

# THE Parishioner

June / July 2020



Due to the COVID19 safety rules we are publishing this edition online & sending it out by email & on social media. If you know someone local who cannot access the internet and wants a paper copy please let us know.

[parishioner@ash-vale.org.uk](mailto:parishioner@ash-vale.org.uk)

**St Mary's Church  
Ash Vale**



roots down, walls down

**Vicar**

Rev Neil Lambert  
203 Vale Road  
Ash Vale  
Surrey  
GU12 5JE

[revneil@me.com](mailto:revneil@me.com)

**Churchwardens**

Martin Lindsay  
Nikki Glover

**Hon. Treasurer**

Patrick Brown

**Parish Administrator**

E-mail [parishoffice@ash-vale.org.uk](mailto:parishoffice@ash-vale.org.uk)  
Office hours: Tue 11-4pm, Thur 10am-3pm  
Parish mobile answered 9-5 Mon-Fri  
Jackie Scott 07863 311165

**The building is closed but the church is open!**

**Download the 'Zoom' app and join us online! (If you can't get online why not phone a friend who can zoom and listen in? If you'd like a copy of the service sheet by email or posted to you, please contact us. )**

**Sunday Morning Service 10am**

**[https://us02web.zoom.us/j/84034623394?](https://us02web.zoom.us/j/84034623394?pwd=cjBaYVQ5bU9iRiRlYkZ0akR3V0pLUT09)**

**[pwd=cjBaYVQ5bU9iRiRlYkZ0akR3V0pLUT09](#)**

**Meeting ID: 840 3462 3394      Password: 063505**

**Evensong Wednesdays 8pm**

**[https://us02web.zoom.us/j/84552991428?](https://us02web.zoom.us/j/84552991428?pwd=T2dqdBaYVpZNTVwd1hqY3V2RzE2Zz09)**

**[pwd=T2dqdBaYVpZNTVwd1hqY3V2RzE2Zz09](#)**

**Meeting ID: 845 5299 1428; Password: 828836**

**We also ring the bell at 12:00 and 18:00 daily, as a call to prayer.**

**We are watching the news to see when we can reopen. Keep an eye on the website**

**[ash-vale.org.uk](http://ash-vale.org.uk) & Facebook @StMarysAshVale**

**St Mary's Community Centre**

- Large hall & kitchen
- Small hall & sink
- Wheelchair accessible toilet

Bookings Secretary:  
Audrey Lefevre

**Ash Vale Chapel, Wharf Rd**

- Christian & Community Arts
- Chapel Kids (toddler group)
- Thursday Filmshare
- Friday Café

(Joint project with H-SB Methodist Circuit)  
[ashvalechapel@gmail.com](mailto:ashvalechapel@gmail.com)

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**Collation:** Alison Shewell

**Distribution:** Caroline Johnson

*Plus... a small army of willing volunteers who collate, bundle and deliver by hand to nearly 3,500 homes and public buildings in the parish of Ash Vale.*

# Letter from the Vicarage

**By Rev. Neil Lambert**

If I were to ask you to give me ten legacies or memories from two months of lock-down I wonder what they would be? I wonder if they would be like my list.....lets see.

1. Even without seeing people I feel closer to them.
2. With all the bird song in the garden it feels like I'm living in an aviary.
3. Stopping and watching the beauty of spring happen.
4. The excitement and challenge of finding new ways to worship together as a church community..
5. Feeling the pain of people who've lost a loved one, grieving in isolation.
6. Feeling helpless as friends lose their jobs or businesses
7. Being immensely proud of our community, seeing them care for one another. One expression of this is the Covid-19 support group. Carla and the team, queuing at the chemist and doing shopping for those most vulnerable in the community. Not forgetting the Ash Parish Council releasing funds to help the group do their job.
8. Ringing the bell at St Mary's at noon and 6pm each day calling people to prayer or just to pause. Letting them know they are not alone.
9. The sadness of hearing yet another ambulance go along Vale Road on its way to the hospital and not knowing who they were taking. But being incredibly grateful for the dedication of all who work on the front line in the NHS from cleaners to consultants.
10. News reports highlighting all the most important people in our community people like care home staff, bin men, postal workers and so on.

**NOT SOCIAL DISTANCING BUT SOCIAL CONNECTION**

As a community we are physically distanced, but we are finding ways of being connected socially. It seems as though when we were crowded together we were never that close anyway. New priorities are emerging, like the importance of caring for one another. We are realising that some of the most precious people we have are the most vulnerable. Mother Teresa of Calcutta knew all about this but we to have to learn and practice this. Maybe our mantra coming

out of lock-down should be the Beatitudes, as we come to the realisation that during the last two incredibly difficult months we have been strangely blessed. Our biggest risk ahead is if we learn nothing from this time. Above all we need to reflect and then act. Reflect and Act is England's green and pleasant land.

Remember that.....

*"The moral test of government is how that government treats those who are in the dawn of life, the children; those who are in the twilight of life, the elderly; those who are in the shadows of life, the sick, the needy and the handicapped." -Hubert H. Humphrey*

*"The true measure of any society can be found in how it treats its most vulnerable members." -Gandhi.*

I'm looking forward to the day that I can unlock the church doors again and welcome you in to reflect and pray. In the meantime, as the building is shut St Mary's community is anything but closed! As we meet for Zoom services on Sunday and during the week in serving others in so many ways.

May God Bless you and keep you, make his face to shine on you and bring you peace.

Don't forget that if you would like to talk or zoom, or you have any problems please let us know and we will do our best to help. My email is [revneil@me.com](mailto:revneil@me.com)

**Neil**



## **Important news: Byelaws review**

Please go to the web site:

<https://www.byelawsreview.com/take-action>

Facebook page bylaw review:

<https://www.facebook.com/byelawsreview>

Find out what's happening

Put a poster in your window to raise awareness

The time for lobbying our M.P. and councillors is NOW. The time for direct action might be coming soon.

# News from Uganda

**By Judith Vella (Amaha We Uganda Trustee)**

**No money - no food.** That is the stark truth for our friends and the communities they support in Kasese, Customs and Bwera in Uganda.

