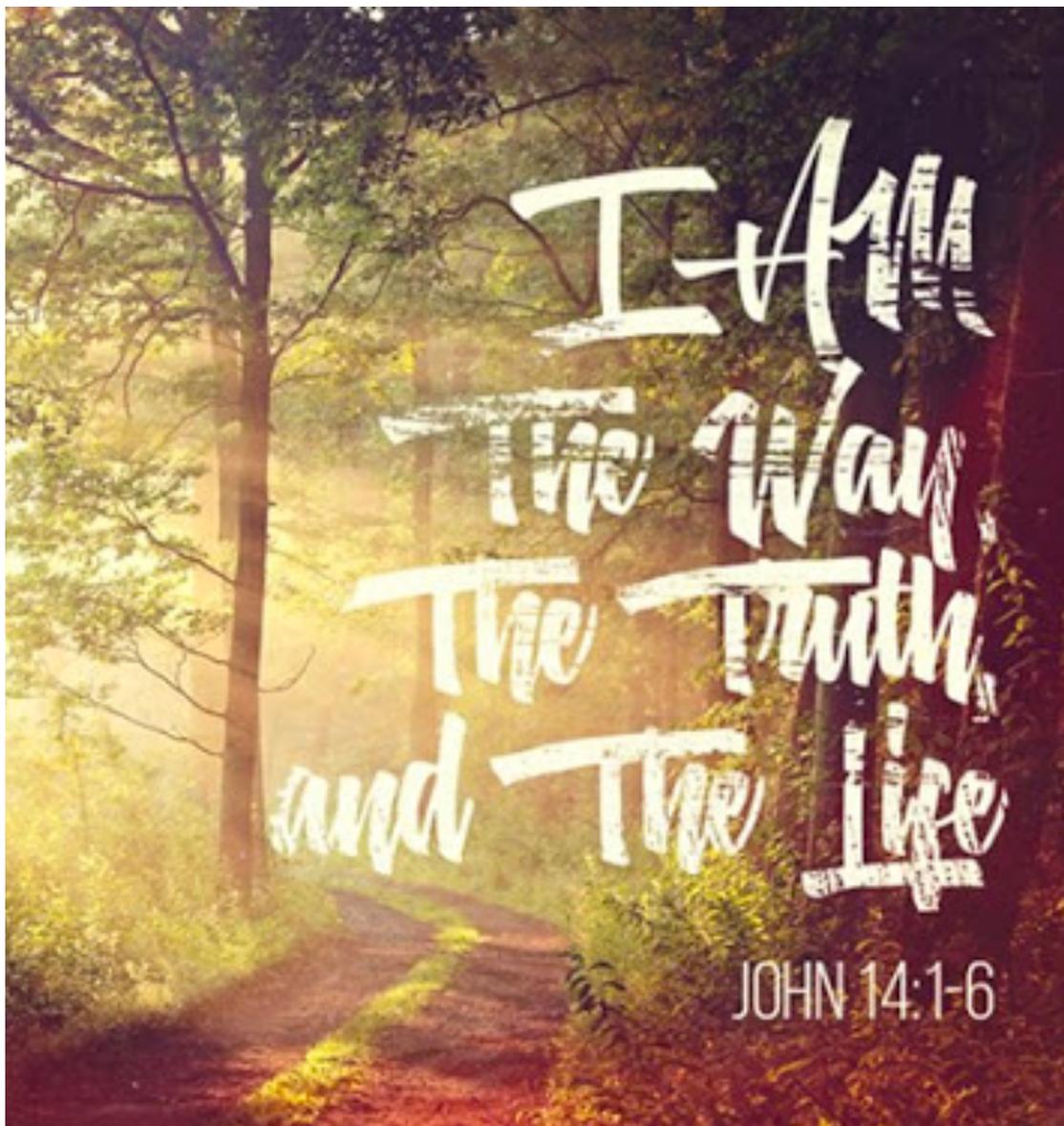


Dover Town Benefice Newsletter



Bible Readings:

Acts 7:55-60

Psalm
31:1-5;15-16

1 Peter 2:2-10

John 14:1-14

[Genesis
8:1-19]

Collect of the day:

Almighty God,
who through your only-begotten Son Jesus Christ
have overcome death and opened to us the gate of everlasting life:
grant that, as by your grace going before us you put into our minds good desires,
so by your continual help
we may bring them to good effect;
through Jesus Christ our risen Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen.

