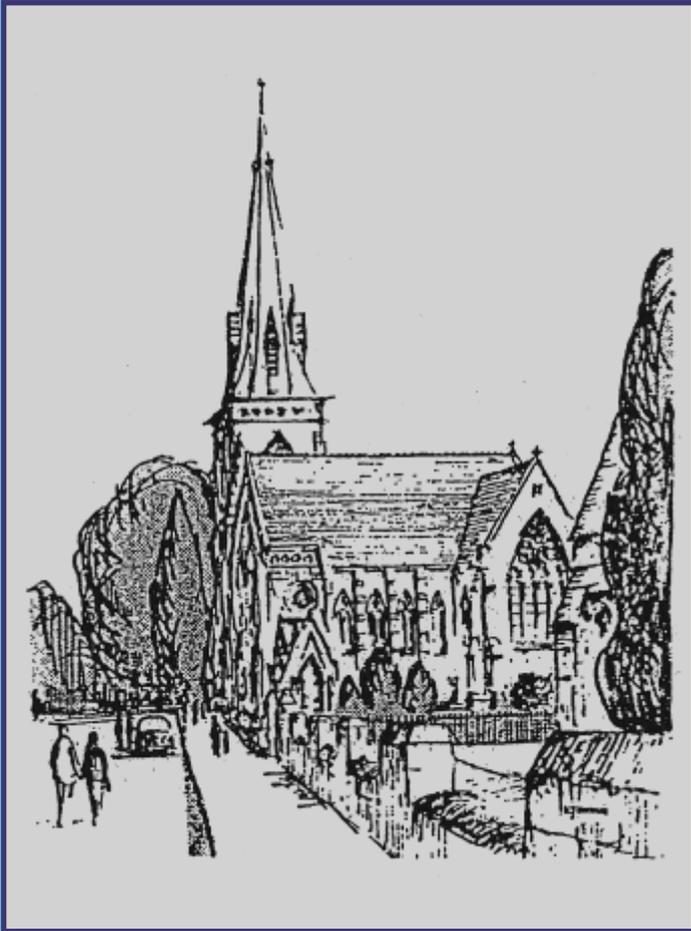




TRINITY TRIANGLE

JULY/AUGUST 2020



'Serving God, serving each other, serving community'

TRINITY CHURCH

Methodist/United Reformed/Church in Abingdon

Conduit Road, Abingdon

TRINITY'S WEEK (*Currently suspended*)

Sunday Services at 10.30 am and 6.30pm, occasionally 4.00pm.

JAM (Jesus and Me) normally meets every 1st and 3rd Sunday morning during the Church Service. It is designed for children who are aged 3+ and parents may stay with their children if they wish.

Communion is normally on third Sunday of the month at 10.30am and as announced in the Calendar.

- Monday** 2.00 pm Evergreen Club: 3rd Monday in month.
 2.00 pm The Stroke Club: 2nd & 4th Mondays in month.
 5.30 pm Beavers
 6.45 pm Cubs.
 7.15 pm Scouts.
- Tuesday** 7.30 pm Abingdon Operatic Society.
- Wednesday** 5.00 pm Brownies.
 7.00 pm Guides.
- Thursday** 9.30 am Toddler Group.
 7.30 pm Thursday Group. Ladies' Monthly Meeting.
- Friday** 10.00 am Prayer Support Group Meeting in the Garden Room. **Monthly**
 7.30 pm Friendship Group - see calendar.

Conduit Centre, Conduit Road, Abingdon OX14 1DB

Church Office Manager: Tel 520282

e-mail: trinity.abingdon@gmail.com

Office open : Thurs and Fri 9.30am -4.30pm. Closed Mon, Tues, Wed

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(Web Version Redacted so could be missing personal news
and the layout could be not as good as the original version)



JULY AUGUST



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*Lord, to the sick, bring your healing;
To the bereaved, your comfort:
To the despairing, your hope:
To the depressed, your justice :
And to the world, your peace.
Amen*

MINISTER'S LETTER

Dear Friends,

If there are two things the majority of people struggle with, then uncertainty and waiting must be high on the list. Ever since lockdown started many months ago, it has been difficult to see when it would come to an end. As restrictions are gradually lifted it is just as difficult to know what really is safe to do or not do. If anything, coming out of lockdown is much harder than going into it. However, signs of hope do emerge. Medical advances

are starting to come to fruition. Those who are more at risk or vulnerable, or who have been adversely affected in terms of their education appear to be being offered support. It is not each person for themselves.