Living in the towns is hand to mouth. In this current global corona crisis, the markets in Kasese, Customs and Bwera are closed. All businesses are closed down so people are not able to earn money. The only food available is from the few food shops that are open and if you have no money you cannot buy food. Families are going hungry in lockdown.

Although Amaha We Uganda is a development charity, William and his team are responding to this extraordinary crisis with relief for the most vulnerable. They are already delivering life-saving food via local churches to families in great need, to avoid starvation.



The food is being distributed from William's church in Customs and the wider action plan includes Bwera, and St Stephen's church and the AWU office in Kasese. Thank you so much to those of you who have already donated and made this possible. The food parcels provide the most basic of ingredients to feed each family one meal daily: cassava, maize flour and beans. They are also sending soap so people can wash their hands. The street children we work with are also receiving urgent help.

If you missed William on Zoom Church on Sunday, you can still “meet” him online. Tina conducted an interview with William in which he explains their needs and what is being done. Please watch the interview here: <https://www.amahaweuganda.org/post/your-money-is-already-making-a-difference>

**What next?** AWU is all about empowering people to thrive. We need to think ahead to the next season and make sure people can prepare. The planting needs to start now. If no planting happens now, everyone will be hungry next season. So our next priority is to support local communities with seeds to get planting underway.

## **How you can help:**

More information and if you would like to make donations, the Amaha We Uganda (Hope for Uganda) link is here: <https://www.amahaweuganda.org/> Thank you for your support.

Please also mark your diaries for our next fundraiser, a brilliant **Family Quiz** hosted by none other than the amazing Edi Johnston! (See page 28 **Friday 5th June, 6pm.**

[Www.virginmoneygiving.com/fund/awuquiz](http://www.virginmoneygiving.com/fund/awuquiz) Tickets £5

*PS - Since the appeal was launched the area has also seen awful flooding. Those whose homes have been washed away are being sheltered in schools, and the larger aid agencies are helping, but conditions are far from ideal when trying to shelter from a virus and make travelling dangerous. Please keep Uganda in your prayers. Thank You (The Ed)*



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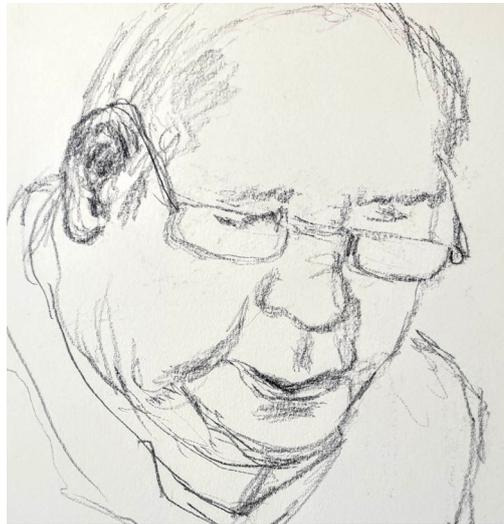


# Try this at Home....

**By Jono & Debi Retallick, Artists in residence at the Chapel**

Our usual 'try this at home' page is all the more poignant now that the majority of us are in lockdown....

We thought we would share another drawing exercise with you all to give your creativity a boost and hopefully some light entertainment during this strange time. This exercise is something that we have done to help lose the fear of 'getting it wrong' or 'producing a finished and perfect product'. It is something we have both found invaluable and have come back to it throughout the many years of our arts practice.



\*You will need 5 sheets of A4 paper and a pencil, oh and a sense of humour! It's called '**5,4,3,2,1 portraits**', you will need a partner who is at home with you or a portable mirror/shaving mirror.

For the first drawing you will have 5 minutes to draw the person you see opposite or in the mirror.

For the second drawing you will have 4 minutes to draw the person you see keep going like this until you have 5 drawings: a 5 minute one, 4 min one, 3 min one, 2 min one, 1 min one.

Now lay them all out in front of you. What do you notice? how does the first one differ from the last one? which drawing captured the most information? the results are often surprising and hilarious!

If this exercise is repeated regularly you will find that your observation skills are sharpened and you begin to see differently. Even if you only do it once it will be great fun and I'm sure will brighten your day with your loved ones! Enjoy!

We normally host a Chapel Arts 'Monthly Make' event at the chapel but with the current circumstances we are now doing this using 'zoom' and will run a 40 minute session on 25th May from 4pm where we will talk through the 5,4,3,2,1 Portrait idea and give people the opportunity to share the experience with others. If you have any queries please do contact me at: [debiretallick@googlemail.com](mailto:debiretallick@googlemail.com) Otherwise we will look forward to seeing you there!

**Debi**

**Details for the Chapel Arts online zoom sessions are as follows:**

**Topic: Chapel Arts portraits....**

Time: May 25, 2020 4pm

Join Zoom Meeting

[https://us04web.zoom.us/j/6423953437?](https://us04web.zoom.us/j/6423953437?pwd=ZFM3K2FwSIJqWVN1dGNPcmZUSHA1dz09)

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Meeting ID: 642 395 3437

Password: R3fl3ct10nws

**Topic: Chapel Arts workshop**

Time: Jun 29, 2020 4pm

Join Zoom Meeting

[https://us04web.zoom.us/j/6423953437?](https://us04web.zoom.us/j/6423953437?pwd=ZFM3K2FwSIJqWVN1dGNPcmZUSHA1dz09)

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Meeting ID: 642 395 3437

Password: R3fl3ct10n

**Topic: Chapel Arts workshop**

Time: Jul 27, 2020 4pm

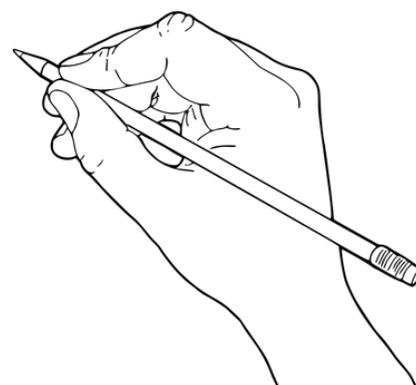
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Meeting ID: 642 395 3437

Password: R3fl3ct10n



# I'm Bored

by Eileen Monds

That was my answer when someone asked how I was finding Lockdown. With apologies to those who are housebound and experience no difference to their lives, apologies to those who are so busy volunteering and especially apologies to keyworkers of all kinds, I will try and explain.

