

Holsworthy Benefice ~ News Sheet No 4

Bridgerule, Hollacombe, Holsworthy and Pyworthy with Pancrasweek

19th April 2020 ~ SECOND SUNDAY OF EASTER

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On this second Sunday of Easter I'm hoping that as many of those who receive this News Letter will join in with worship together live 'on line'.

I'm going to lead worship at **10.30am on Sunday 19th April**. I'm going to do this via Zoom. Which is an online conferencing tool. Don't be alarmed!! It is very easy. And if you don't have the internet or a camera on your phone, tablet, iPad or computer you can join in on the phone.

The service is going to be Morning Prayer with a couple of hymns. I can't guarantee it will go smoothly but I will do my best so that we can all worship together from our own homes.

The service liturgy can be found on the next page.

The link to join the service on line is;

<https://us02web.zoom.us/j/87183899021>

Please just follow the instructions on the screen.

By one tap mobile

+442034815240,,87183899021# United Kingdom

+441314601196,,87183899021# United Kingdom

By any phone

Dial by your location (several numbers in case lots of people are ringing at the same time)

+44 203 481 5240

+44 131 460 1196

+44 203 051 2874

+44 203 481 5237

You will be asked for this meeting ID: 871 8389 9021

If you have not used Zoom previously I suggest you start at 10.15 so you are ready for the start at 10.30am,

I look forward to worshipping with you all.

Easter Blessing be with you all,
Mother Elizabeth



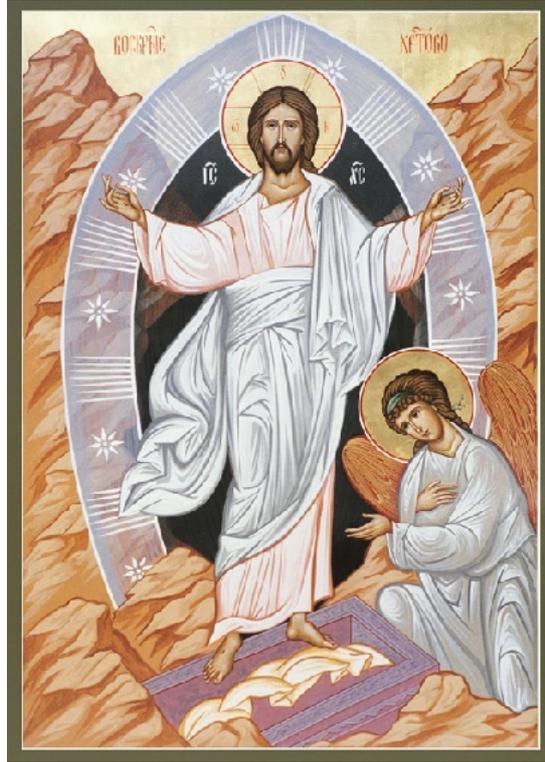
Bridge Books in Exeter. Well done Adam and all the other Easter Egg artists who took part!

PRAYER INTENTIONS FOR THE WEEK OF 2ND SUNDAY OF EASTER

Second Sunday of Easter	~	Diocesan clergy and staff All who worship in the Benefice but live outside of the Parishes
Monday 20th April	~	For civic leaders
Tuesday 21st April	~	For repentance
Wednesday 22nd April	~	For children, especially those who are being abused at home
Thursday 23rd April	~	The overburdened
Friday 24th April	~	Those who administer the law
Saturday 25th April	~	The weak

Morning Prayer

2nd Sunday of Easter



From earliest times, Christians gathered at regular hours during each day and night to respond to God's Word with praise on behalf of all creation and with intercession for the salvation of the world.

By the fourth century morning and evening had emerged as the pre-eminent hours for the offering of this sacrifice of praise. This continued to be important especially for those in Holy and Religious Orders.

After much development over many years the morning and evening offices became important liturgy to be celebrated corporately by all of God's people, especially on Sundays, the day when the church commemorates Christ's Resurrection and the first day of creation.

The Gospel Canticle, the Benedictus, is the climax of the morning praise for the work of God in Christ. The offering of intercession, is as integral as praise, to the nature of the morning and evening offices.