Here in Abingdon we have delighted in seeing how communities have come together. Neighbours who hardly knew each other have formed friendships. Offers of practical help have been plentiful. It has affirmed that we are not designed to be individual islands, but that we are designed to live in communities. Trinity, like many churches, has strengthened its communication with those associated with the church, its worshipping community and beyond. We have demonstrated that the church is God's people, not confined to a building but dispersed in the community, living ordinary lives in the knowledge of God's extraordinary love for all people in all situations which overflows through us to care for God's world.

Yes, we wait and we look forward to being able to come together once more. As we do during advent, we wait with expectation. Expectation of being able to worship God together, to lament together, to give thanks together. We wait to see all the work that has been done in the Conduit Centre since we were last there and to delight in the improvements made. These will be ready by the time we can go back and continue where we left off being a church that worships God and serves the community. It will be wonderful to see and hear Trinity buzz with life again, and recall that Jesus said he came that we might have life and live it abundantly.



At the time of writing, we cannot set a date for when all this will start happening. However, as restrictions are lifted, there are signs of hope. And we, God's people, are a people of hope. My prayer over these summer months is that we will delight in the hope, joy, peace and comfort of God and that when we do come together again that joy will be infectious and a new chapter of being a beacon of God's light will shine brightly in Abingdon.

Every Blessing

Ian



As many of you know the Bible Reading Fellowship is based here in Abingdon. It resources the church by producing a number of daily Bible notes as well as publishing books. It resources Holy Habits, Anna Chaplaincy, Messy Church and Parenting for Faith and Barnabas in Schools. Along with all of this it provides speakers and events to help further the mission of God's church.

Like all charities, Covid-19 has had a dramatic effect on its ability to continue to support all these projects. However, it is a charity that is grounded in prayer and believes that God will see them through this difficult period. You can visit them at www.brf.org.uk and see how you can support them in prayer as well as in other ways too.

I have recently read "Finding God in a Culture of Fear" by Rev Joanne Cox-Darling, that BRF published. It is a very timely book and I highly recommend it because it offers reflections and stories which help ground our hope in God in our everyday living. Well worth a read!
Ian



'Action for Children'
have produced a Newsletter
'Time to Shine'
and this will be sent out with this issue of
Triangle either by hard copy
or email from the office.



Funerals

Beth Fleming , wife of former Baptism Minister Revd David Fleming, who died on 3rd June

Vi Mackay (mother of Fiona Perkins) who died at home on 27th May aged 90. A family service was held at South Oxfordshire Crematorium on 12th June

"In You, Father, we are one family in earth and heaven"

Thank you

Although Clare retired from being on the editing team of Triangle last summer she has continued to be responsible for the distribution of the Triangle, leaving copies for the Elders to collect in church and distribute to those on their lists and leaving copies in the Welcome Area and in the Conduit Centre for those who used our facilities to collect. However now that for the time being the Triangle is being distributed online or via the Office she has decided to finally officially retire completely.

The Triangle team have missed her presence at the editorial meetings over the last year but I am sure we have all benefitted from her guidance as we became members of the team. We would like to thank Clare for all the work she has done for a long time in arranging the efficient distribution of the Triangle. The Triangle Editorial Team.



Answers to the flower quiz in the June Triangle

1. Daffodil
2. Snowdrops
3. Iris
4. Canterbury bells
5. Cornflower
6. Lupins
7. Catmint
8. Chrysanthemum
9. Foxglove
10. Sweet pea
11. Rose
12. Buttercup
13. Daisy
14. London Pride
15. Viola
16. Godetia
17. Wallflower
18. Love in the mist
19. Sweet William
20. Orchid
21. Primrose
22. Forget-me-not
23. Hollyhock
24. Marigold
25. Stock
26. Polyanthus
27. Freesia
28. Pink
29. Dahlia
30. Cowslip

Dear Friends

I hope and pray that this catch up “letter” finds you well, in spite of the restrictions that we are still living with.

Sometimes I have to admit, that it is quite a struggle, and this week I turned to a little book that a friend had so kindly given me which has spaces to write in. As I wrote, I discovered that the uncertainty of only having a hazy picture going forwards,

missing people and the dreadful events in the world recently, have had a negative effect on me.

