

St Werburgh's Sunday Newsletter No.16 This week we passed 100 days in lockdown. Things are slowly starting to change now as rules are relaxing (and more confusion sets in!) but we were wondering how these 100 days have changed us, our way of living, working and thinking? We would love to share your stories of how life, or, your outlook, has changed for you over the 100 days of lockdown, please do email in (stwhelps@gmail.com) with some sentences about how something has changed over lockdown – not matter how big or small we would love to share this in next week's newsletter.

Today's Bible reading

Matthew 11:16-19, 25 to end Message Translation

16-19 "How can I account for this generation? The people have been like spoiled children whining to their parents, 'We wanted to skip rope, and you were always too tired; we wanted to talk, but you were always too busy.' John came fasting and they called him crazy. I came feasting and they called me a lush, a friend of the riffraff. Opinion polls don't count for much, do they? The proof of the pudding is in the eating."

25-26 Abruptly Jesus broke into prayer: "Thank you, Father, Lord of heaven and earth. You've concealed your ways from sophisticates and know-it-alls, but spelled them out clearly to ordinary people. Yes, Father, that's the way you like to work." **27** Jesus resumed talking to the people, but now tenderly. "The Father has given me all these things to do and say. This is a unique Father-Son operation, coming out of Father and Son intimacies and knowledge. No one knows the Son the way the Father does, nor the Father the way the Son does. But I'm not keeping it to myself; I'm ready to go over it line by line with anyone willing to listen."

28-30 "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

The Gospel of the Lord.

Rev. Sarah's Sermon

The Unforced Rhythms of Grace

They say somethings never change. As I read the start to this passage what came flooding to mind was recent exchanges on social media. In the passage we read of 'this

Website: www.stwerburgh.com | Facebook: [@StWerburghSpondon](https://www.facebook.com/StWerburghSpondon) | email: stwhelps@gmail.com

generation' being like children sitting in the market places and calling to one another. Instead of calling in the market place our 'calling' often comes in the form of the keyboard whilst safely sat on a sofa or behind our desk. Or if we're not brave or stupid enough to get involved in social media exchanges, we can so often be critical of the other for what they did or didn't do. The message starts a little different, but other translations say 'We played the flute and you didn't dance, we wailed and you didn't mourn.' i.e. we were calling the shots and you didn't respond as we expected or wanted. Critical also of John for his fasting, of Jesus for his feasting!

There is an us and them in this passage where by implication WE are right and YOU are wrong. Is this generation so different? We seem to be polarised in many ways and can retreat into our own echo chambers of those who agree with our point of view and way of doing things.

A couple of weeks ago Julian spoke about us facing the demons within and often those can lead to isolation or exclusion of the other, because they don't do things the way we expect, are different to us or even challenge our values and lifestyles. I am sure this is the case in the examples quoted in the passage. People literally not dancing to the tune of the one shouting loudest. Or criticising what the other does which in Jesus' case was eating and drinking with all the 'wrong' people. Maybe when we get called out for doing the same, we might just be on the right lines, imitating Jesus.

One of the things I love about this fellowship is different people, from different backgrounds and church experiences coming together to serve Christ and one another in the place. We don't have to reflect the us and them we see around, although it can be tempting to slip into it. Of course I have never heard myself say 'the way we do it is' or 'we have always done it this way'.

What I noticed as we read through today's passage is the movement from judgement and the us and them to the grace that we find in Jesus. The message version speaks of the unforced rhythms of grace, which is a phrase that I love. In a world where judgement, division and parochialism can abound, when of course it is always them that are getting it wrong, never us we find Jesus who calls us into learning the unforced rhythms of grace. The message version says "I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." Hearing that is like sinking into a comfy chair with a big cup of coffee after a hard day.

And as we receive this grace, as I receive this Grace, in response to Jesus' invitation to come to him, my prayer is that I, that we, might have this grace with one another and those around. Freely have we received; freely may we give.