O Lord, open our lips
All **and our mouth shall proclaim your praise.**

In your resurrection, O Christ,
All **all the peoples have seen your glory.**

Alleluia. Christ is risen.
All **He is risen indeed. Alleluia**

Hymn - It is a thing most Wonderful

1. It is a thing most wonderful,
 Almost too wonderful to be,
 That God's own Son should come from heaven,
 And die to save a child like me.

2. And yet I know that it is true;
 He chose a poor and humble lot,
 And wept and toiled and mourned and died,
 For love of those who loved Him not.

3. I sometimes think about the Cross,
 And shut my eyes and try to see
 The cruel nails and crown of thorns,
 And Jesus crucified for me.

4. It is most wonderful to know
 His love for me so free and sure;
 But 'tis more wonderful to see
 My love for Him so faint and poor.

5. And yet I want to love Thee, Lord;
 O light the flame within my heart,
 And I will love Thee more and more,
 Until I see Thee as Thou art.

Prayer of Thanksgiving

Blessed are you, Lord God of our salvation,
 to you be praise and glory for ever.
 As once you ransomed your people from Egypt
 and led them to freedom in the promised land,
 so now you have delivered us from the dominion of darkness
 and brought us into the kingdom of your risen Son.
 May we, the first fruits of your new creation,
 rejoice in this new day you have made,
 and praise you for your mighty acts.
 Blessed be God, Father, Son and Holy Spirit.

All **Blessed be God for ever.**

Prayers of Penitence

Jesus Christ, risen Master and triumphant Lord,
we come to you in sorrow for our sins,
and confess to you our weakness and unbelief.

A time of silence for self-examination (recollection of your sins)

We have lived by our own strength,
and not by the power of your resurrection.
In your mercy, forgive us.

All **Lord, hear us and help us.**

We have lived for this world alone,
and doubted our home in heaven.
In your mercy, forgive us.

All **Lord, hear us and help us.**

Lord Jesus, you are Word made flesh
and splendour of the Father:
Lord, have mercy.

All **Lord, hear us and help us.**

All **May the God of love and power
forgive us and free us from our sins,
heal and strengthen us by his Spirit,
and raise us to new life in Christ our Lord. Amen.**

THE WORD OF GOD

Psalm 81.1-10

Please join in with the response. It will be repeated at the beginning.

Response O come, let us sing to the Lord.

O come, let us sing to the Lord.

- 1 Sing merrily to God our strength, shout for joy to the God of Jacob. **R**
- 2 Take up the song and sound the timbrel, the tuneful lyre with the harp. **R**
- 3 Blow the trumpet at the new moon,
as at the full moon, upon our solemn feast day. **R**
- 4 For this is a statute for Israel, a law of the God of Jacob,
- 5 The charge he laid on the people of Joseph, when they came out of the land of Egypt. **R**
- 6 I heard a voice I did not know, that said: 'I eased their shoulder from the burden; their hands were set free from bearing the load. **R**
- 7 'You called upon me in trouble and I delivered you; I answered you from the secret place of thunder and proved you at the waters of Meribah. **R**
- 8 'Hear, O my people, and I will admonish you: O Israel, if you would but listen to me! **R**
- 9 'There shall be no strange god among you; you shall not worship a foreign god. **R**
- 10 'I am the Lord your God, who brought you up from the land of Egypt; open your mouth wide and I shall fill it.' **R**

All **Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

Father of mercy, keep us joyful in your salvation and faithful to your covenant; and, as we journey to your kingdom, ever feed us with the bread of life, your Son, our Saviour Jesus Christ.

All **Amen.**

Reading

A Reading from the first letter to the Corinthians

Do you not know that a little yeast leavens the whole batch of dough? Clean out the old yeast so that you may be a new batch, as you really are unleavened. For our paschal lamb, Christ, has been sacrificed. Therefore, let us celebrate the festival, not with the old yeast, the yeast of malice and evil, but with the unleavened bread of sincerity and truth.

1 Corinthians 5.6b-8

This is the word of the Lord.

All **Thanks be to God.**

Responsory

Death is swallowed up in victory.