As I wrote, some words emerged which I wrote down. Then I remembered that when I was teaching 5 year olds, I used to love writing poems with them, which I called “painting with words!” Each child would make an offering of words, which I wrote down on strips of paper and then we would shuffle them around until they held a poetic form.

I thought maybe I should do that with my words and see what happened. A pandemic prayer is what emerged, the words of which are below, and I offer them to you as an act of truthfulness and great empathy for those who are also finding the current circumstances difficult to bear.



*“Lord at this time of
isolation, I confess that I
am stuck.*

Stuck in my ever encircling thoughts.

My mind is a disorganized drawer

With thoughts and emotions that spill onto the floor.

When my concentration weakens and I feel useless,

I want to flee to the past;

To see, touch, smell , hear and even taste

what is familiar and to ground myself.

Then as I look to you

I hear your ever healing words;

“Come just as you are;

You are enough;

You are pleasing to me.”

Thanks be to God.”

The very act of writing those words, released me back onto a sure footing, knowing that however we are feeling, we can come to God just as we are, that we ARE enough and we ARE pleasing to God.

So I offer these words from my week, praying that they may speak to someone and give them the assurance of God’s great love.

With love and blessings Dcn. SELINA

WHERE TWO OR THREE ARE GATHERED God
made three.

Three because where there are two, there's always one
who feels left out.

And the world unfolded.

Jealousies and envies and competitions and rage.

And lions, and tigers and creeping things that creep
upon the earth

And creeping things that wake the dreaming up.

Where two or three are gathered God is
there, we hear.

And God is the third among us.
provoking us to community.

And some of us feel fine about ourselves.

And some of us do not.

And many of us wonder about each other.

Lying awake at night wondering

How can we be with one with another?

And where two or three are gathered in your name,

Sometimes we wonder if they are gathered in
the right name

or if they are the right kind of two or three.

But where two or three are gathered in your name

God gathers with them, whether
we would or not.

And where two or three are gathered in
the name of goodness,

we are asked to lay aside suspicions
and consider each other a neighbour.

And if we wonder whether gathering with some will
cause us to lose others

We know that we are always called to courage and
that courage comes from the heart.

(author unknown) These words were used in the liturgy for last year's
Preaching Festival at Christ Church Oxford.

The Evergreen Club

Can you remember back to the 9th March? There was talk about this new virus and some of the Committee Members were concerned about our next meeting the following week. The Speaker for the 16th March was contacted on that day and she was very happy to come the following week. But the Government was making different announcements daily and our Speaker contacted us again a couple of days later and felt she would be unable to give her talk.

On Thursday 12th March, every single member of Evergreen was contacted by phone that day and told that our meetings would have to be cancelled until further notice.

A week later I decided that as many of our members live alone, I would phone for a chat. Hundreds of phone calls later and I have felt this to be a real privilege. Carolyn contacted me and offered to make some phone calls – and so she rang all the Church Members who also are Evergreen Members whilst I did the others.

Our usual birthday cards have been sent by Adrienne to the members who have had a birthday – and as I write this today, 16th June, it is Eunice's 90th Birthday. So along with all the others she has had to have my dulcet tones sing down the phone HBTY.

The phone conversations have been so interesting, but one universal theme runs through them all – the kindness of people. Neighbours ordering shopping on their online orders, collecting shopping kind children, sisters, brothers, nieces...welcome phone calls conversations have ranged from Hilary Mantel to Andre Rieu, from new plants for the garden to incontinence pads from singing at home to cryptic crosswords ... painting the garden shed to knitting blankets Abingdon's weekly Monday market the simple delights of clapping for the NHS, banging saucepans, reading, enjoying TV and DVDs. The resilience and stoicism – if we stay indoors, we will be helping others Tricia

Church Finances

We are now over 3 months into the 'lockdown' and I would like to update you on the impact the Covid-19 restrictions are having on our finances. Firstly, I would like to thank all those who have sent their freewill offerings to me during the lockdown, those who have continued to give them by standing order and those who have made additional donations to church funds; this really helps in managing our finances. The restrictions have had a significant impact on our income. While no one can use the Church or Conduit Centre we are not earning any income from lettings, weddings etc. Our main source of income is freewill offerings which we are still receiving from those who give by standing order and I have received cheques and envelopes from a number of people who have been able to post them. But many people have not been able to do this so we have seen a 55% reduction in the freewill offerings that we normally receive in envelopes or in cash. Whilst the premises are not in use, we have taken a number of measures to reduce costs, mainly costs associated with cleaning and utilities. However, many of our costs are fixed and we have to pay whether we are using the buildings or not.

