

Living to the Full



**This week's news and Sunday worship
for St George's, Tuffley
with St Margaret's, Whaddon**

3 May 2020

Dearly loved worshipping community

As we've been stripped of our daily structure, we've been discovering afresh how valuable is a daily and weekly routine. Which includes worship on a Sunday! I love knowing that many of us are joining together at home in this way: somehow it strengthens the spirit.

God strengthen and bless you in your worship and in your life, whatever you face this week; and God bless others through you every day.

Bruce

Coming Soon:

24/7 Prayer for Tuffley and the Coronavirus

Did you know that the word prayer has become one of the biggest searches on Google these last few weeks?

People are learning that prayer is effective and they want to know how to do it.

We are setting up a virtual prayer room that you can be part of. It doesn't matter if you are online or on paper – you can join in. There will be a system to book your time to pray and resources to aid you in your prayers

Watch out for the launch next weekend and be ready to book your slot!

Keep picking up the phone!



People are finding phone calls with friends invaluable to combat loneliness. Thank you everyone; please keep up the good work!

IDEAS! Special Things to do this week:

- ❖ **Tap Twinning!** Today's the last day to help our global neighbours with no running water, to reduce the risk of coronavirus and other disease, by giving them a Tap with Hygiene Training for just £60. Please put your gift in vicarage front door asap.
- ❖ This Friday 8 May is the 75th Anniversary of 'Victory in Europe'. How to mark it?
- ❖ Make your own special **VE Day 75** 'Great British **Bunting**' to display in your window at home. [Instructions here](#)
- ❖ Join the national 'Toast to the Heroes of WW2' at **3pm on Friday**, by standing up and raising a glass: "To those who gave so much, we thank you," to the millions at home and abroad that gave so much so we can all enjoy the freedom we have today.
- ❖ Enjoy a 1940's-style **tea-party** at home with VE Day bunting, original recipes, and fun for all ages
- ❖ Show your gratitude to someone who's caring for others or working for the community
- ❖ Keep bringing items for the **Foodbank** to vicarage
- ❖ Borrow a good book (some are new) from Sarah's church library – in vicarage porch (we can deliver)
- ❖ Pray regularly for the Coronavirus. You can find some prayers [here](#) and [here](#) (also in vicarage)
- ❖ Write a poem about Tuffley or the Church
- ❖ Read advice on how to [combat loneliness](#) (also copies in vicarage porch)
- ❖ Enjoy our [May Crossroads magazine](#) and tell a friend or give them a copy
- ❖ Listen to resources such as
 - ❖ the Radio 4 Sunday service 8.10am;
 - ❖ BBC1 Songs of Praise Sunday 1.15pm,
 - ❖ others on DAB Radio, Freeview TV, I-Player; including 'Premier Radio'
- ❖ Enjoy Christian resources on your CD or DVD player; ring Pete & Lorraine Best on 01452 419189
- ❖ Explore some of the Christian resources now available on the internet via *Youtube*
- ❖ If you have an I-pad: use your 'App store' to download 'Vision TV UK' app and explore links to some of the Christian resources

Know someone who:

- ❖ Is stuck at home without support?
- ❖ Can't make ends meet?
- ❖ Just wants to talk?

Contact **Gloucestershire Community Help Hub** on 01452 583519.

Worshipping Together at Home

An outline order of service for 3 May 2020:

Living to the Full

To prepare for the service, open the Easter [liturgy booklet](#) [copies in vicarage porch]

We light a candle...

We sing: [Lord of all hopefulness](#)

[if you're reading this through email, follow the hymn with a click, or ctrl-click, on the title]



Now play the Easter Season Communion [video](#) or DVD [first 6 mins]

Prayer for Today

Risen Christ,
faithful shepherd of your Father's sheep:
teach us to hear your voice
and to follow your command,
that all your people may be gathered into one flock,
to the glory of God the Father. Amen

Acts 2 Life among the Believers

⁴² They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. ⁴³ Awe came upon everyone, because many wonders and signs were being done by the apostles.⁴

⁴ All who believed were together and had all things in common; ⁴⁵ they would sell their possessions and goods and distribute the proceeds to all, as any had need.

⁴⁶ Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, ⁴⁷ praising God and having the goodwill of all the people.

And day by day the Lord added to their number those who were being saved.