Suddenly my life has changed: no U3A, no Thursday café, no charity shop, no visits to friends and family. What can I do while confined to my house as am over 70? I have read lots of books, (some better than others), I have finished a few jigsaws (some easier than others), I watch TV (but only after 6pm) and spend time in the garden. I take a daily walk as exercise and phone, skype and zoom my friends and family. Then there is always washing, cooking and housework (Is there more dust because I am home or because I now have time to see it?) I could spend time doing something with my ever growing hair but that does not feature high on my list.

Then every day at noon the St. Mary's bell rings and reminds me why I am confined to my house. As I spend time thinking and praying for all those suffering, all those caring, all who have been bereaved, those who have lost their jobs and those struggling and queuing to get food and medicines, I realise I am very blessed and my boredom can be put in perspective.

## Lockdown Laughter By Mike Rose

*New crisis, new vocabulary! Is your dictionary up to date?*

**LOCKGOWN:** everything you're wearing when not pulling on a shirt for work zoom.

**ZOOMBA:** the weird urge to fidget, touch your face, drink your coffee or pull faces at yourself that kicks in ten minutes into every meeting;

**CORMOANER:** that segment of Twitter devoted to detailing how frustrating someone's daily life is, oblivious to anyone else's problems. Mostly 'regular bakers' short of flour, sports fans, and academics with children.

**QUARANTIME:** the weird phenomenology that March felt subjectively like it lasted eight months, but April was over in an hour - and it felt like that for everyone.

**PANDEMICS:** the army of lecturers and writers filling the Twitter timeline with new recipes because they don't know how to not look busy.

**CORONAP:** about half past three, and nobody can stop you!

# Sunflowerstitches – Nothing Stops Us Crafting!



It has certainly been a challenging few weeks for all of us with the change in our routines. So it was important for me to ensure that I could continue to keep in touch with my regular ladies, and reach out to new people, to provide some social support and interaction. Since the end of March, I've been holding 'Virtual Sewcials' – an opportunity for people to get together on Zoom and create a project with me. These sessions are held every

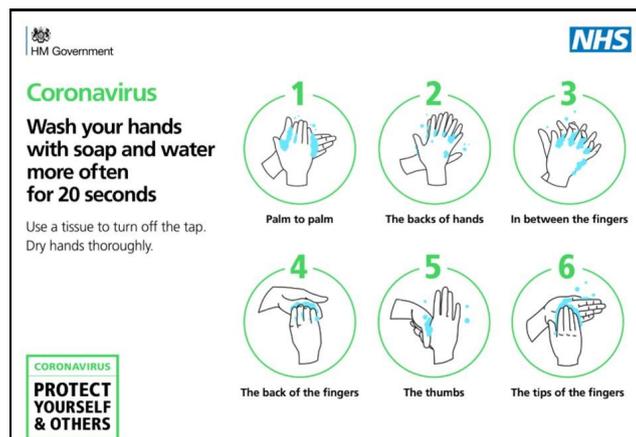
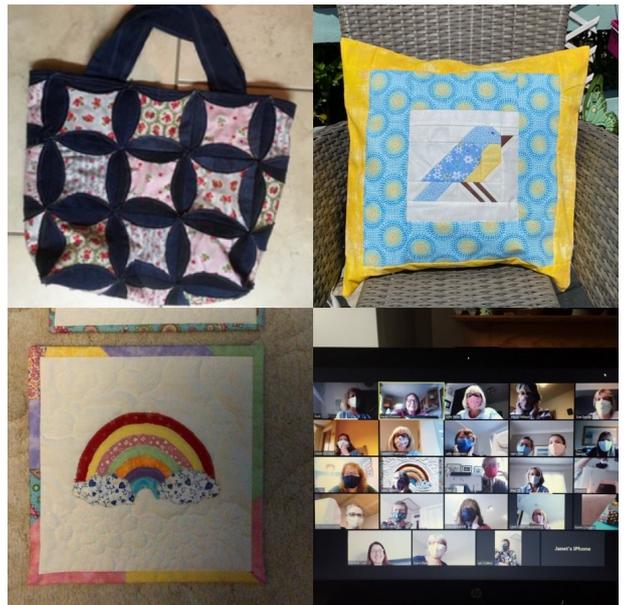
Monday and Wednesday evening from 6.30pm-8pm and are free to participate in. I send out instructions so that attendees can do some prep prior to our 'sewalong'. We've had great fun achieving rainbows, bags, cushions and our latest creation of face masks. One week there were over 25 ladies participating, with the youngest one being 10! On the evenings we haven't had a project, then we all bring our own UFO – unfinished object – and sit and chat over Zoom. We have certainly had some raucous evenings and a lot of laughs – very important for our mental wellbeing.

In between sessions, a number of us have been involved in making scrubs and scrub bags and making masks for care workers as well as hospital staff. It's amazed me just how community orientated we've all become because we've been given the time to think about others and our surroundings.

If anyone would like to join the Virtual Sewcials, please email me for details [hello@sunflowerstitches.co.uk](mailto:hello@sunflowerstitches.co.uk).

Stay safe everyone!

*Karen*





touching hearts, changing lives

**Monday** 5:30pm & 7.30pm coming soon!

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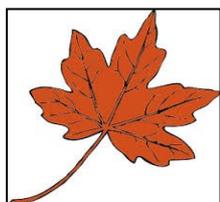
**Tuesday** 5:30pm  
The **Ash** Centre,  
Christina 07948 421661

**Tuesday** 5:30pm and 7:30pm  
**Wednesday** 9:30am and 11:30am  
The Community Centre, **Tongham**  
Angie 07988 165711

**Wednesday** 5:30pm and 7:30pm  
**Ash** United Football Club,  
Mel 07720 687660

**Wednesday** 5:30pm and 7:30pm  
**Thursday** 9:00am and 11:00am  
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Micki 07799 323436

**Thursday** 5:30pm and 7:30pm  
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Olivia 07734 654253



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# A big 'Thank You' to all our local volunteers!