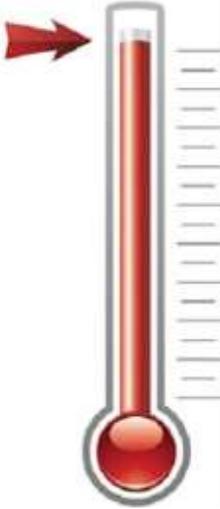
The overall impact, taking into account reduced income and cost savings, is a reduction of about £1,400 per month compared to 'pre-lockdown'. If anyone wants to make a payment to the church by bank transfer or standing order the details are

Payee:	The Trinity Church Abingdon
Sort Code:	40-35-34
Account No:	44211952

If you are able to put aside your freewill offerings you can send a cheque payable to Trinity Church Abingdon to my home address:
1 Godwyn Close, Abingdon, OX14 1BU

If you normally give using the envelope scheme, it would help if you can put your envelope number on the back of the cheque. Finally, the next 3-6 months are going to be difficult for the church financially, if anyone feels able to give a little extra during this time, any contribution would be most appreciated. Many thanks and please keep safe & well. Tom

Conduit Centre



By the time this edition of Triangle is published the improvements to the Conduit Centre entrance and toilets should be almost complete. We expect the final cost to be a little less than the original estimate of £140,000 mainly because we do not have to pay VAT on those parts of the project making provision for people with disabilities. The other good news is that we have been very successful with fundraising and our applications for grants. We have actually exceeded our fundraising target so will not need to use as much of the Church's much needed reserves. This means that about 70% of the cost will be funded from grants; 10% from fundraising and donations from the congregation and user organisations; and 20% from Church reserves. Thank you to everyone who has helped achieve this by making donations, fundraising, applying for grants and

helping with the planning and overseeing of the work. Tom Kyffin



Saturday 25th July. A Day to look forward to at the Conduit Centre.



The Entrance Hall and toilets are (almost) finished. You are invited to come and view the transformation and to enjoy each others' company between 10. 30 and 12. 0 clock, and from 2. 30 till 4 pm on that Saturday. Your donations will be invited and there will be a variety of things for sale.

We know some of you cannot come out and therefore information about goods for sale will be put in the Notices & on the website. You and everyone will be able to order these and they will be delivered to your door! Margaret Greaney continues to supply marmalade, Rosemary Richards will bake a cake for you and Scilla Fellows & Eve Newton will make a cream tea for your family. Some packs of greetings cards will be available courtesy of Rita Gilbert and Joanne Graham. There are still stocks of Trinity pens and notebooks for sale. We also expect to offer plants. You can order these things in advance for delivery any day from Monday 21

July, or collection on the 25th. (Margaret Greaney is taking orders now.)
More ideas & offers of help will be extremely welcome. Contact Eve
Newton, Scilla & Griff Fellows or Rosemary Richards

Please support the Summer-Fair-with-a-Difference

Kings in the Old Testament

(The kings are not in chronological order)

1. Who was the King of Salem?
2. Who was the first King of Israel?
3. Which king planned the building of the first Temple in Jerusalem?
4. Which King of Tyre sent timber to help Solomon build the Temple in Jerusalem?
5. Which King died in the year that Isaiah had his famous vision in which he was called to be a prophet?
6. Which Assyrian king, according to Byron, 'came down like a wolf on the fold'?
7. Which Babylonian king gave a great feast in which people saw 'the writing on the wall'?
8. It was said of this king that he drove 'furiously'.
9. To which 'good' king, according to the book of Isaiah, did God grant another 15 years of life in answer to his prayers during a serious illness?
10. Which Babylonian king ordered three Jews to be thrown into a fiery furnace?
11. Which king burned a scroll of Jeremiah's prophecy?
12. Which king, who, according to the Chronicler, 'did what was right in the eyes of the Lord' was killed in battle against the king of Egypt at Megiddo?
13. Which Persian king ordered the return of the Jews to Jerusalem from exile in Babylon?
14. Who coveted Naboth's Vineyard and was told off by the prophet Elijah?
15. Who was the last King of Judah whose reign ended with the fall of Jerusalem?