Prayer: Thank you for the way your earliest church lived: devoted to you and to each other, and sharing in everything gladly and generously. And thank you for blessing so many others through them. Amen

Psalm 23

¹ The Lord is my shepherd;
therefore can I lack nothing.

² He makes me lie down in green pastures
and leads me beside still waters.

³ He shall refresh my soul
**and guide me in the paths of righteousness
for his name's sake.**

⁴ Though I walk through the valley of the shadow of death, I will fear no evil; **for you are with me; your rod and your staff, they comfort me.**

⁵ You spread a table before me
in the presence of those who trouble me;
**you have anointed my head with oil
and my cup shall be full.**

⁶ Surely goodness and loving mercy shall follow me
all the days of my life,
and I will dwell in the house of the Lord for ever.

*Prayer: O God, our sovereign and shepherd,
who brought again your Son Jesus Christ
from the valley of death,
comfort us with your protecting presence
and your angels of goodness and love,
that we also may come home
and dwell with him in your house for ever. Amen*

Pause to listen to [O let the Son of God enfold you](#)

1 Peter 2 The Example of Christ's Suffering

¹⁹ For it is a credit to you if, being aware of God, you endure pain while suffering unjustly. ²⁰ If you endure when you are beaten for doing wrong, what credit is that? But if you endure when you do right and suffer for it, you have God's approval.

²¹ For to this you have been called, because Christ also suffered for you, leaving you an example, so that you should follow in his steps.

²² "He committed no sin, and no deceit was found in his mouth." ²³ When he was abused, he did not return abuse; when he suffered, he did not threaten; but he entrusted himself to the one who judges justly.

²⁴ He himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed. ²⁵ For you were going astray like sheep, but now you have returned to the shepherd and guardian of your souls.

Prayer: Thank you Lord that when we suffer, not only are we following Your example, but also You are suffering with us. Amen

You can listen to the Gospel and Reflection [here](#)

John 10 Jesus the Good Shepherd

read by Joceline Blunt

¹ “Very truly, I tell you, anyone who does not enter the sheepfold by the gate but climbs in by another way is a thief and a bandit.

² The one who enters by the gate is the shepherd of the sheep. ³ The gatekeeper opens the gate for him, and the sheep hear his voice. He calls his own sheep by name and leads them out: ⁴ When he has brought out all his own, he goes ahead of them, and the sheep follow him because they know his voice.

⁵ They will not follow a stranger, but they will run from him because they do not know the voice of strangers.”

⁶ Jesus used this figure of speech with them, but they did not understand what he was saying to them.

⁷ So again Jesus said to them, “Very truly, I tell you, I am the gate for the sheep. ⁸ All who came before me are thieves and bandits; but the sheep did not listen to them. ⁹ I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture.

¹⁰ The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly.

Prayer: Lord we hear Your voice and we gladly follow You because we know how much you have loved us and in you alone is true Life. Amen



Reflection from Lorraine Best

We are now in May and this year our first May Bank Holiday was moved from Monday to Friday. Why? Because Friday 8th May 2020 is the 75th Anniversary of VE Day.

Victory in Europe didn't mark the end of the 2nd World War but it was a significant step forward. One that Britain's most famous pensioner Captain Tom and some of our more senior church members may remember.

Many have likened our current situation to the war years. Our common enemy might be unseen but its effects can be devastating and many repercussions will be felt long after “victory” over Covid 19 is declared.

Our Gospel reading tells us of Jesus as the Good Shepherd, a very appropriate picture for Spring when we have perhaps witnessed the wonder afresh of new life seeing the birth of lambs on TV programmes such as Countryfile.

However, these parables were originally told in the depths of winter just before the festival of Renewal, also called the festival of lights or Hanukkah.

Having contrasted his own motivations to Satan's (the thief that only comes to steal, kill and destroy), Jesus sums up his purpose with these words, “I have come to give you everything in abundance, more than you expect-life in its fullness until you overflow!” (v.10b, *The Passion Translation*)

What would such an overflowing abundant life look like? Is such a life possible in a time of restriction and physical separation?

Over the next few days why not ponder this.

Whatever our circumstances we can live a fuller life with Him, than without Him: a life full of Love, Interest, Friendship and Energy. We may need to focus more on the Lord, with prayer and study of His Word; exercise our Imagination, deepen our Fellowship and rediscover the Eternal value of the commonplace. But with God's help we will know Victory.

