



St Aidan's Church

in the Parish of St Aidan Sudden Rochdale
and All Souls Heywood

www.staidan.org.uk

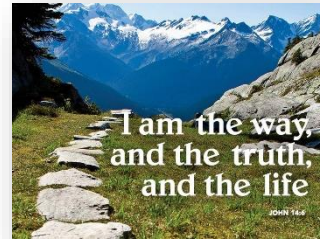
10th May 2020 5th Sunday of Easter

Readings: [Acts 7.55-60](#); [1 Peter 2.2-10](#); [John 14.1-14](#)

Click on each reference to go to the passage

Collect

Risen Christ,
your wounds declare your love for the world
and the wonder of your risen life:
give us compassion and courage
to risk ourselves for those we serve,
to the glory of God the Father. Amen



From the Vicarage: a reflection on the Gospel reading.

In *Pride and Prejudice*, Elizabeth says laughingly, "I first realised I loved Mr Darcy when I saw what estates he had." Although she was mocking herself, i.e. she was not affected by his wealth, there is truth that in seeing him in his home, his natural place, with the people who loved him, who knew him since childhood, she saw the real character of the man. Here love was not just seeing the rich Mr Darcy but also seeing the real Mr Darcy.

The disciples would probably have said that they knew Jesus very well.

They had, after all, spent a considerable amount of time with him, day and night, travelling eating, talking for hours, working and doing missionary work together.

The disciples must have been pretty confident that they had seen the real Jesus.

Of course, they were probably aware that they didn't always understand everything he said or what he was talking about regarding his relationship with God and their joint mission on earth. They must have thought he just had his head in the clouds when he was talking about himself and God. But in this passage the disciples ask the questions and they receive the answer. All those things about Jesus that the disciples had found hard to understand, hard to take, were now becoming clearer.

Because of the light, the knowledge being passed to them about the relationship between Jesus and the Father. So now because they could see the Father, the guiding principle behind Jesus' actions, they were able to play their full part in the mission too. Far from taking Jesus away from the disciples the Father was offering them and us, his own friendship, as well as his lifelong knowledge of Jesus. So much bigger than all that had been understood in the past. And so it is the same for us: as we get to know Jesus better we too get to know our true home with God.

Jesus tells his disciples that following him and keeping the commandments will bring us into his relationship with the Father. But this is no mere mechanical act, no mere obedience that is being asked of us and we follow like a robot. No - this act and obedience on our part is born of knowledge of God's love for us and the knowledge of the feelings of our souls, the beating of our heart, with the understanding of the Father's personal love for us. A personal love shared by the humanity of Jesus.

We can only fully understand Jesus ourselves when we see the Father. But the minute we see that, with the help of the Holy Spirit, we are part of it.

This is not an exclusive relationship, but completely inclusive.

The love between Father, Son and Holy Spirit has room for us, too.

So may God the Father, Son and Holy Spirit, draw us into their love, where we may know and be known as we truly are. Amen

May the blessing of God Almighty + Father Son and Holy Spirit be with you Always

Your Vicar and friend

Revd Michael



Revd Michael and Revd Ian are saying prayers for the Parish and our Congregation at 9am daily and hope that you may be able to join them at this time in your own homes.

Worship Resources

Live streamed church services can be found at https://www.achurchnearyou.com/live-stream/?tags=Live_stream

Audio prayer resources can be found at <https://soundcloud.com/the-church-of-england/>



Call to hear a message from the Archbishop of Canterbury, daily prayers and hymns.

No internet access necessary.
Please recommend to your friends.



NEW!
Faith at home materials in connection with
the Church of England and Oak National Academy

A prayer of adoration

Gracious God, you are the rock of our lives.
Your strength sustains us.
Your power delivers us.
Your mercy brings forgiveness to us.
We come to you in adoration,
praising you that our whole life is in your hands –
held, sustained, protected.
Glory be to you, merciful Lord,
glory, honour, majesty and worship,
in the name of your Son, our redeemer.
Amen.



Do you have a
special prayer you
would like to share?

A prayer of praise and thanksgiving for children

God, you know our every thought,
(point to head)
every feeling in our hearts,
(place hands on heart)
every passion in our souls,
(spiral hands forward)
every burden that we carry;
(place both hands out in front)
thank you for loving us
just as we are.
Amen.