Answers will be in the September issue of the Triangle

Harriet Beecher Stowe

Harriet Beecher Stowe was born in 1811, in Litchfield, Connecticut, into a large family. Her father was the minister of the town's Congregational Church and founded a temperance society. Her mother, who was well educated and deeply religious, died when Harriet was five years old. The family had started a girls' seminary and so Harriet was fortunate to be able to gain a good education, quite unusual for girls at this time. When she was 21, she moved to Cincinnati, Ohio where her father was then president of the Lane Theological Seminary. Cincinnati had a booming trade and shipping industry at this time. Many escaped slaves and Irish immigrants came to work on the canals and railways. Harriet met a number of African-Americans caught up in riots and protests and heard of their sufferings. She attended a series of debates on slavery, organised at the seminary in 1834, which were won by those in favour of the abolition of slavery and these influenced her writing and her work as an activist in public life.

She joined a literary social club where, later, she met Rev. Calvin Ellis Stowe, a professor of Biblical Literature at the seminary. They were married in 1836 and had seven children, including twin girls. Only three children outlived them.

The family moved to Brunswick in Maine and it was there in 1851 that Harriet wrote the first instalment of the story which was to become her best known work, *Uncle Tom's Cabin*. It was circulated in a newspaper, The National Era, and the following year the book was published. Shortly afterwards a play, based on the book, opened in New York. She said that she had been driven to write the book after a vision of a dying slave she had experienced in a communion service. She also acknowledged the influence of personal suffering after the death of her 18 month old son, and wrote: 'Having experienced losing someone so close to me, I can sympathize with all the poor, powerless slaves at the unjust auctions.' *Uncle Tom's Cabin* or '*Life among the Lowly*' was the story of Tom, a slave who had been sold and taken South, away from his wife and children, and of Eliza, a maid, who ran away to the North to prevent her small son from being taken into slavery.

The book showed that slavery did not just affect the slaves, the owners and traders but the whole of society. It educated those in the North

about the horrors and injustices of slavery and helped to strengthen the abolition of slavery movement. It challenged people in the South to be more aware of what was happening in the lives of those they were enslaving. There it met with much opposition and it became dangerous to read or to have a copy of the book. In 1852, after the American Civil War had begun, Harriet met President Abraham Lincoln in Washington. It was reported that Lincoln had said to her 'So you are the little woman who wrote the book that started this great war.'

In 1853, she came to Britain on a lecture tour, invited by abolition groups. As she landed in Liverpool, several versions of her story were on stage in London! In one year 1.5 million copies of the book had been sold in Britain (Harriet received no royalties for these because there were no international copyright laws at that time). In later years she continued to write books, poems, essays and articles and began an integrated school for children and adults in Florida. She also campaigned for the rights of married women. She died in Hartford, Connecticut in 1896.

Harriet Beecher Stowe is honoured with a feast day on the liturgical calendar of the Episcopal Church (USA) on July 1.

Cynthia Bartlett



Roast Chicken

Having got our instructions for our posting to Nigeria (yes, we were volunteers) we were given two semi-formal instructions. Make a will and make sure your children have nominated guardians, and do a shopping list. The supply of fresh food was intermittent and therefore it was suggested we take provisions for the best part of 2 years.

John was part of BAT – The British Advisory Team – to the Command and Staff College at Jaji, Northern Nigeria. He was in the Royal Army Ordnance Corps and was to work with Ernest, who served in The Nigerian Electrical and Mechanical Engineers. Ernest had come to England and obtained his science degree at The Military College in Shrivenham. The most joyous thing about our two years in Nigeria was my continuing friendship with Ernest's wife – Edith. Many of you will have met her on her visits to us.

Fresh food was an intermittent problem. Sometimes hawkers came round to the house with “fresh” fish – and the price was bartered. Many times there was produce in the few shops. But usually there was always fresh stuff in the market. You will remember the author likes her meat Cling film wrapped from Waitrose, and so braving the meat market was a challenge. Did you know that if you wrap beef in paw-paw leaves it tenderises the leather – sorry, that should read beef?

Whilst we were living there, supplies changed – greatly for the better. South America started exporting both frozen beef and chickens to Nigeria and a Continental baker opened up.