All **Where, O death, is your sting?**

Christ is risen from the dead,
the first fruits of those who have fallen asleep.

All **Death is swallowed up in victory.**

The trumpet will sound
and the dead shall be raised.

All Where, O death, is your sting? We shall not all sleep,
but we shall be changed.

All Death is swallowed up in victory.
Where, O death, is your sting? *from 1 Corinthians 15*

The Gospel Canticle - The Benedictus

- 1 +Blessèd be the Lord the / God of / Israel:
he has come to his / people . and / set them / free.
- 2 He has rais'd up for us a / mighty / Saviour:
born of the / house of . his / servant / David.
- 3 Through his holy prophets God / promis'd . of / old:
to save us from our enemies, *
from the / hands of / all who / hate us.
- 4 He promised to show mercy / to our / Fathers:
and to re / member . his / holy / covenant.
- 5 This was the oath God swore to our / father / Abraham:
to set us / free from . the / hands of . our / enemies.
- 6 Free to worship him with- / out / fear:
holy and righteous in his sight / all the / days of . our / life.
- 7 You, my child, shall be called the prophet of the / Möst High:
for you will go before the / Lord to . pre- / pare his / way.
- 8 To give his people knowledge / of sal- / vation:
by the for- / giveness . of / their / sins.
- 9 In the tender compassion / of our / God:
the dawn from on / high shall / break up- / on us.
- 10 To shine on those who dwell in darkness and the
/ shadow . of / death:
and to guide our feet in- / to the / way of / peace. *Luke 1.68-79*

Reflection or Sermon

The Apostle's Creed

Let us declare our faith in the words of the Creed.

All **I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
+ and the life everlasting. Amen.**

PRAYERS

Prayers of Intercession

Let us pray to God, who alone makes us dwell in safety:

For all who are affected by coronavirus, through illness or isolation or anxiety,
that they may find relief and recovery:

Lord, hear us,

All **Lord, graciously hear us.**

For those who are guiding our nation at this time,
and shaping national policies, that they may make wise decisions:

Lord, hear us,

All **Lord, graciously hear us.**

For doctors, nurses and medical researchers,
that through their skill and insights many will be restored to health:

Lord, hear us,

All **Lord, graciously hear us.**

For the lonely, vulnerable and the fearful,
for the gravely ill and the dying, that they may know your comfort and peace:

Lord, hear us,

All **Lord, graciously hear us.**

We commend ourselves, and all for whom we pray,
to the mercy and protection of God.

All **Merciful Father,
accept these prayers
for the sake of your Son,
our Saviour Jesus Christ.
Amen.**

The Collect *(from the Sunday Sheet)*

Let us pray.

There is a time of silence, then the officiant prays the prayer for the day.

Almighty Father,

you have given your only Son to die for our sins

and to rise again for our justification:

grant us so to put away the leaven of malice and wickedness

that we may always serve you

in pureness of living and truth;

through the merits of your Son Jesus Christ our Lord,

who is alive and reigns with you,

in the unity of the Holy Spirit,

one God, now and for ever.

All **Amen.**

The Lord's Prayer

Rejoicing in God's new creation, as our Saviour taught us, so we pray:

All **Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.**

The Mission Community Prayer *(abbreviated)*

Let us pray:

Loving God, help our Mission Community:

to grow in prayer and discipleship,

and to serve our parishes with joy:

so that we and all your people,

may come to a greater understanding

of your son Jesus Christ.

All **Amen.**

THE CONCLUSION

May God, who through the resurrection of our Lord Jesus Christ

has given us the victory,

give you joy and peace in your faith;

and the blessing of God almighty,

the ✠ Father, the Son, and the Holy Spirit,

be among you and remain with you always.

All **Amen.**

Let us bless the Lord.