Prayer:

*God of hope and transformation,
who in our Lord Jesus Christ
offers us the gift of life in all its fullness,
send your Holy Spirit afresh
and grant us joy in our following
and vision and strength to live well.
Make us rich in imagination, confident in faith,
and courageous in our daily walk during these days.
Keep us rooted and grounded in your Love,
to share fully your Life with the world. Amen*

Song suggestion:

[My song is love unknown](#) [King's College choir]

OUR PRAYER COLUMN

Thanks to Paula and David Rix
[You can also listen [here](#)]



*Father, hear the prayer we offer:
Not for ease that prayer shall be,
But for strength, that we may ever
Live our lives courageously.*

Lord we know that we will not always find ease and rest on our Christian journey, but we do know that, whatever might befall us, you have promised to be there for us. We pray now for courage and faith. Help us to respond well to whatever difficulties lie ahead.

*Not for ever in green pastures
Do we ask our way to be;
But the steep and rugged pathway
May we tread rejoicingly.*

Lord, we thank you for the moments of rest and calm we find during this current crisis, the stillness, the birdsong, and the time to talk and listen to others, and the technology that enable us to connect with those who are physically far from us. Even in these difficult times you have many prepared many blessings for us. As we travel this rugged pathway, help us to remain full of joy and hope.

*Not forever by still waters
Would we idly rest and stay;
But would smite the living fountains
From the rocks along our way.*

Lord we know that many are suffering. Help us to look beyond our own concerns and give us the strength to smite 'living fountains' on behalf of others, so that they might also be nourished by your goodness. We pray especially for those who are troubled and afraid at this time, those afraid to go to work, those who have lost their jobs, the sick, the lonely, the bereaved. May they know that their distress has not gone unnoticed, may they be comforted and supported.

*Be our strength in hours of weakness,
In our wanderings be our Guide;
Through endeavour, failure, danger,
Saviour, be thou at our side.*

Lord we are fearful, weak and we mess-up. But we know that you are our good shepherd and if only we ask you will give us what we need. Guide us, strengthen our faith and help us to live well in the days ahead, until at last we come to the place of rest peace and love that you have prepared for us in your eternity.

You may like to watch: [Father hear the prayer we offer](#)

Now resume the [video](#) or DVD [from 6mins:10secs) for the Peace and **the Eucharist** (ending at 18:25]

IN MEMORIAM:

Terrence Raybould, Josephine Beard, June Addis,
Bill Dowdeswell, Garry Jeffrey RIP

ANNIVERSARIES OF DEATH:

Alan Trenfield, Alan Smith, William Saunders,
Gillian Cox, Charles Bell, Lewis Powell,
Ronald Ellis, Elsie Hyett, Dennis Macey,
Ronald Mouldsdale, Ronald Cole, Joan Webb,
Hazel Morgan, Dennis Baker, Jack Crawford,
Charles Badham, John Bruton, Annie Monaghan,
Richard Wright, Gilbert Smith, Edwin Allen.

BIRTHDAYS & ANNIVERSARIES:

Daphne Reeves 3rd, Derek & Sarah Kingscote celebrate a wedding anniversary on 1 May.

Our Review of 2019 is now available [here](#)! The vicar's overview, reports on our varied activities, and finances. Copies also in church porch.

A new local service delivering **food parcels** free for people temporarily hard-up for whatever reason during the pandemic: just ring Maxine King at Tuffley IncrEDIBLES' on 07715 457051.

Quote for the week: "No-one stares up at the Norther Lights thinking "Wow, I'm incredible"! We're hardwired to wonder and so to worship." (Pete Grieg, 'Ho to Pray, p.49)

We're all invited to join a round-the-clock prayer rota for GRH. See <https://www.stcatharine.org.uk>

Purposeful Exercise: anyone like to **deliver some Messy Church letters**, or **weekly news sheets** during your daily walk? Tell Bruce or Helen, and we'll bring you a bundle. Thanks!

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The Administration office is not open until further notice. Please contact the Church Administrator by email or leave a message on the office telephone and our Administrator will get back to you.

We are part of the **Church in Tuffley**, working in partnership with English Martyrs (Roman Catholic) and Grange (Baptist).