

St Werburgh's Sunday Newsletter No.11 Hello all, now that the number of newsletters has reached double digits, Sonya and Mary have come on board to add their creative spark! We are so thankful to them for helping us out ☺

Today's Bible reading

John 20 : 19-23 Message translation

Later on that day, the disciples had gathered together, but, fearful of the Jews, had locked all the doors in the house. Jesus entered, stood among them, and said, "Peace to you." Then he showed them his hands and side. Jesus repeated his greeting: "Peace to you. Just as the Father sent me, I send you." Then he took a deep breath and breathed into them. "Receive the Holy Spirit," he said. "If you forgive someone's sins, they're gone for good. If you don't forgive sins, what are you going to do with them?"

Father Julian's Sermon

I think one of the least helpful things Christians say about scripture is 'But it says so in the bible'.

Does it?

Today is one of those days when perhaps it's good to take a look at what a different translation of the Word of God might say to us.

Thanks Sonya for reading today from the Message translation, which gives a radically different view of Jesus' words.

"Receive the Holy Spirit," he said. "If you forgive someone's sins, they're gone for good. If you don't forgive sins, what are you going to do with them?" Those words really challenge me, they really make me think... If I'm not going to forgive... then what am I going to do?

That's radically different from the translation we would normally hear in church... where Jesus says "If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained." As if choosing not to forgive is a passive act, but what effect does it have to retain sin? What effect does that have?

"If you forgive someone's sins, they're gone for good. If you don't forgive sins, what are you going to do with them?"

By forgiving someone, you're not letting them off the hook, you're not saying it doesn't matter, but you are saying that neither they nor you need to be trapped by their sin, when we forgive we liberate not only the other person, but ourselves into the immensity of God's abundant love.

And when we choose not to forgive what do we do with the effects of that sin? Who is it that is actually trapped? So many of us choose to nurture unforgiveness like a wart we cannot help but rub. And it is ugly and it turns us into ugly people, cutting us off from being the beautiful person God yearns for us to be.

Archbishop Desmond Tutu puts it like this:

When I forgive I am abandoning my right to pay back, but the fact that you have abused me, hurt me, wronged me, by that you have given me a right over you to forgive you, I could choose retribution, I could choose not to forgive but what is the effect of that?

When I forgive I open the door of opportunity for us both to make a new beginning, that is what I do when I forgive you and that is for me at the heart of following Jesus Christ.

Now wounds caused by sin cannot be ignored or wiped away. What did the risen Jesus do when he stood before his friends in lockdown? 'He showed them his hands and side.'

Jesus shows them his wounds, the pain has not disappeared, the Jesus who breathes into them his Holy Spirit is the Jesus who despaired in the Garden of Gethsemane, is the Jesus who was forsaken on the cross... we do not wipe out the pain by act of will - the act of will is forgiveness. That is what Jesus sends us to do, as he was sent by the Father. Deliberately to say I am not going to let your sin hold me in the position of anger against you... I am letting go of that right and that means we have the possibility of walking towards the possibility of restoration, of wholeness, of forgiveness.

And what of the sinner? Well too often I encounter people who think they shouldn't be forgiven. Trapped in their own dark cell of worthlessness. But knowing the possibility of forgiveness, knowing it is possible to take responsibility for my actions is like opening a window into the breeze and the sunshine out there.... I won't experience it unless I have the courage to pull back the curtain and let the light of honesty illuminate my cell. Forgiveness opens the window for us both and lets the fresh air in, it opens us up, connects us to the expansiveness of God's grace outside our prison cell.

This is what it means to receive the Holy Spirit. Nothing is more important if you want to follow Jesus. It applies to all of us and there are no exceptions. Jesus says, "If you forgive someone's sins, they're gone for good." How amazing is that.