All **Thanks be to God.**

Hymn - Christ Triumphant

Christ triumphant, ever reigning
Saviour, Master, King,
Lord of heav'n, our lives sustaining,
Hear us as we sing:

*Yours the glory and the crown,
The high renown,
The eternal name.*

Word incarnate, truth revealing,
Son of Man on earth!
Power and majesty concealing
By your humble birth: *Refrain*

Suffering servant, scorned, ill-treated,
Victim crucified!
Death is through the cross defeated,
Sinners justified: *Refrain*

Priestly King, enthroned for ever
High in heaven above!
Sin and death and hell shall never
Stifle hymns of love: *Refrain*

So, our hearts and voices raising
Through the ages long,
Ceaselessly upon you gazing,
This shall be our song: *Refrain*

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2020: WHO's Year of the Nurse

When the WHO (World Health Organisation) decided to make 2020 the Year of the Nurse and Midwife, they based it on the 200th anniversary of Florence Nightingale's birth on 12th May 1820.

But with the arrival of the coronavirus, it is a remarkably apt year to celebrate all that nurses do for us.

As the ICN (International Council of Nurses) says: "All around the world, nurses are working tirelessly to provide the care and attention people need, whenever and wherever they need it. Nurses are central to the delivery of health care; nurses are making an invaluable contribution to the health of people globally."

Nursing as a vocation goes back to the Early Church. When plague struck the Roman world in the third century, it was Christians who tended the sick and dying, often at great personal cost. Their self-sacrifice made a huge impression on Roman society. Centuries later, in medieval Europe, it was the monastic orders that provided health care.

Still centuries later, during the Crimean War (1853-56) Florence Nightingale saved thousands of lives when she transformed the field hospitals, hugely improving the standards of care for wounded and dying soldiers.

In fact, Florence Nightingale deserves the credit for establishing the modern profession of nursing and its structures of training. Although of course medical science has advanced since her time, the basic ethos of nursing care remains today close to Nightingale's vision.

Nursing is frequently described as a vocation, and it is one to which many Christians are called. Nightingale wrote of being 'called' by God, after having had a vivid religious conversion as a teenager. Writing in February 1837, she stated: "God has spoken to me and called me to His Service."

Four years before going to Crimea, she studied at a Lutheran religious community in Germany which trained deaconesses in medical skills, nursing, and theology. Many of the ideas that Nightingale adopted for her nurses came from that religious community.

Thus, Nightingale's training programme was not solely devoted to secular medical sciences. Her student nurses were required to attend chapel, and her nurses read prayers on the wards.

Nightingale wrote many letters of spiritual encouragement to her students. To one, she wrote that Christ considered it an "honour to serve the poorest and the meanest... He will not give His crown except to those who have borne His cross... Enduring hardship is what He encourages and rewards."

The Bishop of London, the Rt Revd Sarah Mullally trained and worked as a nurse before being appointed to senior positions in the Health Service. She was Chief Nursing Officer for England between 1999 to 2004.

She says: "I became a Christian as a teenager and wanted to follow Christ with my whole life. Rather than having two careers, I have had one vocation: to follow Jesus Christ, to know Him, and to make Him known."

Certainly, of all the professions, nursing has one of the strongest claims to being rooted in the Gospel. Christian nurses implicitly witness to Christ in caring for others.

Smile Lines



Hot

What do you call a chocolate bunny that was out in the sun too long? A runny bunny.

Higher power

A Sunday school teacher said to her children, "We have been learning how powerful kings and queens were in Bible times. But there is a higher power. Can anybody tell me what it is?" One child blurted out, "Aces!"

Environmentally friendly transport

While driving in the countryside, a family caught up to an old farmer and his horse-drawn cart. The farmer obviously had a sense of humour, because attached to the back of the carriage was a hand printed sign: 'Ecologically efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust.'

What God looks like

An infants teacher was observing her classroom of children while they drew. One little girl was working away furiously, and so she asked her what the drawing was. The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without missing a beat, the little girl replied, "They will in a minute."

Packet?

A small boy was asking his mother where he came from and when he heard his mother's explanation, he replied: 'Mummy, when God planted the seed in your tummy, was there a photo of me on the packet?'

Family

A mother and son were washing dishes while the father and daughter were watching TV in the family room. Suddenly, there was an almighty crash of breaking dishes, then complete silence. The girl looked at her dad and said, "It was Mum."

"How do you know?" asked her father in amazement.