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Christian Aid Week 10 –16 May 2020

<https://www.christianaid.org.uk/>

Love never fails. Coronavirus impacts all of us. But love unites us all.

This information has been received from Christian Aid via Helen Parker-Jervis, the Church Engagement and Fundraising Officer, Merseyside and Greater Manchester, Monica Fowler of the Rochdale Fundraising Committee and Keith Lloyd, our own Christian Aid Coordinator. Although we are not able to support Christian Aid as usual by collecting in the Parish, holding a Big Brekkie and making our personal donations in church, there are still plenty of things we can do.

Coronavirus appeal and prayer

As I'm sure you'll be expecting, we're working hard to reduce the impact of Covid-19 on the communities we work with. The world's poorest countries have the weakest health systems, and many of the most vulnerable people are now being exposed to this deadly virus. They'll struggle to get the healthcare they need, especially if not earning a living while in lockdown or quarantine. The most vulnerable and marginalised people are at greatest risk. In Sierra Leone there are no ICU beds and in Malawi there is one ICU bed for every one million people. In refugee camps people are not able to keep socially distant, and 40% of the world's population do not have access to soap and water. Our partners are already embedded in these communities.

We are inviting all churches to pray with us, and to donate to our coronavirus appeal, so that our partners can save more lives. The prayers, information about our response, and how to donate are on the [homepage](#) of our website, as well as the coronavirus appeal page [here](#).

Christian Aid Week is NOT cancelled!

This year's Christian Aid Week will undoubtedly be a different experience, but we know supporters like you will do all you can to make it the same life-changing and joyous week we've run since 1957. In fact, **now more than ever our gifts, prayers and action are desperately needed.**

House-to-house collections and Big Brekkies cannot go ahead this year but Christian Aid Week is taking place online via the website and Facebook.

Join our virtual events in Christian Aid Week

It's more important than ever that we come together as a community to worship and to share fun and fellowship. That's why during Christian Aid Week we will be [live-streaming worship every day](#) and [hosting a fun daily quiz](#) to join and raise funds.



Deliver an e-envelope

You can't put real envelopes through letterboxes this year, but you can deliver them to inboxes! We have created an **e-envelope** that you can send by email, as well as share on social media. You can send a personalised message with your envelope. Visit envelope.christianaid.org.uk to start sending your e-envelopes.

300,000 steps in May Facebook challenge

We've got a new fundraiser for people who want to challenge themselves to **walk 300,000 steps in May**. It could be in the house, in the garden, or using your daily out of home allowed exercise - with physical distancing measures. Join the Facebook group [here](#) to register.

Thank you from Christian Aid: with your support, we can continue our vital work with the poorest and most vulnerable people in the world.

Ten Top Tips for staying sane in lockdown



These tips were provided by a Spanish Carmelite nun who has lived in an enclosed order for many years. They were published in Spanish newspapers to help people there cope with lockdown. We hope that they might give you something to think about during our own enforced isolation.