Finally, at the end of this passage the message version poses these questions. Are you tired? Worn out? Burnt out on religion? These questions are very pertinent for today both individually and as we think about who we are as the church as we slowly emerge out of lockdown and the Covid19 crisis. Many of us are tired and burnt out doing the same old thing. It is a time to stop, reflect and think about what it means to serve Christ and to be the body of Christ in this place and across the fellowship. Burned out religion is not cutting the mustard for many in our society who desperately need to hear Jesus' invite to come

and live the unforced rhythms of grace. This isn't a comment or a criticism on any tradition as it is a trap that we can all fall into, doing more, being busy doing the same old things but expecting different outcomes. Now is the time to reflect together and ask what are the unforced rhythms of grace that Jesus is calling us into in this day. Responding to the call of Jesus to walk with me and work with me.

Daily Prayer...praying together is so much easier than going at it alone

Praying regularly is really important and almost everybody struggles to do so! Especially the clergy.... Which is why we try to pray together. It's just such an important thing to try and get regularly into our lives, but with work, with kids and a million other things it is invariably the thing we miss out.

Fr J has always said morning prayer, almost always on his own up at church, however during lockdown different folk have been saying a form of morning prayer either on their own or together. The Journey Community say morning prayer together each day via Zoom. It is primarily for people who have been part of the Journey Community that meets in Wilmorton but not exclusively. It's relatively short and accessible. If you are interested in finding out more then get in touch with Rev. Cath.

Morning Prayer takes place every day for all the communities in the Fellowship using the Daily Morning Prayer of the Church of England, which you can download either as an app on your phone or simply google 'Church of England Morning Prayer' and the link will take you straight to it. If you would like to join Fr J and the other clergy then just drop him a message and you'll get the invite.

However neither of those times suit folk especially if you've family commitments or work. If anyone is interested in perhaps saying prayer at night, later in the evening at some point during the week, again via Zoom then let Fr J know and we'll see if it's worth setting that up.



Congratulations

Today (Sunday) Kate is being licensed as curate after her three years of training. We are thrilled that Kate has been able to stay with St Werburgh's and we look forward to having Kate continue to guide us and share her wisdom and encouragement with us as a church. Congratulations Kate!

'It's hard to believe that it's eight years since I first stepped into St Werburgh's on a three month placement. By the end of that time, I knew that it was the place God was calling me to, without any clear sense of why. Now, as I'm writing this I'm also preparing for my licensing as curate on Sunday alongside Sharon.'

I've lived in Sawley for most of my life and have a 24 year old son, Joe, a musician who lives in Nottingham with his partner Aly. A few of you know that I'm also an avid Leeds United supporter (often much to the disappointment of my Derby County supporting friends).

While I felt a call to ministry for several years it wasn't until a cancer diagnosis in 2016 that I understood what it truly meant to surrender my life to God. Within a year I was recommended for ordination training and I've just completed 3 years of study and formation at the Queen's Foundation in Birmingham.

As I'm beginning my ministry in unusual circumstances, I trust in God to guide us through and continue to find new ways to reach out and connect as we have throughout lockdown.'

Thank you all for your love, support and prayers over the past few years. I am both humbled and blessed to be staying with you to serve as curate and look forward to working across the Fellowship.'



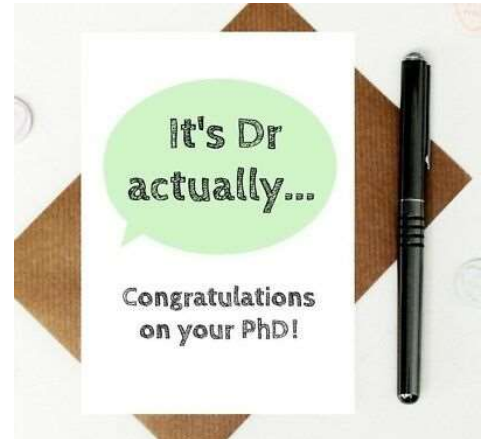
Congratulations are also due to Sharon who is also being licensed today as curate. We look forward to Sharon introducing herself and sharing some of her story in a future newsletter!

Many congratulations to Leighton and Joan who celebrated their 50th wedding anniversary a couple of weeks ago, a Golden Wedding Anniversary! We hope you were able to enjoy some celebrations despite the lockdown restrictions to mark this wonderful milestone.



