

Lent 2020 Musings by Kay

Holy Week

Friday 10 April 2020 - Good Friday

Dear Friends,

Please find a [contribution from Stephen](#).

The Visual Journey will be today at or around 2pm. You just require your quiet selves for this.

In sorrow on this journey,

Kay

Thursday 9 April 2020 - Maundy Thursday

Dear All,

By 7pm this evening we will in our unique fashion mark Maundy Thursday. No footwashing, no Eucharist....

Bring your quiet self, a candle and a flower. Service sheet below. You may also use it to direct your reading and prayer at this Holy time. The service will be on Facebook Live(ish) and later in email format. Thank you to Paul Bargh for his music. [Service sheet here](#) ..

Kay

Wednesday 8 April 2020

Good Morning friends, Day 14 and counting.

[Here](#) is the link to morning worship.

Blessings

KAY

I am delighted to enclose a [reflection](#) from Michael Smart.

This is an egg link which my daughter, Hannah passed on (a friend of hers). Create a monster egg!

<https://www.lucybaxendale.com/eggmonsters>

Or click [here](#)

Meriel has kept us well supplied with great material. Here is an [arty farty one](#) which is bound to get you in a mess

Stephen Warnes has written a [poem](#).

Thank you

Good to hear from you ,

Kay

Tuesday 7 April 2020

Here is the [Order of Service](#) for Wednesday Worship which should be with you by 10 am and earlier live on Facebook. Join us as you are able.

Peace to you as we journey. Will be in touch later,

Kay

Monday 6 April 2020

Dear Friends,

I am sending you a daily reflection. Please find enclosed the [offering](#) for today

Kay

Monday Evening:

Dear All,

I thought you might like [this](#) tonight. If you have any spare oil or perfume lurking in your cupboards, how about you treat yourself and smell it and put some on to remember that this may have been the last kind touch Jesus experienced before he died.

Peace,

Kay

Palm Sunday 5 April 2020

All blessings to you on this day.

Click Here

It may either magically appear or if you right click you then click on [OPEN LINK](#)

Kay

Saturday 4 April 2020

Dear friends,

Well I Neville, where has the day gone? No time to muse.....Sarah Park at Clevedon Parish has prepared a resource- I think I shared on the Facebook page.

On Kim Hill on Radio NZ this morning a virologist,Chris Smith (brain the size of planet) gave the most accessible and informative interview. You can hear it again by going on the site - it was 9-15 am.

I look forward to worship in isolation (a challenge!). We have a 1/2 hour(ish) Palm Sunday service which should be with you by 10 am at the latest.

Next week I will have daily short reflections.

Keep those prayer chains growing!

Missing you. Good to hear from so many of you.

Let God enfold you on this night,

Kay

Friday 3 April 2020

Dear Friends

As we anticipate Holy Week perhaps there is a dropping down into a ground of reflection - Stephen Warnes offers us [this](#) which is perhaps a way of orientating us on a journey we have never taken in this way before.

I enclose the [service sheet](#) for Sunday which acknowledges that we would be having an Awahi Rito Palm Sunday. If you can print it off that would be good. If you have you home made palm cross even better.

I hope to have the service live on Facebook at 9-30 and will email link just after that by email. Hopefully the sound was better on the Wednesday service even if the viewing was a bit wonkey!

I offer you this which is my current meditation piece - David Whyte has this to say, ‘ ***This is not the time for information, forget the TV screen, radio news and endless twitter. This is the time for loaves and fishes, people are hungry, and one good word is bread for a thousand. Turning one word into bread for a thousand***’. Which he says it what his poetry hopefully does.

I am meditating on “One good word is bread for a thousand”

Go well on this night.

Missing you,

Kay

Thursday 2 April 2020

Hello..me again! have been doing some computer autumn cleaning and have found a couple of gems.

Click [here](#)

This is called Murmuration. Look at the image and think of the body of Christ. It is an awesome sight to behold and listen to the sound of the wings beating. Doesn't it just take your breath away!

Click [here](#) - Listen to the sound of the 'rain' and feel the energy of the song.Sandra and Lionel sent [this](#)....

And we have [this](#) from Meriel

I hear the church is secure but pining for us ...what are we pining for?