By Carla Morson

Coronavirus has attacked every country in the world, and while some are suffering more than others the pictures here show that whatever the situation as far as this pandemic goes the basic instinct is for people to show kindness. When I first saw the images of William's work in Uganda it struck me that although we live very different lives, we are all doing the same thing, delivering food and medicines to the vulnerable and those that need help.



At the start of this year, none of us imagined that we would be staying at home in lockdown to save lives. In early March it became apparent we were also in real trouble, and the situation was rapidly worsening. I knew we were going to need our neighbours more than we had in a very long time so a support group with a ridiculously long name – ***Ash, Ash Vale and Ash Green Coronavirus Support Group*** – was formed. The intention was to offer help and support to those who, if we went into lockdown, could for a variety of reasons be considered vulnerable. I knew we already had a great community but never imagined that the group would take off in the way it has. It was quite scary as suddenly we went from what was a FB group with 2 members, to having hundreds of volunteers wanting to help their neighbours, we have almost 1500 members. There was a lot to learn, we sought the experience of Reverend Neil and Alex, and then we joined forces and now work closely together. Life in the early stages was incredibly hectic (come to think of it, it still is) as we had to get everybody organised, safety and payment procedures in place. We needed funds to be able to ensure the lifestyles of those without access to internet banking or cheques could, as far as possible, be maintained. We've received grants from the Community Coronavirus Response Fund and Ash Parish Council, on top of which many have made donations to help with the work we are doing. We started small, initially a few (now many) shopping trips and collecting prescriptions for those unable to go out. Still, we're continually expanding our support to help those of the most vulnerable in our community with care parcels for the elderly and families as well as making befriending calls to those living on their own.

Not only do I wish William and his team in Uganda well, but also all of the community groups springing up across the world. If we can help, we will!

Be kind and stay safe.

**Carla**

# Warden's Witterings in Lockdown.

By Martin Lindsay, Churchwarden

“Teams gives us a chance to... “Have you found your calling?

It is amazing how, if you even take a break from teaching your child and get a handle of the online sessions from school, you turn the TV on and you see a reminder of what you have been trying to away from, the ‘Teams’ advert !!. What we have seen these past 8 weeks is that children are resilient, adaptable and have great motivation to learn.

A credit to all those parents and carers who have been teaching their child to maintain their education level. If you are still searching for a winning formula, keep going — you have support from your school, friends and family. Technology and paperwork will never be the same again.

We were recently celebrating VE Day and the sacrifice made by others. We are sometimes weary of comparisons, but when you hear from those who were children in the 1940s and their testimonies, you realise this generation in time will share similar experiences to others. We would have a part to play in helping your child in this stage of their education.

An even brighter side is that homework in the future will be now be so much welcomed!!

## Coffee time Quiz: Can you decode these emojis?



- 1) 📺 👩‍🎓 👨‍🎓
- 2) 🎥 🏴‍☠️ 🌴
- 3) 🎥 🤝 🏢 😱
- 4) 📺 👍 🇬🇧 🍰 🥧 🍞 🍪
- 5) 🎥 🏆 👁️ 🤝 👩‍🦱 👩‍🦱 👩‍🦱 👩‍🦱
- 6) 🎵 🛠️ 🧰 ❄️ ?
- 7) 🎵 😊 1 > ⌚
- 8) 🎵 🌧️ 👤 👤 👤 👤 👤 👤 👤

# Keeping in touch – No internet? No problem!

While so many of us are stuck at home, our local churches, services and businesses have been adapting very rapidly! Here are some useful numbers:

## Local Churches:

- ♦ **St Mary's Ash Vale** – Parish Office mobile: 07863 311165 (Call-back will be between 9am-5pm, Mon-Fri, Parish Administrator is working from home)
- ♦ **The Chapel, Ash Vale** – 07730 609446 (Call-back will be same day as far as possible, our Project Manager is working from home & home-schooling)
- ♦ **St Peter's, Ash** – 01252 331161 (Mon-Fri 9:30-11:30am or leave a message)
- ♦ **Holy Angels, Ash** – 01252 321422 (Mon-Thur 10am-1pm or leave a message)
- ♦ **St Paul's Tongham** – 01252 782790 (Vicarage number, also coordinating Tongham support with shopping, prescriptions & food if you need help)

## Help and support during the crisis:

- ♦ **Ash, Ash Vale & Ash Green Coronavirus Support group** (volunteers helping with shopping & prescriptions) – 07843 489796 (Mon-Fri 9am-5pm, leave a message at other times)
- ♦ **Ash Parish Council** – 01252 328 287 (Mon-Fri 10am-12noon office open, phones answered 10am-3pm)
- ♦ **Ash Citizens Advice Bureau** – 01252 314711 (phone only at the moment)
- ♦ **Ash Vale Health Centre** – 01252 317551 (Out of hours phone 111, in an emergency dial 999)
- ♦ **Guildford Borough Council Covid19 Community Helpline** – 01483 444400 for food parcels & prescriptions. (Mon-Fri 8.30am-7pm & w/e 10am-2pm)
- ♦ **Community Wellbeing Team** - 07769 642053 / 07901 513652
- ♦ **Safe & Settled Team** - 01483 444476 for those needing help at home on arriving back from hospital or needing some help to manage at home.