One day I was defrosting a couple of chickens when Edith popped round for a chat. What were these small birds on the table she asked? I explained that they were imported frozen chickens (about the size of large black bird).

“Tricia – they are ridiculous, I'll send you one of my chooks”. I explained to our steward that my friend Mrs Uzo might be sending me a chicken. Later that day I returned to find David, our steward, in a very positive and happy state. Mrs Uzo had delivered the chicken.

I'm sure you are all ahead of me now. David led me through the house to what was termed the larder and there was the largest, blackest, featheriest chicken in the world just fitting into a large cardboard box.

Squawking.

As you will have realised I was not equipped to deal with this situation. Whilst deciding how to proceed – our younger son appeared. After all these years I can't remember the argument – but a disagreement there was.

After telling his parents that they obviously didn't love him he stormed out of the living room to shut himself in the larder.

John and I counted how many seconds it would be before younger son appeared. Have you ever seen a jet propelled eight-year-old before – we have!

And the chicken? David, our excellent steward who was completely uneducated, but extremely bright, and of course knew exactly what to do. Wring the bird's neck, pluck feathers and cook the bird. Whilst this was going on, John and I closed our ears to the noise in the back garden as the chicken ended its life.

I think we should have realised that a casseroled chicken would have been preferable to a Roast Chicken.

Last week Edith rang from Nigeria and we had a long, long telephone chat and when I told her that I'd written this story about her chicken – she remembered the occasion and you should have heard our laughter!!!!

PS. David was from Cross River State, situated in the south of Nigeria, and in a predominately Christian area. He ran an "Insurance Company". All those Nigerians from that state who wanted to join in paid an amount of money each month. If any of them died, the "Insurance Money" would pay for a taxi (at a greatly inflated price) to transport the body back down south. I found this immensely impressive. Tricia Cook

Percy Shelley, 'To a Skylark'.

*Hail to thee, blithe Spirit!
Bird thou never wert,
That from Heaven, or near it,
Pourest thy full heart
In profuse strains of unpremeditated art.
Higher still and higher
From the earth thou springest
Like a cloud of fire;
The blue deep thou wingest,
And singing still dost soar, and soaring ever singest*



The inspiration for the poem was an evening walk Shelley took with his wife, Mary (author of Frankenstein) in Livorno, Italy. Noel Coward's play *Blithe Spirit* was named from the first line of the poem.

Our 'Lockdown' Walks.

As I am sure many of us have been doing during 'lockdown' Paul and I have been out for a walk most days and we are very fortunate in having so many lovely walks where we live in Sutton Courtenay – along the Thames, around the Millennium Common, along Ginge Brook to mention just a few. One of the benefits has been that not only are we getting some exercise but also how many people we meet while we are out. We have noticed that people we don't know fall into two camps – mostly those that greet you and those who look the other way in passing!

It has seemed to us that we are seeing and hearing more birds this spring and summer. We have been hearing a cuckoo quite often and can't remember hearing one for very many years – others have commented on that too. We have a blackbird that has hatched one brood already in the jasmine in our back garden and a robin has made its nest in a bird box just below it! A wren has nested in a bird box above our porch door, a goldfinch in the honeysuckle, two pairs of blue tits in nest boxes and numerous house sparrows and dunnocks. Up until a few years ago we often had about eight different house martins under the eaves and although they made a terrible mess beneath the nests we loved having them and used to sit in the garden and watch them swooping over the garden catching flies. A few weeks ago as we

saw about eight house martins 'investigating' but sadly to no avail – perhaps it has been too dry for them to collect the mud needed for their nests. We are hopeful that the swifts we see will nest in swift boxes that Paul has put on the side of the house.

