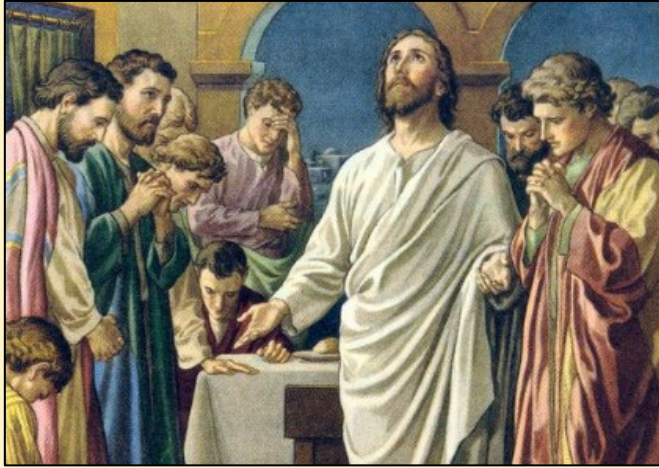


St Margaret of Antioch Ilford

Weekly Newsletter Sunday 24 May 2020



Looking up and looking out



Today is the Seventh Sunday of Easter, and almost the end of the Easter season which begins on Easter Day and ends on the Feast of Pentecost, which is next Sunday. The Gospel reading for this Sunday is St John 17: 1-11, Jesus' farewell speech, which is in fact a prayer which Jesus says aloud, for the benefit of the disciples. Jesus offers words of hope and comfort, reassuring the disciples that they are already being drawn into the love of God, and that the closer they come to God the closer they become to each other.

Do read this gospel passage on Sunday, and say the collect for the day (page 2), the Lord's Prayer, and pray for one another as Christ's people at St Margaret's. The reflection below might help you think further about today's gospel.

Thursday last week was Ascension Day. This festival marks Jesus' ascension to heaven and, in Acts 1:10, we read that the disciples 'were gazing up towards heaven' as Jesus was going. In St John 17:1, it says that Jesus 'looked up to heaven' and spoke to his father, delivering what was arguably his most extensive and profound prayer.

While many Bible scholars suggest that only a matter of several weeks separated these two instances of 'looking up', there are numerous references in the Bible to prophets, priests and kings looking to the heavens for inspiration, guidance and signs. Indeed, some climbed mountains in the hope of getting closer to the one from whom they sought answers.

Unless you're a farmer or meteorologist, the concept of 'looking up to the heavens' tends to be more of a metaphorical one. We speak of 'looking up' the answer to a question or pondering whether things are 'looking up' – showing improvement.

However, in both readings, 'looking up' meant focusing on a God who has all the answers. In St John 17:1-11, Jesus asks his heavenly father to protect his disciples and all those who seek to follow him. I like to think that the Lord had his arms outstretched when he said this because it would be a clear indication to us that, as we look to God for guidance, we should also be reaching out to others, especially at this time.

People often talk about 'looking up' someone, which means visiting a person to make sure they are alright. Currently, this is still difficult, despite the easing of the lockdown. Yet, one of the most inspiring developments of this crisis has been the way people have been 'looking out' for one another, and showing a hitherto unknown form of neighbourliness, especially in big cities like London.

So, as we slowly emerge from lockdown as a country, may we also continue 'looking up' to God for the inspiration and ideas as to how we can better look out for those who will be unable to take advantage of the easing of these restrictions.

Sunday Night Prayer

Joining together on zoom to pray (and see one another!) is proving popular with a lot of the congregation. We begin each Sunday at 7.30pm, but you can join the meeting from 7.20pm. The meeting ID is 708 595 2669 and the password is 030520.

Finance

Like all organisations, businesses and groups, the lockdown has affected St Margaret's income. We have not been able to use the church for worship and our hall users have cancelled their meetings. You can see something of the reality of the situation in these figures: in April 2019 the money given in church collections was £1859; this year it was £340. Hall rents in April 2019 were £3394, compared with £1939 this year. Although we are in lockdown, we still have to pay our Parish Share payment to the Diocese, which is £4,967 per month.

Setting up a Standing Order

Finance is difficult for many people at present, but it would be helpful if those who can afford to do so, and who usually make a donation to the church either in cash or in a FWO envelope, would consider continuing your donation in the form of a monthly Standing Order, even if only temporarily until churches can be used again. A small number of people have done this (hence £340 in collections for April), but if more people would do so it would enable us to maintain some stream of income.

The sort code for the church bank account is 08 92 99 and the account number is 65793705. Our bank account is with the Co-op Bank under the name of PCC of St Margaret and St Clement Ilford.

If you have any questions please contact Ann, our Church Treasurer. Her phone number is: 020 8518 1527.