Reflection

by Revd Sean Sheffield

“Do not let your hearts be troubled”

I wonder if you hear that, and your first reaction is, “Are you kidding me Jesus, do not let my heart be troubled..... really....??”

Especially at this time, as we sit in lockdown, when we find ourselves isolated, lonely, anxious, perhaps fearful. Maybe you find yourself reading these verses and asking questions like:

Is Jesus really serious about that?

Does he not realise what is happening in our lives and in our world?

How can Jesus say that with a straight face when he was troubled at seeing Mary weeping at the death of Lazarus, when he had said that “his own soul is troubled”. And when earlier in John’s gospel we hear that Jesus was “troubled in spirit”.

What is Jesus telling us?

It’s not like there is an on/off switch for troubled hearts, well not that I’ve found anyway. So how do we make sense of today’s gospel in a world whose heart seems constantly troubled? How do we make sense of it, as we continue to face the difficulties that the Coronavirus pandemic has wrought on our own lives, our communities, our country and beyond?

It’s not hard to understand why this text is used so often at funerals. In fact, I myself have used these exact verses and preached from them at 2 funerals in the past 3-weeks. And there is a reason for that. Death troubles our hearts, the thought of death troubles our hearts and we want to find some balance, some comfort, some reassurance, some **hope**.

And in this passage Jesus is doing exactly that, trying to offer comfort, reassurance, but most importantly hope to his disciples; as he prepares them for his upcoming death on the cross.

And perhaps as he speaks to them, revealing what the next few days are going to bring, the tears, the pain, the isolation, the despair; the disciples would have been all over the place. Some are confused and not really understanding what he was talking about. Some understanding perfectly well, and so are angry that this man that they had followed for three years was soon to leave them. Some upset, and probably not wanting to think about it very much. Perhaps some were at peace about it - not exactly looking forward to the coming days, but trusting that Jesus would do what he said he would do - and that when he says, “do not let your hearts be troubled”, that he really means it.

And that's encouraging I think, because it gives us permission to feel whatever it is, we're feeling right now, as we read or watch the news, which is flooded with Coronavirus updates, infection rates and news of the number of precious lives that have been lost. The fear that surrounds us.

Perhaps we're with those confused disciples. Maybe huddling with those ones who are actually quite angry about it all. Or maybe with those that are too upset to think about what is going on right now.

However, we feel in this time, Jesus' words to us are these, as they were to his disciples; "Do not let your hearts be troubled. Believe in me."

You see, we have a unique perspective as we hear those words spoken by Jesus. We know what happens after He is brutally crucified. We know that he rises again. He does what he says He will do. We are Easter people. We are resurrection people.

We know that Jesus beat death, and fear and we carry that hope with us, that hope that is found in Jesus Christ.

We are people of hope.

That hope that we find in the promises God has given us through his Son.

That hope of transformed lives.

That hope of freedom from sin.

That hope of and gift of eternal life made possible through Jesus Christ.

That hope that will always bring us through, no matter what. That hope that beats fear.

That hope that we can hold onto, whatever trials, temptations, pain or difficulty we might face.

That hope that God extends to us.

And so, if our hearts are troubled at this time, maybe it is time to re-centre them. And this doesn't mean our hearts won't be troubled, that what we are experiencing will be fixed immediately. But what it does mean is that by re-centring our lives we will be tethered to something greater than ourselves.

So, let us claim once again, stand on that promise, and live in that hope, not fear, or gloom. Let the light of Christ illuminate that hope in our lives so that we speak it boldly into the lives of others. Let us be people who speak of the hope that we see in the situations around us.

If we do that, if we speak hope, and joy and love in this time of difficulty, anxiety and challenge; perhaps as it brings our hearts into balance, and centredness, and harmony not only will we see the world differently, but those around us will also.

Just imagine what is possible if our hearts once again maintain a normal rhythm beating in time with God's own.

You see Jesus means it, "Do not let your hearts be troubled."

"Believe in me."