Stay safe, keep the faith and know that you are loved as a child of God,

Kay

Wednesday 1 April 2020

Dear friends, Day 7

Maybe a milestone to stop and take stock.

1.How am I doing on loving my God with my all?

2.How am I doing in the love my neighbor stakes?

3.How am I doing on self love?

We have talked before on the importance of gratitude. How are we going on the nurture front?

How do we put these 3 questions into some sort of meaningful practice?

1. How am I doing on loving my God with my all?

I believe when we sit and ask the big questions we have to do just that-SIT.

We probably need help in doing the NOT doing.

When I worked with children we asked them to imagine sitting on a hillside watching the train carriages go past. It is a long, slow train which takes some minutes to pass from beginning to end. In each carriage was one thought which may be a worry, something to remember, something to forget. As you sit on the hillside watch each carriage pass with each thought in it, let it go as there's another one and another one. Watch the carriages in clickety clack rhythm move in and out of your vision until the last carriage comes, passes and moves on into the distance.

Perhaps now as we sit we can be more available to listen. Prayer can be like coming to God's kitchen table when there is bread in the oven and coffee in the pot. Perhaps it is more about just sitting and being open than saying anything.

"Wasting time" with God is a wonderful thing.

2 How am I doing in the love my neighbor stakes?

I invite you to take a risk in your next conversation and talk about how vulnerable- making this all is. One of my clergy colleagues talked about being in his front garden next to the street and having safe conversations over the fence. Connect where you can.

3. How am I doing on self love?

I have been hearing lovely stories about making bath salts. I have been fossicking in my bathroom cupboards and realizing there is this face cream and that nail varnish and *whoever gave me that* going on.

Talk with people in your bubble. If you are in your own bubble , perhaps call someone and ask each other these questions.

A few of you are journaling each day. This is another way to record the train carriages, the times of joy and difficulty.

I have been very heartened by the capacity of people to share what they are finding funny, helpful or think may be valuable to another.

Here we go.

Have a squizz at this from Hazel <https://youtu.be/MMBh-eo3tvE>

Barrie Collett has shared some of his favourite music which I will send through in ones and twos <https://youtu.be/MMBh-eo3tvE>

Felicity and Eric remind us of our cathedral music and services www.holy-trinity.org.nz

The online service is on St John's Facebook page. I have a computer glitch today and it would not download, so I cannot offer the you tube link here. Sorry about the link being rotated... *well I Neville* is all I can say . Sorry! This is clearly not my strong suit.

Hope in a vacuum !

May the peace of Christ be with you

Kay

Tuesday 31 March 2020

Good morning all,

I thought I would demonstrate self care by taking Monday off.

My thoughts and prayers are with you. I have talked to a few of you by phone and we have interacted on line and I hope to post some cards to people who may be accessing neither. Please keep thoughts and ideas flowing.

Jenny Manktelow shared this <https://youtu.be/RTPcGoHE5mE>

In anticipation of Palm Sunday I have a wee lesson in palm cross making <https://youtu.be/9LjDTt9eeo0>

No matter if you have no palm fronds, strips of paper will do.

By tomorrow I will have uploaded [Morning Prayer](#) instead of our 10 am service. Participate as you are able. I will post on the facebook site and give the link here on emails.

We also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.
– Romans 5:3-5

May the peace of Christ be always with you,

KAY

Sunday 29 March 2020

Good Morning, - Sunday worship link is <https://youtu.be/JwtA5Af-mRM> Service sheet included.

Number eight wire comes to mind with this one- a few technical hitches but you will get the spirit of it.

All joy to you on this day . May the peace of Christ be always with you .

Other option too- St Mary's Torbay are live streaming a service at 10.
<https://www.youtube.com/channel/UCrVV6T5Q8KpEhj3IUQIT0gQ> Apparently you need to 'arrive ' before ten and if you are late need to look after 10-30.

Albany /Greenhithe are live on zoom at 10-30 <https://zoom.us/j/3671205657> and later <https://www.youtube.com/channel/UCBR4Ulhv2JC-2cdvJPQkG4g>.

Bishop Ross is doing night prayer on his facebook sit at 7 pm. Please also look at The Daily Office run by the [ADJust](#) group on facebook.

Lots of options and opportunities to meet our neighbours and feel part of the wider body of Christ

Blessings,

Kay