## Local businesses offering home deliveries / take away

- ♦ **Twin Larder** zero waste shop, 57 Guildford Rd, Ash, 01252 343226 offering click & collect, or if you are vulnerable and isolating delivery is offered within 3 miles (free delivery for orders over £25 otherwise £3 charge)
- ♦ **Vale Café** The Parade, Wharf Road, normally 7am – 5.30 pm
- ♦ **Bo Wah Fish Bar**, The Parade, Wharf Road open 12 – 2pm and 5 – 9pm
- ♦ **Happy Garden Chinese Takeaway** Ash Hill Road Tel:(01252) 325481
- ♦ **Ash Vale Kebab House** Shawfield Road Tel: (01252) 317776
- ♦ **Spice of India** The Parade, Wharf Road Tel: (01252) 313638 or 325163
- ♦ **Tandoori Restaurant** 319 Vale Road Tel: (01252) 334046
- ♦ **The Curzon** Guildford Road Tel (01252) 317671 or 331000 open 6pm

*Thank you to all who responded to our request for numbers and details. The above are correct at time of editing, please keep checking as the situation is very fluid!*

# **What's on in Ash Vale this Summer:**

**The Buildings are closed but you can still join in!**

## **Church Services with St Mary's Ash Vale:**

**Family Service 10am Sundays (via Zoom)**

**Evensong 8pm Wednesday Evenings (via Zoom)**

*We are also ringing the bell at 12:00 and 18:00 as a call to prayer.*

*See Jackie's article on page 23 for 'how to zoom'. If you don't have internet, why not phone a friend who does, and listen in?*

## **Locked down with baby / toddler / preschooler? Join us online!**

**11:30am Mondays—Grownups coffee chat** for anyone caring for little ones at home #ChapelKids & #LittleLambsLibrary parents & carers

**11:30am Wed #Chapelkids Zoom—show & tell, story and songs**

**11:30am Thur #LittleLambsLibrary Zoom—show & tell, story & songs**

*Text / phone Alex for details of all of these, 07730 609446. All welcome!*

## **Out and about—with social distancing!**

**All Age Messy Church One for all the Family!** We are organising a Pentecost Trail Scavenger Hunt during Half term, (See inside back cover)

## **Chapel Creativity:**

**Chapel Arts Monthly Make—join us on zoom, contact Debi for details, and see page 8&9 for more information. [debiretallick@googlemail.com](mailto:debiretallick@googlemail.com)**

**Chapel Poetry Workshop (monthly) — join us on Zoom, contact Alex for details 07730 609446**

**Chapel Greens** are not meeting but we have a lovely Facebook Messenger Chat for sharing ideas and photos, which you are welcome to join. Text Alex for the link 07730 609446

## **Keep fit with Jan from home!**

**Fitsteps and HIIT classes via zoom, with a lovely local group. Mon & Tue 7.30pm. Contact Jan for all the information you need: 07887 530569.**

## **Ash Parish Council Meetings**

**8th June and 13th July, usually at the Ash Centre but may be online depending on restrictions (check council website for details).**

## **Ash Library live:**

Surrey libraries are offering storytime & rhymetime live as well as crafting, science club and more. Ash Library Facebook page has all the details.



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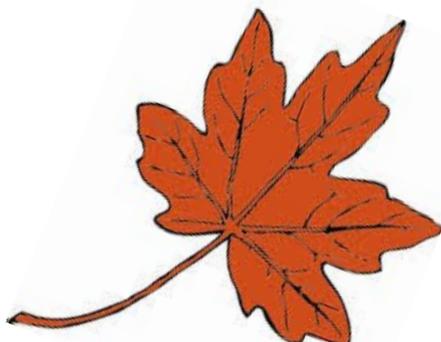
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# **Bible Study – Psalm 89**

**By Helen Lambert**

*Reflections for Lockdown from Psalm 89 (focussing on verses 1-2, 14-18, 38-49, 52)*

*The last Parishioner went out just as Lockdown was starting – how long ago that seems!*

*Whatever the last few weeks have brought to your life, change will undoubtedly have been a key feature for most people. As we turn to scripture, we can reflect on some of those changes – the good, the bad and the ugly – as well as what has not changed...*

*We will be looking at Psalm 89, which reflects a pattern that we see in the collection of Psalms as a whole – a reflection that life is a roller-coaster, with ups and downs in both our circumstances and our reactions to them. King David, the writer of the Psalms, was no stranger to this.*

*How does the Psalm begin (v1-2)? What key characteristic of the Lord and his love is highlighted? Whatever has changed in your circumstances over the last few weeks, God has not changed – words such as “unfailing”, “forever” and “enduring” are densely packed into these short verses. We see this echoed in the New Testament too: “Jesus Christ is the same yesterday, today and forever” (Hebrews 13:8). It is good to consciously remind ourselves of God’s faithfulness, particularly if he feels distant at the moment. What can you think of from the past (or even now) that is a sign of God’s unfailing love for you?*

*Having reminded himself of the character of God, David acknowledges his need of him in the present (v17-18). What does he say God gives him? Have you felt fearful, weak, anxious or in need of protection during this time? Even the mighty King David knew that no-one could protect him or strengthen him apart from the Lord. It is OK for us to acknowledge our difficulties and fears – either for ourselves or for our loved ones – to the Lord, and to ask him to sustain us, provide for us and protect us. If we have reminded ourselves of who God is, what he is like and how he has shown this to us in the past, we can have confidence to trust him in our present difficulties.*

*We might think that David has to say such things – has to put on a brave face, look “spiritual”, because he is the king and leader. Surely he cannot ever feel afraid, useless, overwhelmed, abandoned? Read on to v38-40 and v46-49. Are there days when this could be you speaking? Do you*

*feel able to voice these sentiments? David sets a precedent for us – God wants us to tell him honestly what is on our heart, just as David did in this candid Psalm; he doesn't want us to pretend or "put on a brave face".*

*So, where does this leave us? The answer is in the final verse (v52). What does David do here? He has poured out his heart to the Lord, both the highs and the lows, the past and the present, and found himself searching for God's presence in the circumstances he is in now. In spite of everything he is facing, David makes a conscious decision about his response. He has a choice – he could focus on his difficulties, or he could look beyond himself and his immediate problems. He chooses to turn to the Lord, in spite of his doubts, pain and uncertainty, and chooses to remember who He is and praise Him. It might take a supreme effort for some of us, but can we follow his lead and do the same?*

*"Praise the Lord forever! Amen and amen!"*

### **Extract from Psalm 89 (NIV version)**

I will sing of the Lord's great love forever;  
with my mouth I will make your faithfulness known  
through all generations.

2 I will declare that your love stands firm forever,  
that you have established your faithfulness in  
heaven itself.

14 Righteousness and justice are the foundation of  
your throne;  
love and faithfulness go before you.

15 Blessed are those who have learned to acclaim  
you,  
who walk in the light of your presence, Lord.

16 They rejoice in your name all day long;  
they celebrate your righteousness.

17 For you are their glory and strength,  
and by your favour you exalt our horn.

18 Indeed, our shield belongs to the Lord,  
our king to the Holy One of Israel.  
his throne as long as the heavens endure.