Acts 7:55-60

But filled with the Holy Spirit, he gazed into heaven and saw the glory of God and Jesus standing at the right hand of God. 'Look,' he said, 'I see the heavens opened and the Son of Man standing at the right hand of God!' But they covered their ears, and with a loud shout all rushed together against him. Then they dragged him out of the city and began to stone him; and the witnesses laid their coats at the feet of a young man named Saul. While they were stoning Stephen, he prayed, 'Lord Jesus, receive my spirit.' Then he knelt down and cried out in a loud voice, 'Lord, do not hold this sin against them.' When he had said this, he died.

1 Peter 2:2-10

Like newborn infants, long for the pure, spiritual milk, so that by it you may grow into salvation— if indeed you have tasted that the Lord is good.

Come to him, a living stone, though rejected by mortals yet chosen and precious in God's sight, and like living stones, let yourselves be built into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ. For it stands in scripture: 'See, I am laying in Zion a stone,

a cornerstone chosen and precious; and whoever believes in him will not be put to shame.' To you then who believe, he is precious; but for those who do not believe, 'The stone that the builders rejected has become the very head of the corner',

and
'A stone that makes them stumble,
and a rock that makes them fall.'
They stumble because they disobey the word, as they were destined to do.

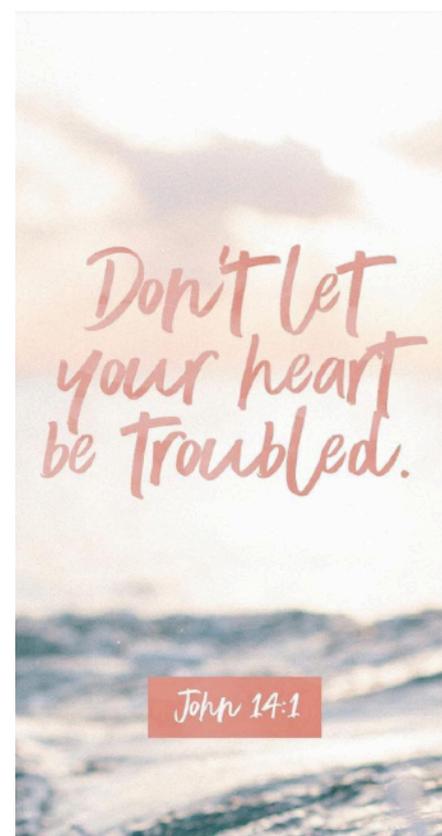
But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvellous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

John 14:1-14

'Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.' Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him.'

Philip said to him, 'Lord, show us the Father, and we will be satisfied.' Jesus said to him, 'Have I been with you all this time, Philip, and you still

do not know me? Whoever has seen me has seen the Father. How can you say, "Show us the Father"? Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own; but the Father who dwells in me does his works. Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves. Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it.



Prayers for the Fifth Sunday of Easter

by Alistair Mackie

Lord Jesus, we thank you for being our God, our salvation and our friend: the one who gives life, love, peace and joy. We thank you that you are the most powerful and that you have faith in us to do your will. We thank you that we are able to enter into a relationship with you and that the things we ask for in your name, you will provide. We pray that you forgive us for all our shortcomings but ask that in your infinite patience and love, you are always there to guide and protect us.

Lord in your mercy, **hear our prayer.**

Heavenly Father, as the Covid-19 virus continues its devastating effect upon the world, we pray for all those whose lives have been turned up-side down through the loss of family or friends. Amidst the chaos and heartache, we pray that your presence may comfort and guide all those affected. Be with them all Lord, and help us to stay firm in faith that we are all now, each and every one of us, forever in your loving arms.

Lord in your mercy, **hear our prayer.**

We pray for the town of Dover and all surrounding villages. We pray for all people, young and old, that they may experience the joy and security of your promises of love, forgiveness and hope. We thank you for the local churches, and although we are currently unable to congregate within church walls, we give thanks for those who have worked tirelessly to keep the local community connected, and share via the internet, the Good News! We pray for all those in the Church and especially for Melissa, Sean and Josias. May you continue to guide and strengthen them as they guide us on our own personal journeys towards you.