- 1. Embrace this new situation from a place of freedom.** We choose to stay at home freely for the greater good, and not just because we've been forced to do it. In doing so, we also find a deeper freedom, an inner freedom that no one can take from us. This is about our mental attitude; stop feeling deprived.
- 2. Search for an inner peace that will enlarge your soul.** In other words, look inside yourself for inner resources, for peace and creativity that you didn't know were there before because we live lives that are too busy to allow those things to flourish from inside out.
- 3. Take time to know yourself.** Pay attention to your inner moods and how you respond to pressure, affirmation, encouragement, or broken expectations. Do not let fear, or sadness, or pessimism take the best of you. Instead, when a particular thought is not life-giving, get rid of it. Instead, try to hold onto those things that give you peace, joy and life. Remind yourself of the bigger picture and that this too will pass. Consider the words of Teresa of Avila who wrote: Let nothing disturb you, let nothing frighten you, everything will pass, only God remains, only God suffices.
- 4. Practice kindness, patience, love and self-control with those who share your space.** The great test of these times of confinement is how we live with others without treading on each other's feet or getting into each other's nerves. At times like this we all become more touchy, maybe more irritable. Be aware of this, and try to share your space with generosity, don't be hard on others or on yourself. Don't get too worked up about petty things. Live and let those around you live.
- 5. Use your time wisely.** This is one of the most important tips for those not able to work. Given the lack of structure, try and create a daily plan that works for you in your own family context, to give you a sense of rhythm and purpose. This can include time for activities, for being creative, for cooking – maybe even try slow cooking –, time for eating, for exercising, even time for leisure.
- 6. Expand your horizons.** A few weeks ago we used to complain that we had no time to do the things we really wanted: to catch up with reading, or to do an online course, or to listen to music... Maybe this time is a gift to help you enlarge your music taste by listening to new artists, or to help you learn new skills, or simply to stimulate your mind by learning about other countries, maybe an exotic country you've always wanted to visit. Plan that journey, even if you don't ever go. Or try something new in your own spiritual journey, for example maybe follow some of the on-line offerings from different churches, try meditating, read the bible.
- 7. If you are particularly sensitive, try to avoid listening to the news all the time,** and avoid having conversations which enter into a negative spiral. Do not spend too much time in front of a screen – we tend to think about teenagers as being addicted to their mobile phones, tablets or computers. But sometimes, we adults can fall into the same pattern. Instead, try and play some happy music, even when you're cooking, and let your body move with it... even if you make a fool of yourself, dancing is a deeply healing activity.
- 8. You are not isolated.** You may be on your own, but you are not alone. Our friends and families may not be physically with us, but we can stay in touch with them in many different ways: picking up the phone, or face-timing or WhatsApp video calling, through social media. We may also find time to sit down and write an old fashion letter to someone who's been on our hearts recently. If you live with others, try to communicate practicing the skill of intentional listening; that is, being fully present to them, and paying attention both to their words and to their mood and body language. Know that you are connected with others, and also with God. You are not alone.
- 9. Take time to reflect and connect with God.** Within your daily rhythm, make sure to include a bit of time to reflect and meditate on your life, on what you are learning about yourself through this new situation. Think about how you can improve as a human being, how God may be doing something new in your own life, so that when this crisis and confinement is over, you will emerge as a stronger, happier, kinder, better person.
- 10. Pray.** Prayer underpins all the above. Let prayer sustain who you are and what you do during these challenging times. Take time to be in God's presence, to hear God's voice in the silence of your hearts, in the reading of the scriptures, in your own breathing, God's breath, God's life, dwells deep within you, God's love fills every bone, muscle and cell in your body. And in that place of prayer, also open your heart to God, bring to God the needs of the world around you and of people you care for, and of those who are in greatest need. Take time to pray.

St Aidan's @ Home



Thanks to all this week's contributors!

Church Refurbishment: a message from the Churchwardens

Hopefully the Plasterers can start work in the coming week followed by the Painters in the following week. The new heater has been fitted in the Choir Vestry. The new lights have been completed above the Choir (thanks to Harry) and the new windows should be fitted soon. The outside of the Church and Hall have been painted and the grounds have been tended. **Malcolm & Alan**



Giving to St Aidan's Church

"all things come from you, O Lord,
... and of your own do
we give you"

From the PCC:

Your financial support is crucial to the upkeep of St Aidan's Church – now more than ever.

If you are able to do so, please carry on with your regular giving and contact the Vicar, Treasurer or any church officer if you would like to drop off your weekly envelopes or to set up a standing order.



Please continue to support Rochdale Foodbank
<https://rochdale.foodbank.org.uk/>

All church buildings are closed for public worship, private prayer and all other meetings and activities except for vital community services until further notice from the Archbishops of Canterbury and York.

Manchester Diocese has a webpage containing the latest information, support, resources and guidance for churches concerning the Coronavirus at www.manchester.anglican.org/coronavirus
[New: Advice from Bishop David on a phased approach to revising access to church buildings](#)

Can we help?

Please contact the Vicar, Churchwardens or a PCC Member if we can help you.
Please keep in touch with other church members, friends, family and neighbours in any way you can.
Past newsletters and notices are available on the [website](#) and at <https://www.achurchnearyou.com/>

Newsletter: please send items to newsletter@staidan.org.uk and contact us with any more email addresses to add to the mailing list.

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Our Mission is to be a strong church family, promoting and maintaining the Good News about Jesus to the Parish and the wider community.





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St Aidan's
Church
Rochdale

a church
NEAR YOU

 THE CHURCH
OF ENGLAND
Diocese of Manchester

CHURCH
FOR A
DIFFERENT
WORLD

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