁶² Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb. ⁶³ Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. ⁶⁴ And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, ⁶⁵ and said to the servant, 'Who is the man over there, walking in the field to meet us?' The servant said, 'It is my master.' So she took her veil and covered herself. ⁶⁶ And the servant told Isaac all the things that he had done. ⁶⁷ Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother's death.

Psalm 145.8–15

- 8 The Lord is gracious and merciful, •
long-suffering and of great goodness.
- 9 The Lord is loving to everyone •
and his mercy is over all his creatures.
- 10 All your works praise you, O Lord, •
and your faithful servants bless you.
- 11 They tell of the glory of your kingdom •
and speak of your mighty power,
- 12 To make known to all peoples your mighty acts •
and the glorious splendour of your kingdom.
- 13 Your kingdom is an everlasting kingdom; •
your dominion endures throughout all ages.
- 14 The Lord is sure in all his words •
and faithful in all his deeds.
- 15 The Lord upholds all those who fall •
and lifts up all those who are bowed down.

Romans 7.15–25a

¹⁵ I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶ Now if I do what I do not want, I agree that the law is good. ¹⁷ But in fact it is no longer I that do it, but sin that dwells within me. ¹⁸ For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. ¹⁹ For I do not do the good I want, but the evil I do not want is what I do. ²⁰ Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

²¹ So I find it to be a law that when I want to do what is good, evil lies close at hand. ²² For I delight in the law of God in my inmost self, ²³ but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. ²⁴ Wretched man that I am! Who will rescue me from this body of death? ²⁵ Thanks be to God through Jesus Christ our Lord!

So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin.

Matthew 11.16–19, 25–end

¹⁶ ‘But to what will I compare this generation? It is like children sitting in the market-places and calling to one another,

¹⁷ “We played the flute for you, and you did not dance; we wailed, and you did not mourn.”

¹⁸ For John came neither eating nor drinking, and they say, “He has a demon”; ¹⁹ the Son of Man came eating and drinking, and they say, “Look, a glutton and a drunkard, a friend of tax-collectors and sinners!” Yet wisdom is vindicated by her deeds.’

²⁵ At that time Jesus said, ‘I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; ²⁶ yes, Father, for such was your gracious will. ²⁷ All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

²⁸ ‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.’

Post Communion

Eternal God,
comfort of the afflicted and healer of the broken,
you have fed us at the table of life and hope:
teach us the ways of gentleness and peace,
that all the world may acknowledge
the kingdom of your Son Jesus Christ our Lord.

Looking forward

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.

Rainbow display We hope to be able to use the notice boards at the back of church to display pictures, photos and art to show what our community has been up to whilst we have been apart. 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.

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 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>

Radio

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.

If you would like a copy of the hymn words used please contact Peter Sansom who is happy to distribute them.

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.

Premier Christian Radio can be located online or at 1305, 1332, 1413 or 1566 MW, on DAB and on 725 Freeview.

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: 12 July 2020 KCM Dedication Festival

0930 on facebook Live

1030 in church

I Kings 8.22-30, Hebrews 12.18-24, Matthew 21.12-16

The preacher will be the Archdeacon of Hertford, the Ven. Janet MacKenzie.

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 other information 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.

Nicola is back working part time from home.
Please email all notices to her 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

Parish Administrator

Nicola Thrussell

office@

Church Warden

Phil Townsend

churchwarden1@

Church Warden &

Helen Schmitz

churchwarden2@

Parish Safeguarding Officer

safeguarding@

PCC Secretary

Emma Kidd

pccsecretary@

Treasurer

Steve Jones

treasurer@

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 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

Good news

I mentioned the other week that we have seen lots of children learning to ride their bikes in the church car park whilst it has been closed. This week I received this message

“I saw your note in the church window about cycling in the car park and thought I’d let you know my experiences of using the space to teach my children and grandchildren how to cycle when the car parks not in use.

I moved into Dugdale Hill Lane 37 years ago when my eldest daughter was one, it wasn’t long before she had her first bike with stabilisers and she was taking her first tentative pedal strokes. Eventually the stabilisers came off as she learnt balance, a bigger bike arrived along with her sister who took over her old bike and they were both regularly practising in the car park with me having to run to keep up.

To bring you up to date both the girls have families of there own now and I have four grandchildren and all the grandchildren have learnt to ride in the car park. When they come to visit now a request to go cycling in the car park is usually made and off we go to the church.

So I’ve trained six children to cycle in the safety of your car park which has been fantastic and you never know there might be more.”



This week the tree stump from the Oak tree at the end of the vicarage drive was ground out. We are hoping to have some more work done to lower the hedges and then to look at replanting.

Would you like to sponsor the tree that we plant as part of our 80th year celebrations? Let Revd Atalie know.