38 But you have rejected, you have spurned,  
you have been very angry with your anointed one.

39 You have renounced the covenant with your  
servant  
and have defiled his crown in the dust.

40 You have broken through all his walls  
and reduced his strongholds to ruins.

41 All who pass by have plundered him;  
he has become the scorn of his neighbours.

42 You have exalted the right hand of his foes;  
you have made all his enemies rejoice.

43 Indeed, you have turned back the edge of his  
sword

and have not supported him in battle.

44 You have put an end to his splendour  
and cast his throne to the ground.

45 You have cut short the days of his youth;  
you have covered him with a mantle of shame.

46 How long, Lord? Will you hide yourself forever?  
How long will your wrath burn like fire?

47 Remember how fleeting is my life.

For what futility you have created all humanity!

48 Who can live and not see death,  
or who can escape the power of the grave?

49 Lord, where is your former great love,  
which in your faithfulness you swore to David?

52 Praise be to the Lord forever!  
Amen and Amen.

# **Can St Mary's church finances weather the storm?**

## ***The Parishioner interviews Patrick Brown, St Mary's Treasurer***

*With so much going on, it's easy to forget that before the COVID19 crisis began the church was facing a £14k deficit this year. The Parishioner asked Patrick for an update:*

**Editor:** *What are the impacts of the crisis on church income?*

**Patrick:** As you can imagine, finances have taken a bit of a hit. We have had no hall hire income since church buildings closed in March, and cash donations are down, because the church, café & weekly groups are closed. Some regular givers have had a change in circumstances and of course they have had to change their giving for now, and our hearts go out to them. We can't run any fundraising events at church, and to show solidarity with local businesses we haven't charged our advertisers for this edition.

**Editor:** *Have you been able to reduce any of your regular costs to help the situation?*

**Patrick:** Yes we have. Fortunately we have seen a reduction in the heating bill, which in a church of this size is quite significant. Our biggest other costs are staff, other utilities and of course "Parish Share" which is what we pay to the diocese for the cost of clergy, training, pensions, vicarages etc. At the moment we haven't got the cashflow to pay all our Parish Share, so we have made a partial payment and we are working out when we can top it up. The diocese is considering how to help, and we may get a small reduction—it all helps!

**Editor:** *Can you furlough any staff?*

**Patrick:** Our Vicar, Administrator and Project Manager are working together to keep us serving the community as effectively as we can during the crisis, so we cannot furlough them without stopping important work. We have furloughed our wonderful cleaner.

**Editor:** *Have you applied for any grants?*

**Patrick:** Yes we have, and we are very grateful to the Surrey Community Fund and Ash Parish Council for their grants which we applied for jointly with the local coronavirus support group (see Carla Morson's news on page 14). This money is ring-fenced to help local people with food parcels, shopping and prescriptions. It cannot be used for anything else. The same applies for generous donations to our church 'hardship fund' and 'Uganda fund' which we can only use for what they were given for. We have applied for other grants for running costs, but so far no joy—the funders are inundated with requests.

**Editor:** *What's the deficit now? Will St Mary's church survive this storm?*

**Patrick:** The situation is serious. We are facing a deficit now of £23k in 2020, and the church could run out of funds as soon as April 2021. This is a lot better than we feared, because some of our regular givers have already increased their monthly giving or made one-off generous donations to help us. As a church we know we have a good, faithful and generous God, so we are not panicking and will keep praying. Please do join us in prayer!

**Editor:** *Lots of people in the community appreciate what St Mary's does, can they donate?*

**Patrick:** That would be a fantastic help. The simplest way is by bank transfer to our Co-Op Bank account: St Marys Church Ash Vale, Sort Code 08-92-99, Account No. 65305863. (If you are able to gift aid your donation that would be an extra blessing) Please contact me via the Parish Office for a Gift Aid form. [parishoffice@ash-vale.org.uk](mailto:parishoffice@ash-vale.org.uk) **Thank you!**

# Zooming to Church

**By Jackie Scott, Parish Administrator**

At St Mary's we want you to know that it is only the building that is closed – the church is very much open for people who meet together in whatever mode they can! We have adopted Zoom as our method of choice for holding services.

**First question:** “Do I need to download Zoom to be able to take part in a meeting?” No you don't. The host of your meeting will send out an invitation which should have five things that you need: the title of the meeting, the date and time of the meeting, an https link, the ID for the meeting (usually 3 groups of numbers), the meeting password (usually 6 digits)

**To join a meeting for the first time** click on the https link (or copy and paste the link into your internet browser). This should bring up the details of the meeting and you will probably be given the choice to name your device. Please do this so we know who is joining in. Click on {join meeting} and you will be prompted to add the password, which you type in and the meeting details will come up.

**You may be directed to a waiting room** and the host will allow you in as soon as they can. You have the choice to use audio and video. You will enter the meeting and see yourself on the screen with the other participants. Once in the meeting there are icons which allow you to turn your microphone and camera off. You are still part of the meeting and can hear and see what is going on.

**Details of the services on Sunday morning at 10am:**

<https://us02web.zoom.us/j/84034623394?pwd=cjBaYVQ5bU9iRlhYkZ0akR3V0pLUT09>

**Meeting ID: 840 3462 3394      Password: 063505**

At times during the service the host will mute everyone. This is because noises from everyone's homes while the priest is talking can be very distracting. There is a significant time lag so singing together is impossible!

There are icons (often in the top right hand corner) will enable you to see the meeting in speaker view (so you just see the person who is talking) or gallery view and you can see up to 25 people on your screen. Occasionally the host may 'share their screen' with you so that you can see a picture or a document, at St Mary's we do this so you can see the order of service – you do not need to adjust your settings at all, the app is able to move between screens easily and will return to the people view once the screen is no longer being shared.