Daily Hope

Ann Williams has used, and recommends, *Daily Hope*, especially if you don't have access to a computer. It offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line. A section called Hymn Line offers callers a small selection of hymns, updated daily. An option entitled 'Hymns We Love', provides a hymn and reflection. Ann points out that 0800 phone numbers are free.



Avril Sangowawa

Avril's funeral took place last Wednesday. She has been buried in the woodland section of the City of London Cemetery.

Valentines Park Cafés

If you are visiting or exercising in Valentines Park, you might like to know that both the Gardener's Cottage Café by the Mansion, and the café by the boating lake, are now open for take away food and drink.

FOR OUR PRAYERS THIS WEEK

All those affected by coronavirus

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love,
for your name's sake.

Amen.

Gracious God,
give skill, sympathy and resilience
to all who are caring for the sick,
and your wisdom to
those searching for a cure.

Strengthen them with your Spirit,
that through their work many
will be restored to health;
through Jesus Christ our Lord.

Amen.

The sick and those in need:

Loraine Arnold, Janet Edwards, Fizza and her family, Anne Fox, Marjorie Green, Joan Kelly, Grace Martin, Jennifer Mottley and her family, Joergen Nielsen, Ade Onuagulu-chi, Hemendra Rai, Reema, Fr Bill Scott, Christobel Trumpet, John Went

The recently departed,

Those whose anniversary of death falls this week:

24th: Kathleen Roberts, Barbara Clarke, Stanley Lee, Walter Brewster
25th: Agnes Fullard, Mabel Broughton, Stanley Brewster
26th: Edward Walker
27th: Marion Billen, Eliza Reynolds
28th: Edith Bush
29th: Thomas Hartley (*Priest*), Phillip le Sueur, Margaret Holland
30th: Albert Brame, George Salvage

Collect for the Seventh Sunday of Easter

Risen, ascended Lord,
as we rejoice at your triumph,
fill your Church
on earth with power and compassion,
that all who are estranged by sin
may find forgiveness and know your peace,
to the glory of God the Father.
Amen.

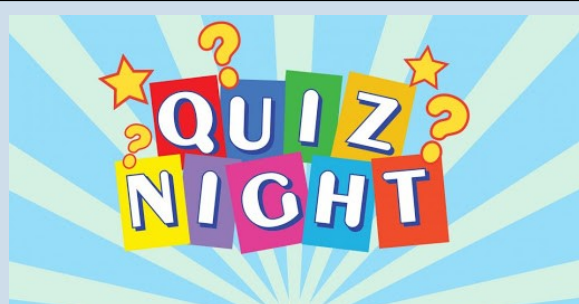
Living Wage for Key Workers

The Living Wage Foundation (LWF) encourages employers to pay the real Living Wage, which is based on living costs, and recognises and celebrates the leadership shown by Living Wage employers across the UK. Redbridge Council is a Living Wage employer. The Living Wage campaign was started in 2001 by Citizens UK, of which St Margaret's is a member through Redbridge and Ilford Citizens.



Many key workers, especially care workers, who are keeping society going during this crisis, are not earning the real Living Wage and are often in insecure work. LWF wants to build on the momentum that's seen people come together to thank our key workers through clapping every Thursday, by asking those who agree that all key workers should earn a Living Wage to **put posters of support up in their windows. A simple action.**

Posters, including colouring posters for children, can be downloaded from <https://www.livingwage.org.uk/living-wage-key-workers>. If you don't have access to a printer, you could make your own poster. If you can, take a picture of the posters in your windows and share on social media with #LivingWage4KeyWorkers.



We are planning a Quiz Night using Zoom on Friday 12 June, from 8pm to 9pm. Jannis is compiling some questions. You'll need a pen and paper for your answers. Provide your own food and drink! Make a note of the date and join us!

St Paul's Cathedral has launched **Remember Me**, an online book of remembrance for all those who have been living in the UK who have died as a result of the COVID-19 pandemic. People of all faiths, beliefs or none are invited to contribute to *Remember Me*.

Family, friends and carers of those who have died can submit, free of charge, the name, photograph and a short message in honour of a deceased person via the *Remember Me* website. The deceased person must have been living in the UK. *Remember Me* will be open for entries for as long as needed.

It is intended that the *Remember Me* site will become a physical memorial at the Cathedral. There are approved designs for a new inner portico in the North transept, subject to funding

The Very Revd David Ison, Dean of St Paul's, said: For centuries, St Paul's Cathedral has been a place to remember the personal and national impact of great tragedies, from the losses of war to the devastation of the Grenfell Tower fire. We have heard so many sad stories of those affected by the pandemic, and all our thoughts and prayers are with them. Every person is valued and worthy of remembrance.

The Ascension of Christ



This depiction of the Ascension is part of an ivory tablet showing the main episodes of Christ's life (below). We can see only the feet of Christ, who has half gone into the clouds!



Palais des Beaux Arts de Lille.