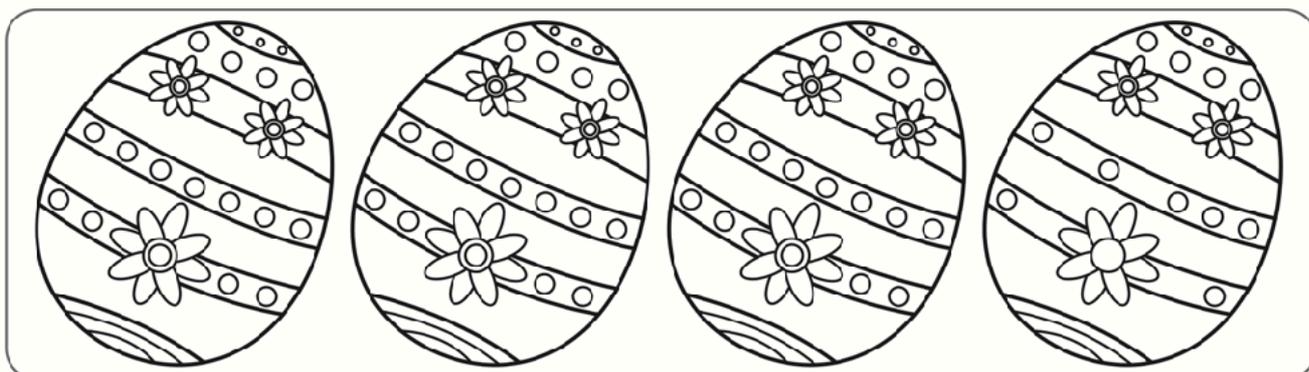
"She didn't say anything."

That stranger...

Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and turns your world upside-down. We call those people the police.

Which image is different?

Color that image.



WORD SEARCH

special	celebrating	Peter
mud	feet	later
example	servant	robe
teacher	serve	disciples
Passover	Jesus	bath
bless	important	wash
bickering	least	towel
road	bowl	understand

w	p	s	e	r	v	a	n	t	d	c	f
a	a	k	x	p	x	s	e	n	x	j	r
s	s	t	a	e	l	e	a	s	t	e	d
h	s	o	m	t	f	t	s	g	t	a	i
k	o	w	p	e	s	e	n	a	o	f	s
g	v	e	l	r	l	i	l	r	g	f	c
c	e	l	e	b	r	a	t	i	n	g	i
i	r	d	t	e	a	c	h	e	r	j	p
m	n	y	k	t	s	p	e	c	i	a	l
u	b	c	j	e	s	u	s	e	r	v	e
d	i	m	p	o	r	t	a	n	t	p	s
b	o	w	l	r	o	b	e	b	a	t	h

