

## We pray:

For all those suffering from the **Coronavirus** or working to treat people and those working to tackle the outbreak. May there be healing and help in Jesus name and may we not fall into fear.

We pray particularly for our rector **Andrew**, who is on the mend. We pray the Lord's protection on him, Susy, Elizabeth and Florence.

For all in our **church family** currently undergoing treatment or medical care, may they know God's presence with them, and His peace and healing.

We give thanks that **Robin Stevens** has been transferred for further recovery to a home which he knows and feels comfortable in.

For John Hunt's nephew **Pierre** who has been diagnosed with Guillan Barre syndrome. He is in hospital undergoing tests. Pray for his rehab and for his family to manage without him.

For all of us in **the community**, that we may continue to pray and serve despite the change in circumstances.

For our **government** and those making decisions about how to combat the virus.

### Clergy contact details

Andrew Dand: 020 8567 6185 (day off Friday)  
andrew@stmaryshanwell.org.uk

Helen Cosstick: 020 8579 6367 (available Sunday-Wednesday)  
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### For next issue...

Email Charlie via office@stmaryshanwell.org.uk



# GRAPEVINE

## The Parish of St Mary, Hanwell

*Sunday 3rd May - 4th Sunday of Easter*

### Sunday Services

9:30am | Morning Prayer on Facebook Live

### Church during Covid-19 Pandemic

**Welcome to St Mary's!** We are finding new ways of being church whilst remaining in self-isolation and keeping social distancing laws. Many of our services have gone online and can be found on Facebook and [www.stmaryshanwell.org.uk](http://www.stmaryshanwell.org.uk).

### Online worship

**Sunday Service on Facebook Live** - 9.30am every Sunday, we gather from 9.15am to chat before the service

**Spring Harvest Home** - go to our website or search Spring Harvest on YouTube to worship, pray or to learn from SH

**Prayer Toolbox Talks** - visit [www.stmaryshanwell.org.uk/](http://www.stmaryshanwell.org.uk/) and search Prayer Toolbox Talks to catch up on the recent Lent sessions

**Noah's Ark Videos** - visit Noah's Ark on the website for resources for children



Hearing loop  
installed.  
Switch hearing aids  
to 'T' position.

**Find us online!**  
[www.stmaryshanwell.org.uk](http://www.stmaryshanwell.org.uk)  
Facebook and Twitter:  
@stmaryshanwell

**Coronavirus** | Please visit the website to find information about our measures against Covid-19 <https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-churches> .

We are currently not visiting our church building and instead offering services online via our website and facebook live.

**Lent Course - Prayer: Tool Box Talks** | All our talks are now available on the website [www.stmaryshanwell.org.uk](http://www.stmaryshanwell.org.uk). If you'd like to continue praying in isolation please give them a watch.

**Foodbank April** | Shopping list for this month: UHT Milk (not skimmed), Dried Milk, Long Life Fruit Juice & Squash, Long Grain Rice - 1kg/500g, Mayo & Ketchup, Tinned Kidney Beans & Chickpeas, Savoury Biscuits % Crackers, Instant Custard - tins or cartons, Tinned/Dried/Instant Potato, Jam & Peanut Butter. Many thanks!

Charlie Lakin will still be making deliveries to the Foodbank on Wednesdays. Please contact her on 07808587203 if you can't make it yourself.

**How to Pray by Pete Greig** | Our recommended book for Lent this year was 'How to Pray' by Pete Greig. This book will help you build up your prayer life - our Sunday teaching during Lent unpacked several of the book's key themes. If you still don't have a copy, it is available pretty much wherever good books are sold online. Check out Eden Bookstore or St Andrews. A good read during social distancing!

**Daily Hope Prayer Hotline** | The Church of England has launched their free Daily Hope prayer hotline 24 hrs a day for prayer and worship. If you know anyone who doesn't have access to the internet please give them the number 0800 804 8044. There will be a greeting from the Archbishop followed by some options including hymns, prayers, reflections and advice



**Centering Prayer - Practice of the Week** | Please visit the website to find all our prayer toolbox talks. Charlie Wheeler recently shared with us the practice of Centering. This is a way of silent prayer using one word to return to an awareness of God's presence. The method is below.

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When engaged with your thoughts\*, return ever-so-gently to the sacred word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

\*thoughts include body sensations, feelings, images and reflections.

Please also have a look at the talk by Charlie online on [stmaryshanwell.org.uk](http://stmaryshanwell.org.uk) on the Toolbox talks page which gives a short introduction to the method and may answer some of your questions.

**Collect for 4th Sunday of Easter**  
 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.

<b>Sun 3</b>	4th Sunday of Easter   Psalm 23		John 10.1-10
Mon	Psalm 42	Acts 11.1-18	John 11-18
Tues	Psalm 87	Acts 11.19-26	John 10.22-30
Wed	Psalm 67	Acts 12.24-13.5	John 12.44-end
Thurs	Psalm 89	Acts 13.13-25	John 13.16-20
Fri	Psalm 2	Acts 13.26-33	John 14.1-6
Sat	Psalm 98	Acts 13.44-end	John 14.7-14
<b>Sun 10</b>	5th Sunday of Easter   Psalm 31		John 14.1-14