If you need any more support please don't hesitate to get in contact with me at

[parishoffice@ash-vale.org.uk](mailto:parishoffice@ash-vale.org.uk). I can arrange a time to call you and guide you through the process, or ask a family member to help. **Jackie**



# From Chapel Poets & Friends

**We have been sharing poems on WhatsApp and had a zoom session recently, with a challenge to write topical poems responding to the emotions of lockdown. Here's a selection for your enjoyment.**

If you would like to join us, we are meeting via Zoom once a month to encourage one another and do some workshopping. All are welcome. Contact Alex 07730 609446 for details.

## The Social Animal

*By Kit Vessey*

STAY  
TWO METRES  
APART  
To remain alive.  
Precious space with  
Air to breathe ...  
A safe place  
Surrounding me,  
Caressing me with  
Soft, gentle, virus-free  
Air  
The saving grace of  
SPACE

Then, ferocious, that  
SPACE  
Turns on me  
Air sucked out...  
Only loss remaining.  
Loss of touch,  
Of closeness.  
The desire to move  
Forward  
Towards another.  
AN OTHER way  
Of dying ...  
ALONE

## Mindfulness

*By Trish Roberts*

I colour, so do you  
My patterns come in a book  
Black and white lines  
And I could choose  
My red, blues and subtle hues.

Now and then, I pause  
I see your throw on my chair  
And I wonder at all its threads  
And how you made it  
Suspecting you did as bid

In your throw, I love the mix  
Of paisley swirls soft orange pink  
Indian blue tones of twilight skies  
Floral border, duck egg blue and pink  
Echoes of France's Vintage prints.

Your craft is so much greater  
Than my simple work with pens  
But with every thread and stroke  
I wonder if held we both  
Hidden thoughts of heartache and hope.

# Fallow

By Rachel Guilford

Enforced rest.

We were travelling at such a pace  
momentum carried us while greed oiled the  
wheels  
of our consuming ambition  
we were on a mission  
now it's time to stop.

For a season.

Breathe in and breathe out again  
air that's cleaner. Notice grass that's greener  
because we take good care  
of turf beneath our feet  
not forever craving fields  
beyond our reach.

*Let the land lay fallow*

*Let it fallow lie*

*If you long for harvest*

*Let the tired earth sigh*

*Relieve the soil as it learns to heal*

*Before reseeding empty fields.*

Buried stress.

I can feel the blades turning  
yearning to keep reaping in case I miss some-  
thing  
but a fuller basket doesn't always mean  
a better me, there's beauty in  
simplicity.

Seeking wholeness,  
not a scattered self

sliced through the segments of life. I lay down  
the knife

and return to the start  
before I spread my heart so thin  
there was barely a space  
to believe in.

Can we retrace,

repair the broken lines

In our fields, our homes, our times,  
The structures built to cope with growth  
that warp with cracks so wide the weakest  
slip through

discouraged and displaced.

They didn't want a palace  
just a place to rest

but that's broken too.

*Let the land lay fallow*

*Let it fallow lie*

*If you long for harvest*

*Let the tired earth sigh*

*Relieve the soil as it learns to heal*

*Before reseeding empty fields.*





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# Thoughts on Corona Virus

Many years ago I had an aged aunt (on my wife's side) who fell and fractured her arm. As it was her left arm this meant that she could not drive her car. Normally this would be just an inconvenience but for her it was a disaster. There she was in plaster reliant on others to get her basic necessities and unable to undertake her "Meals on Wheels" delivery service. It wasn't until my father in law reminded her (somewhat forcibly I thought - but he was the younger of the two) that most of the people she served were younger than she and at that moment in time were probably more mobile than she; that she should stop fretting and concentrate on getting herself better. Physiotherapy after the removal of the plaster ensured that her arm returned to as normal as possible and she went back happily to her "Meals on Wheels" delivery service.

At this moment I feel I have more in common with that aunt than I would normally admit. My family has threatened me with dire extinction if I so much as poke my nose out of the door until this b\*\*\*y virus goes away. My expatriate son has even threatened that he would come home (quarantine or no) and put me into a real lock down and put the key where I would not be able to get. I've never been so mollycoddled in my life (except as a new born - possibly). And although grateful and very aware that as one of the "at risk generation" I really have to take this virus seriously: I fear that I'm going stir crazy already and self-isolation feels like it's been for ever.

So like my aunt concentrating on getting back into the driving seat, I am going to concentrate on getting through this thing and out the other side. I'm going to treat this threat as if it were a black hole out there in space: something swallowing everything but spewing out new things somewhere. I hope that when all goes quiet on the Corona front that not only will we have immaculate gardens but also we will be living in a more caring society and will continue to maintain a discreet interest in all our neighbours, friends and those in the wider world.

In Monty Python's "The Life of Brian" there is a song written by Eric Idle "*Always Look on the Bright Side of Life*" where he rhymes whistle with gristle. We can get through all our present problems by whistling NOT by chewing on the gristle. If you cannot whistle then consider these words from Dame Vera Lynn on her 103rd birthday, "*Keep smiling, keep singing*".

See you on the other side of the virus.

**Scrivener**



# Pentecost Trail Scavenger Hunt

With love from your Messy Church team

With all the new rules on social distancing, we aren't able to meet as usual for our Messy Church Pentecost Party, but we can invite all of you to enjoy a Scavenger Hunt this half term! For 1 week only **23rd-31st May** there's a special trail for you to follow, thanks to our lovely neighbours offering their windows along the route!

**The route is circular** (see opposite), just right for a family walk for your daily exercise. There are 17 letters to collect and unscramble as you go round. Each station has something to do (stretches, jumps, dingbats, prayers, art, craft...) and a letter to find.

**Collect all the letters**, then unscramble them and text your answer to Alex at 07730 609446. We will randomly select a winner from all the correct answers. Have fun!