Help is available

Anxiety UK	Charity providing support if you have been diagnosed with an anxiety condition.	Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)	Website: www.anxietyuk.org.uk
Bipolar UK	A charity helping people living with manic depression or bipolar disorder.		Website: www.bipolaruk.org.uk
CALM	CALM is the Campaign Against Living Miserably, for men aged 15 to 35.	Phone: 0800 58 58 58 (daily, 5pm to midnight)	Website: www.thecalzone.net
Men's Health Forum	24/7 stress support for men by text, chat and email.		Website: www.menshealthforum.org.uk
Mental Health Foundation	Provides information and support for anyone with mental health problems or learning disabilities.		Website: www.mentalhealth.org.uk
Mind	Promotes the views and needs of people with mental health problems.	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)	Website: www.mind.org.uk
No Panic	Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.	Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge	Website: www.nopanic.org.uk
OCD Action	Support for people with OCD. Includes information on treatment and online resources.	Phone: 0845 390 5232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge	Website: www.ocdaction.org.uk
OCD UK	A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.	Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)	Website: www.ocduk.org
PAPYRUS	Young suicide prevention society.	Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)	Website: www.papyrus-uk.org
Rethink Mental Illness	Support and advice for people living with mental illness.	Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)	Website: www.rethink.org
Samaritans	Confidential support for people experiencing feelings of distress or despair.	Phone: 116 123 (free 24-hour helpline)	Website: www.samaritans.org.uk
SANE	Emotional support, information and guidance for people affected by mental illness, their families and carers.	SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)	Website: www.sane.org.uk/support
YoungMinds	Information on child and adolescent mental health. Services for parents and professionals.	Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)	Website: www.youngminds.org.uk
NSPCC	Children's charity dedicated to ending child abuse and child cruelty.	Phone: 0800 1111 for Childline for children (24-hour helpline), 0808 800 5000 for adults concerned about a child (24-hour helpline)	Website: www.nspcc.org.uk
Refuge	Advice on dealing with domestic violence.	Phone: 0808 2000 247 (24-hour helpline)	Website: www.refuge.org.uk
Alcoholics Anonymous	Addiction (alcohol)	Phone: 0800 917 7650 (24-hour helpline)	Website: www.alcoholics-anonymous.org.uk
National Gambling Helpline	Addiction (gambling)	Phone: 0808 8020 133 (daily, 8am to midnight)	Website: www.begambleaware.org
Narcotics Anonymous	Addiction (drugs)	Phone: 0300 999 1212 (daily, 10am to midnight)	Website: www.ukna.org
Alzheimer's Society	Provides information on dementia, including factsheets and helplines.	Phone: 0300 222 1122 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)	Website: www.alzheimers.org.uk
Cruse Bereavement Care	Bereavement	Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm) To find your local services phone: 0808 802 9999 (daily, 12pm to 2.30pm and 7pm to 9.30pm)	Website: www.cruse.org.uk
Rape Crisis	Crime victims	Phone: 0808 168 9111 (24-hour helpline)	Website: www.rapecrisis.org.uk
Victim Support	Crime victims	Phone: 0808 168 9111 (24-hour helpline)	Website: www.victimsupport.org
Beat	Eating disorders	Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)	Website: www.b-eat.co.uk
Mencap	Charity working with people with a learning disability, their families and carers.	Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm)	Website: www.mencap.org.uk
Family Lives	Advice on all aspects of parenting, including dealing with bullying.	Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)	Website: www.familylives.org.uk
Relate	The UK's largest provider of relationship support.		Website: www.relate.org.uk

HOLSWORTHY COVID-19 MUTUAL AID

USEFUL CONTACTS FOR HOLSWORTHY

Food	Perkins Butchers, The Square	01409 253649
	Country Kitchen Holsworthy	01409 254408
	Waitrose	
Food deliveries	Happy Pear	07949 409298
	Blackberry farm	01409 261440
	Dave Barnes (venison)	07583 752062
	Dunstaple Dairy Herd	07791 658801
	Meet 'n' Eat Holsworthy	01409 259003
Take away	Indian Ocean Hoslworthy	01409 254942
Chemists	Lloyds, The Square Holsworthy	
	Boots, Holsworthy medical center	
Firewood	Grascott Firewood	01409 281393
General/Farm	Harpers Farm Supplies	01409 259600
	Mole Valley Farmers Holsworthy	01409 253014
Pet Supplies	Holsworthy Pets	01409 404006
General Builder	Darren Derosa	07947 193850
	Paul Crook	07793 074963
	Carlo Chandler	07812728619
	Stallion Home Developments ltd	01409 240099
	Holsworthy Tiling services	01409 478413
Plumbing Heating	G A Plumbing	07792 239756
	BRC Heating and Plumbing	01409 9211128
Electrician	John Rank	07710 656587
Fuel Station	Southcott Garage	01409 254277
	BP Holsworthy	
Mobile car repairs	Malk Withal	07814 617821
	Osbourne Mobile repairs	7939558493
	Advance Tyres	01409 254446
Computer Repairs Supplies	Holsworthy Computers ltd	01409 478040
Health and Help	Holsworthy Health Centre	01409 253692
	Holsworthy Hospital	01409 253424
	Town Clerk	01409 253312
	Age UK - Lines are open 8am-7pm	0800 678 1602.
	Citizen's Advice Bureau (Weekdays 9.30 am – 4.00 pm)	02444 111 444
	Samaritans	116 123

EMERGENCY NUMBER FOR SUPPORT

07340 633055