Congratulations to the new Doctor Alex! Alex had her Viva (virtually!) this week to defend her thesis which was submitted as part of her Phd in History at the University of Nottingham. Alex passed with flying colours and has NO corrections! We hope Alex is now taking some time to relax and enjoy doing absolutely nothing (sympathy to poor Millie who has to watch on whilst she still has to work from home!).

Alex's thesis title was 'Testamentary Identities: The Evidence of Selected Wills and Testaments from the Dioceses of Norwich and Canterbury, 1450 to 1530.' Alex explained that her thesis looked at wills and testaments in late medieval England and explored how people created identities in these documents.



Plastic Free July

Plastic Free July is a global movement that helps millions of people be part of the solution for plastic pollution. You can sign up at www.plasticfreejuly.org to try and help the world have cleaner streets, communities and oceans. There are lots of great resources on the website and ideas that you might not have thought of some of which we will share with you here.



Toothbrushes

It is estimated that 3.6 million plastic toothbrushes are used worldwide every year, these take around 1000 years to decompose and unfortunately around 80% of these are thought to end up in the sea as plastic pollution, it's predicted that by 2050 there could be more plastic in the sea than fish.

You can purchase toothbrushes made from compostable bamboo (you have to cut the plastic bristles off before composting!) or purchasing a toothbrush with a replaceable head

Website: www.stwerburgh.com | Facebook: [@StWerburghSpondon](https://www.facebook.com/StWerburghSpondon) | email: stwhelps@gmail.com

eliminates a large amount of single use plastic. There is also plastic free packaged toothpaste available.

Food Buying

There are lots of ways to go plastic free when buying food, you can take your own Tupperware to meat, fish and deli counters. You can take your own reusable net bags for loose fruit and veg. Buying in bulk from wholesalers or independent retailers helps cut down on packaging. You can contact your local supermarkets and shops and encourage them to adapt to reduce plastic use. Of course don't forget your reusable shopping bags every time you go shopping!

Plastic Free Partying

Party decorations and tableware are generally manufactured from single use plastic. Balloons can take years to biodegrade and often end up in the oceans and marine life can be strangled by them or killed by ingesting them. Plastic coated plates and cups and plastic cutlery are often thrown away when there are alternatives such as bamboo and wood and even leaf plates! Party bags can also generate lots of single use plastic waste however alternatives are available such as gifts of crayons, books, homemade play dough and seeds or plants which can really help the environment and educate at the same time. And we all know it's got to be paper or metal straws! Plastic party decorations can be replaced with swapping sequins and glitter with dried flower and leaf confetti. Paper pom poms and paper bunting are just as effective and homemade fabric bunting can be individualised and shared between friends and neighbours (that's surely a good lockdown project!)

Plastic Free Supplies Locally

Derby Eagle Centre Market is home to the fantastic market stall The Fig. This independent store is incredible for aiming for zero waste. They stock lots of products to reduce plastic and also have a refilling station for eco products such as fabric conditioner, hand wash and shampoo. It is definitely worth taking a trip and Mel who owns the store is really knowledgeable and helpful. She was offering a home delivery service during lockdown as well. <https://www.facebook.com/thefigderby/>

Soundbites on the Morledge Derby offer plastic free products, home delivered veg boxes and an online shop. They also offer refills on home laundry products and a scoop and weigh service where you can use your own containers.

<https://www.soundbitesderby.org.uk/>

There are also numerous websites that can provide plastic free products such as;

<https://www.theearthshopuk.com/>

<https://www.theplasticfreeshop.co.uk>

<https://kickplastic.co.uk/>

<https://www.lakeland.co.uk/landing/plastic-alternatives>

Fresh Air

Lots of us have still been able to get out and get some fresh air in between the rain showers this week. Walks and strawberry picking seemed to be the popular choices this week!



Edward - Tissington Trail



Alexis' rest stop near Ilam



Strawberry picking



Foremark
Reservoir



3								7
	4	7		9				6
	8			3			4	9
			1	4	9			
9	1	6	3		2			
5				7	6		3	1
8		5				1	6	4
				8		7		
	9				1	2		

Sudoku

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@community
actionderby.org.uk](mailto:covidsupport@communityactionderby.org.uk)

Need help?

We have joined up with
Derby Community Action –
please contact 01332
640000 or email
[covidsupport@community
actionderby.org.uk](mailto: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