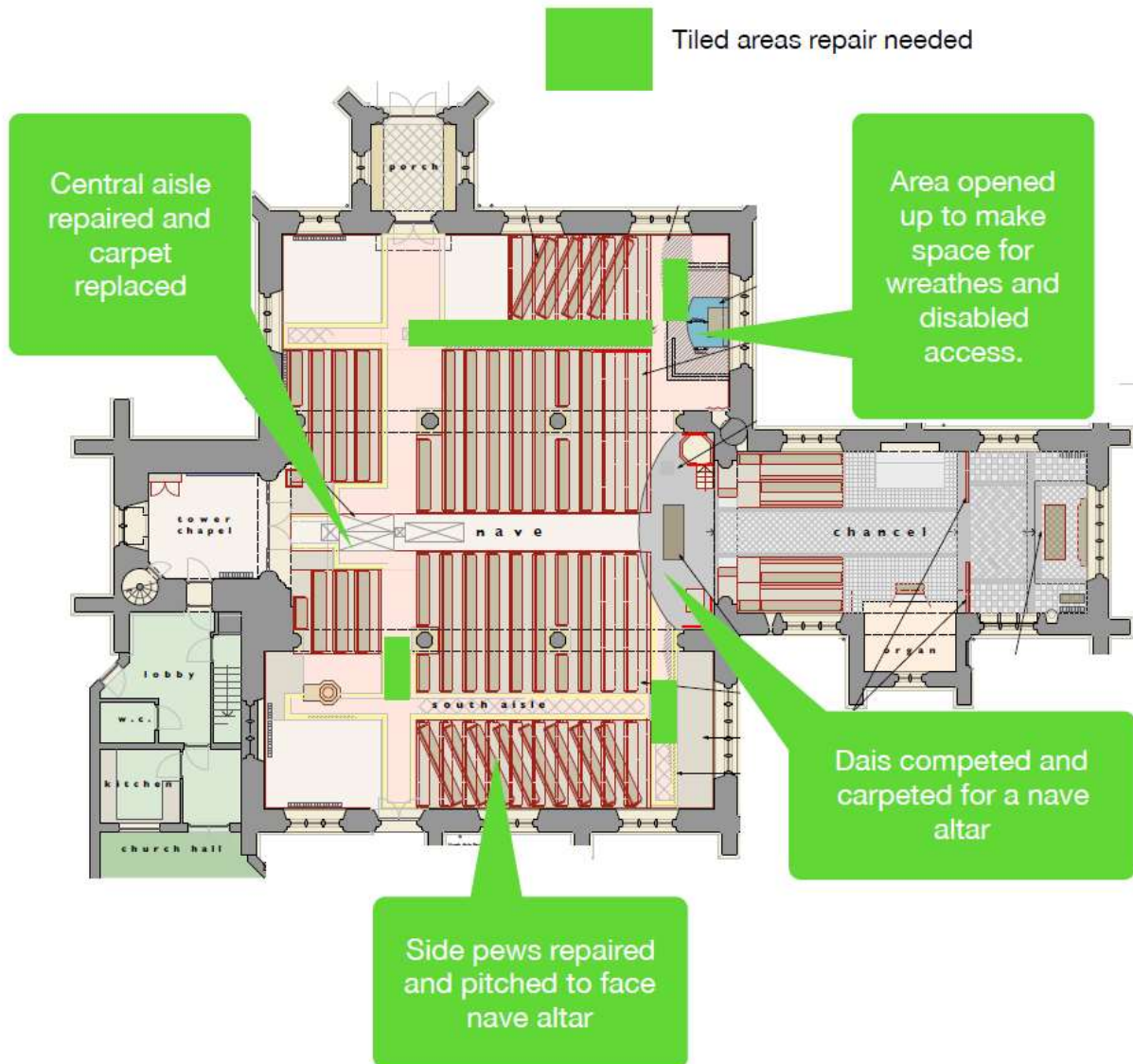
So friends "If you don't forgive sins, what are you going to do with them?"

Repairs and reordering of church before we go back in

As anyone who has been into church over the last few years knows, the floor of the nave has become increasingly unstable. This is most obvious where tiles are lifting and cracking, where the carpet has become extremely uneven and the wooden flooring at the front. We've also moved the focus of our worship over the last few years from the Chancel area to the nave altar; which means far more people can see and take part in our worship particularly at Parish Mass.

With this in mind, working through our architect and with the Diocese, the PCC has had plans in place for a number of years with regards to repair of the floor and a permanent completion of the area at the front of the nave and making the nave altar our focus.

This work is outlined visually on this plan:



Self-care (mainly food!)

It was great to see all the acts of kindness in last week's newsletter but let's not forget how important it is to be kind to ourselves as well. It can be hard during this difficult time to stay positive and taking care of ourselves is really important. Autumn wanted to share some of her great ideas for self care;

- have a relaxing bath
- give yourself a manicure / pedicure
- try a meditation app (calm or headspace)
- read a book or poems
- play a computer game
- have a nap
- hula hoop
- yoga (Cosmic Kids Yoga on YouTube is good for children)
- play with squishy toys or slime or cornflour and water
- use essential oils to relax
- write a journal
- watch your favourite film with snacks
- cuddle your cuddly toys
- draw a picture
- listen to your favourite music
- exercise
- write a letter to a friend
- eat your favourite sweets!!
- order your favourite food!

Food has definitely been a great way to cheer ourselves up during lockdown it's been great to have the time to cook meals from scratch and share baking successes with family and friends but it's also great to be able to treat ourselves or family and support local business at the same time. Here, Eleanor and Mary share their reviews of recent Spondon takeaway experiences.

Pete and I have been in lockdown now for over nine weeks and have only been out for a hospital visit and collection of our medication. A couple of weeks ago we decided to treat ourselves to an afternoon tea delivered from Stable View and what a treat it was. It was delivered to our door and contained 4 finger sandwiches, a piece of quiche with some salad and crisps. Then there was the cakes. Oh my goodness they were beautiful. One brownie each and a cup cake with lots of icing and cream on top and finally there were the scones. These were beautiful with a little jar of jam and a carton of clotted cream. We were so full we didn't eat anything else all day.