*With love from the Messy Church Team. Xx*

*PS—We would LOVE to see your photos. Why not post them through the Chapel letterbox so we can display them in the window, or text them to Alex, or share them on Facebook @StMarysAshVale #PentecostAV2020 @AshValeChapel #MessyPentecost*

## What's Pentecost?

Pentecost is when we celebrate the gift of the Holy Spirit. Usually we would be having a big party! It's considered the birthday of the church. Here's the story from the NIV bible, its in the book of Acts, chapter 2:

### *The Holy Spirit Comes at Pentecost*

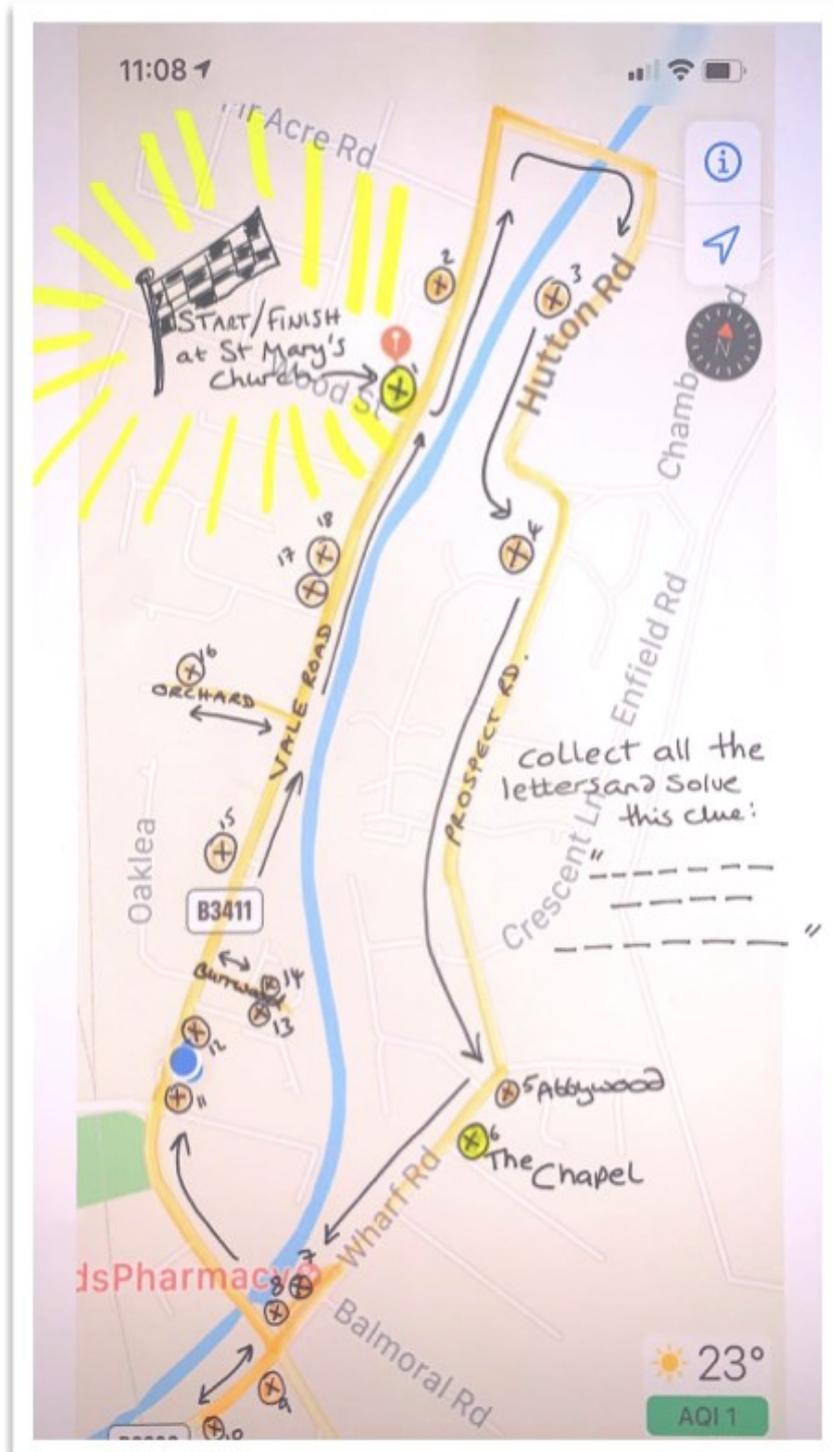
*When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.*





# The Pentecost Trail

23rd - 31st May 2020



The trail is free and open to all, at your own risk. Please keep social distance in mind and follow the government rules, no gatherings allowed! Share your pics on Facebook @StMarysAshVale @AshValeChapel. Questions? Contact us: 07730 609446



# What's inside?

Letter from the Vicarage (p3&4) - A word from Rev Neil Lambert

Byelaws Review (p4) - find out more and #SaveYourWoods

News from Uganda (p5) - Judith Vella (Amaha We Uganda Trustee)

Try this at home (8&9) - Jono & Debi Retallick share a drawing exercise

I'm Bored —(p10) Eileen Monds reflects on her experience

Lockdown laughter (p10) - Mike Rose

Nothing Stops Us Crafting (p11) - Karen from Sunflowerstitches

A big 'Thank You' to all our local volunteers! (p14) - Carla Morson

Witterings from a Churchwarden—(p15) Martin Lindsay

Useful numbers and what's on (p16 & 17)- pull out & keep

Bible Study (p20&21) Helen Lambert

Can St Mary's finances weather the storm?— (p22) Interview

Zooming to church—(p23) Jackie Scott explains how to do it

Chapel Poetry - (p24 & 25) 3 local poets respond to life in lockdown

Family Quiz Night for Amaha We Uganda (p28) zoom in and quiz for a great cause!

Thoughts on the Coronavirus (p29) - Scrivener

Join in with our Half term Pentecost Scavenger Hunt! - (p28 & 29)

Be still and know that I am with you Psalm 46:10

We always love to hear from you and welcome fun and local interest items,  
**Aug/Sept issue deadline is Wed 15th July 2020.**

If you would like to nominate a Local Hero or have an idea for anything you would like to see in here. If you are interested, chances are someone else will be too. No age limit so please encourage the younger members of the family to put their ideas down and send them to us. If you need a little help with editing that's ok too.

**Emails please to: [parishioner@ash-vale.org.uk](mailto:parishioner@ash-vale.org.uk)**

*The Parishioner seeks to explore and reflect upon a wide variety of local issues whilst recognising that not everyone will agree with the views expressed. These do not necessarily reflect the views of all the members of St Mary's Church nor those of its Parochial Church Council.*