One of our sons has been taking daily walks for quite long distances around here but even near to home he has seen roe deer, muntjacs and badgers with two young. Our eldest son has a kayak and has been making a list of all the wildlife he has seen this year, common and not so:

Red Kite, Sparrow, Stonechat, Long Tailed Tit, Chaffinch, Yellowhammer, Barn Owl, Grey Heron, Goldfinch

Blue Tit, Robin, Great Tit, Magpie, Wren, Blackbird, Raven, Starling, Kestrel, Dunnock, Common Tern, Cormorant, Pied Wagtail, Little Egret, Pheasant, Thrush, Great Crested Grebe, Grey Wagtail, Reed Bunting

Blackcap, Willow Warbler, Greylag Goose, Tufted Duck, Mallard, Canada Goose, Mute Swan, Hooper Swan, Chiff Chaff, Northern Lapwing, Greenfinch, Common Linnet. Partridge, Siskin, Blackcap, Swallow, Whitethroat,

Grey Squirrel, Roe Deer, Terrapins – some of which have been quite large and are obviously pets that have grown too big. Val Dalby



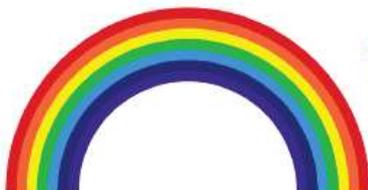
Prayer

We offer this prayer, bringing to God the pain and concern of our fractured world, condemning all violence and yearning for change: Eternal God, deeply troubled by what is happening following George Floyd's death, and by too much other inhumanity that doesn't reach the headlines, we cry to you as the one whose love was the victor at Easter and who pours it into our hearts at Pentecost. As we observe the pain of a fractured world, use your love to drive us from sadness to compassion; as we watch the pain of the bereaved, use your love to move us from pity to companionship; as we are faced with the pain of marginalised people, use your love to point us from complacency to your commonwealth. In our praying, let us not just talk to you, but yield to your love; in our anger, let us not just rail against injustice, but manifest your love; in our actions, let us not just flail about aimlessly, but build the civilisation of love. Until none of us are disregarded for who we are nor any diminished by what we fail to be, we keep on praying in the name of Jesus Christ, Amen

Published: 3 June 2020, <https://urc.org.uk>

The Welcome Notice for Coventry Cathedral

"We extend a special welcome to those who are single, married, divorced, widowed, straight, gay, questioning, well-heeled or down at heel. We especially welcome wailing babies and excited toddlers. We welcome you whether you can sing like Pavarotti or just growl quietly to yourself. You're welcome here if you're 'just browsing,' just woken up or just got out of prison. We don't care if you're more Christian than the Archbishop of Canterbury, or haven't been to church since Christmas ten years ago. We extend a special welcome to those who are over 60 but not grown up yet, and to teenagers who are growing up too fast. We welcome keep-fit mums, football dads, starving artists, tree-huggers, latte-sippers, vegetarians, junk-food eaters. We welcome those who are in recovery or still addicted. We welcome you if you're having problems, are down in the dumps or don't like 'organised religion.' (We're not that keen on it either!) We offer a welcome to those who think the earth is flat, work too hard, don't work, can't spell, or are here because granny is visiting and wanted to come to the Cathedral. We welcome those who are inked, pierced, both or neither. We offer a special welcome to those who could use a prayer right now, had religion shoved down their throat as kids or got lost on the ring road and wound up here by mistake. We welcome pilgrims, tourists, seekers, doubters... and you!"



This prayer is based upon the colours of the rainbow.
A symbol of God's promise.

Written by Peter Hemmings, member of Grove Methodist Church and Local Preacher

Red

We remember with thanks the Fire and Rescue service: its bravery and dedication, saving lives and property.



We pray for the Red Cross, Red Crescent and similar organisations seeking to save lives and relieve suffering.



We pray for Postal Workers and others delivering parcels, news and goods.



**GIVE BLOOD
SAVE LIFE**

We give thanks for for Blood Donors and precious gift they give.

Orange



We give thanks for the people who produce and bring us food giving a balanced diet of vitamins and nourishment and pray that the world may find a way to feed the hungry and the dispossessed.



Yellow



We remember Paramedics and the work of the Ambulance Service getting people to and from hospital



We pray that you will guide us to use the gold that we have wisely and for the benefit of others. Forgive our greed which shames us.

We give thanks for the warmth of the sun and people who bring sunshine into the lives of others.



We pray for prisoners and the work of Amnesty and other organisations. We pray for people who are afraid and cannot find the courage they need to face their problems and challenges.

Green



We thank you for the doctors and nurses helping patients at this difficult time.



We thank you for the abundance of nature, and its variety. Teach us to respect the earth on which we live. Forgive us our extravagance in the way we use your gifts. Give to people everywhere a caring concern that the world may be a safe place to live.



We pray for people who are consumed with envy, unable to rejoice in the success or good fortune of others. Help us to put aside jealous thoughts which prompt malicious words and deeds.