Stable View had only recently opened before lockdown so it is lovely to be able to support this local business. It was a lovely treat for us during this time of lockdown.

Eleanor Berry

Stable View are doing afternoon teas every Saturday, now collection only, but are also open for takeaway drinks 10-2 Saturdays. 01332 677373 for orders or look on their Facebook page.

Mary's review of the Clock Bistro:

Myself and Michael treated ourselves to a lovely chicken kebab special from Clock Bistro recently and it was fantastic. Two chicken kebabs served with flatbread, salad, sauces, rice, chips and cans of pop! There was enough for lunch the next day although Rupert ate all the chips! It was lovely to relax in the garden and enjoy a delicious meal that I hadn't cooked and pretend we were on holiday! I also treated myself to the tiramisu which was really good!

Clock Bistro is open Wednesday to Sunday 5-9pm 01332 672222 you can collect or they deliver.

Lots more Spondon businesses are opening up so it would be great if some of us could go and support them and you can send the newsletter team any reviews!

Just One More Café in Spondon village is now open again for collection Friday to Sunday 9am-2pm cooked breakfasts, hot drinks and pancakes! They are also starting a Sunday lunch collection service orders to be placed by the Thursday call 07580026927 or check out their Facebook page.

Birds is now open with a reduced stock but still caramel doughnuts!

Café Aroma are doing collection breakfasts and treat boxes with caramel slices, mars bar brookies and rocky road! 07429549231 or see their Facebook page.

Spondon Bakery are still offering delivery and collection – 01332 678366



Lockdown Birthdays Galore!

We have celebrated the birthdays of many of our church family's children since lockdown began and we have seen some of their photos in our newsletters. Our families have found some ingenious ways to celebrate so that the children don't miss out. Did you know?

More than 2.2m children have had birthdays so far during the lockdown in England and Wales	Google data shows the demand for helium balloons and cake deliveries has never been greater
Lockdown themed merchandise (T-Shirts, cakes, party games) is very popular, see below	Virtual birthday parties, movie nights and concerts are now held on world's greatest number of new apps

Photos

With so many birthdays come so many cakes! Here's just a selection of what our Mums and Dads have created.



Happy Birthday

St Werburgh's Kids!



Cake Quiz

Got a brain like a *sponge*? *Batter* limber it up and try out cake-themed quiz. If *muffin* else, it should be fun!

1. What kind of cake do you feed your rabbit? _____
2. What kind of cake do you eat annually? _____
3. What kind of cake does a mouse like best? _____
4. What kind of cake does a monkey like? _____
5. What kind of cake do you get in heaven? _____
6. What kind of cake is a big flop? _____
7. What kind of cake do you have for breakfast? _____
8. What kind of cake goes well on a saucer? _____
9. What is the heaviest cake? _____
10. What kind of cake is found on the ocean floor? _____
11. What kind of cake is the opposite of #5? _____
12. What kind of cake should be eaten in bed? _____
13. Kids can make this cake outside _____
14. What kind of cake do you order at a seafood restaurant? _____
15. What kind of cake do you find at a fabric store? _____

Thanks to www.mypartygames.com

And finally, with lockdown being slowly untightened, let's all remember that the bible gives us several reminders to keep ourselves safe....."Wash your hands" – James, 4:8, "Wash and make yourselves clean" – Isaiah, 1:16

Next week's Newsletter fun section theme will be Grow Your Own so please feel free to send us any photos or anecdotes of your home fruit and veg gardening adventures on stwhelps@gmail.com or post to our [Facebook community](#)

Coffee - Do not forget to join coffee and chat on Zoom after Parish Mass (leave a short time in order to make a coffee and then join in!). Just click on this link
<https://us02web.zoom.us/j/85182839087>



No public services until further notice

BUT check out Fr J live each Sunday morning at 10am!

Please regularly check the church website and Facebook for on-going videos and updates.

Want to help?

We have joined up with Derby Community Action – please contact 01332 640000 or email covidsupport@communityactionderby.org.uk

Need help?

We have joined up with Derby Community Action – please contact 01332 640000 or email covidsupport@communityactionderby.org.uk

If you want to talk to the St Werburgh team directly please contact stwhelps@gmail.com

Being careful, caring for all @ St Werburgh's

Quiz answers:

- | | |
|---------------------|-----------------------|
| 1. Carrot cake | 9. Pound cake |
| 2. Birthday cake | 10. Sponge cake |
| 3. Cheesecake | 11. Devil's food cake |
| 4. Banana cake | 12. Sheet cake |
| 5. Angel food cake | 13. Mud cake |
| 6. Upside down cake | 14. Crab cake |
| 7. Pancake | 15. Red Velvet cake |
| 8. Cupcake | |