Blue



We thank you for all who work in the NHS: the medical staff, technicians, pharmacists and all who help hospitals and surgeries function.



We give thanks for the police and the armed forces.



We pray for people who suffer from depression, frustrated that life can seem so hard, and for whom it is difficult to find joy.



Indigo

Mystery Colour
Neither Blue
Nor Violet



We pray for people who face an uncertain future.



We pray for people who are unsure of their role in life pulled in opposite directions.

Violet



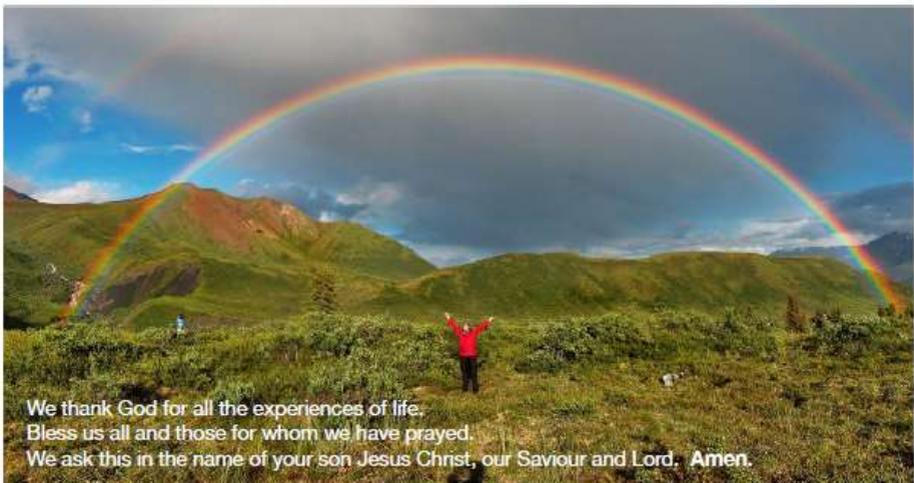
We pray for those called to be leaders of nations, their servants and their ministers. We pray that the world may be governed with wisdom and in a way that is fair to all.



We pray for people whose nature is to be shy, quiet and uncomplaining. It is your nature to value all your people, and we pray for any who feel exploited. The flowers which you have made enrich the world by their natural beauty and sweetness.



We pray for all who mourn. Be with them in their loss. Help them to rejoice in the story of a life. We pray for people who have gone before us, and know that one day we shall meet again.



We thank God for all the experiences of life.
Bless us all and those for whom we have prayed.
We ask this in the name of your son Jesus Christ, our Saviour and Lord. Amen.



The Church in Abingdon



Church Twinning Our Eco-Twinning Event

was meant to take place this month, with visitors from churches in all five twin towns. To replace the organised reflective walk, we have compiled an 'online virtual prayer walk' around Abingdon and thought that Abingdon friends in lockdown might like to share it.

How to take part: If you are using a Browser (e.g. Internet Explorer, Chrome) the following link will take you to a prayer walk in Abingdon. If you are using an app, use the link to go to "Your places" and "maps". Here is the link: [Abingdon Prayer Walk](#)

TAB In order to comply with the requirements of the Charity Commissioners, this is a formal notification to inform you that due to the restrictions arising from COVID19, the 2020 AGM of The Abingdon Bridge has been deferred from Tuesday 16 June 2020 until Tuesday 22 September 2020 at 7 pm at The Barn, Christ Church, Northcourt Road, Abingdon OX14 1PL.

Fundraising: Ock Street Band are a local Abingdon band all of whom have played either previously or play currently with the Peachcroft Christian Centre worship band. They have just released their debut song 'Love of Life' (from their soon to be released EP 'From Scratch') to raise money for the Abingdon Food Bank to help at this particularly demanding time. The song is currently available to stream and download on YouTube and Spotify and can also be bought from Amazon and iTunes (search Ock Street Band). The band is donating all royalties and any donations to the Abingdon Food Bank and have a Just Giving page - <https://www.justgiving.com/crowdfunding/ockstreetband>

The song, initially written by Ben Nielsen after his mother died to help his father cope with the loss, has been rewritten by Ben and fellow band member Kay Davies and together with the band they made this recording. They were lucky enough to have Duncan Wymbys play his wonderful lead guitar on the track with them.



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