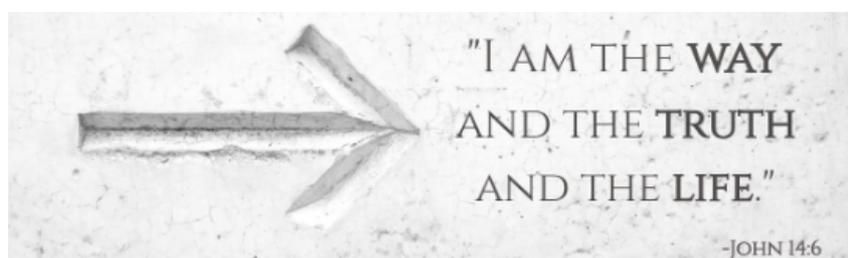
Lord in your mercy, **hear our prayer.**

We thank you for your divine interaction with humanity: the most amazing message of selfless love that you shared with the disciples, and now with us through the Gospels. Help us to open our hearts and minds to your deepest desire for us to live in the full capacity of how you intended. Help us to see more fully the beauty of the world around us, and to find ways to take greater responsibility and care of our beautiful planet. Guide us all, both as individuals, and collectively as nations to find the courage and resolve to take steps towards more sustainable lifestyles.

Lord in your mercy, **hear our prayer.**

Lord Jesus, you are the Way, the Truth and the Life. In these difficult and uncertain times, we pray that we may all accept the offer of your gentle and guiding hand to follow your way, and to open ourselves fully to the truth in order that we may live life to the full, with love, joy, hope and expectation.

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



'Dover Yarns' by Terry Sutton

Lost Village

Many people have been exploring parts of the countryside that surrounds Dover in an effort to exercise whilst keeping socially distant. I wonder how many have come across the lost village?

High on the hills above Dover there's a stone that recalls the days when the site was a small village. Here was the now lost village of Poulton (or Polton) where there was once a Roman habitation, created there at the triple junction of tracks leading to Dover, Alkham and River. Poulton was still there in Norman times because it is mentioned in the Domesday Book.



The dissolution of St Radigund's Abbey probably caused the start of the slow demise of Poulton because those who worked on the abbey lands were no longer required.

A reminder of the 'lost village' of Poulton is a stone memorial in a field marking the spot where the Saxon parish church of St Mary's once stood.

Dover in History



Dover Harbour
(c.1906)

St. Matthias

by Revd Michael Hinton

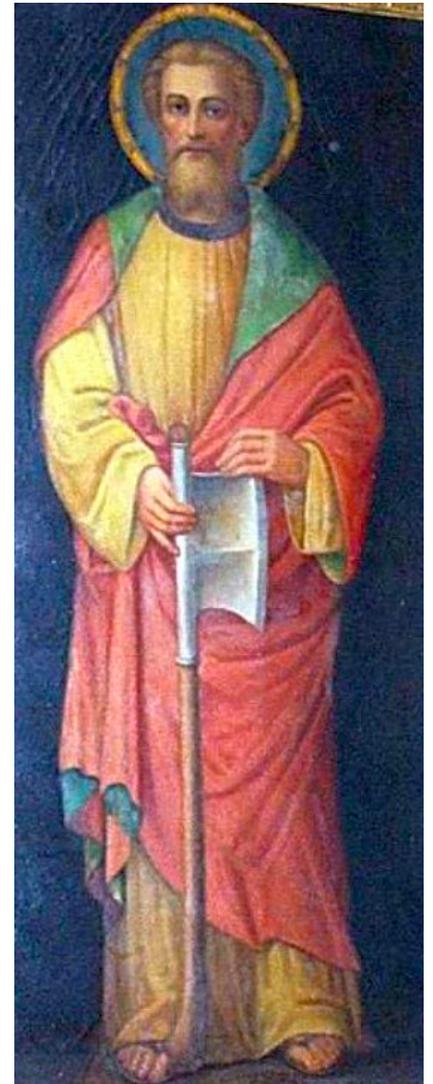
Next Monday we celebrate the most obscure of the apostles: St. Matthias.

He was chosen to take the place of Judas Iscariot in the Twelve. The process is described in Acts chapter one. First the church chose two men who had followed Jesus from the time of his baptism and who had been witnesses of his resurrection: Joseph Barsabbas and Matthias himself. Then lots were cast after prayer, so that the final decision was God's alone.

Nothing for sure is known about Matthias' apostolate, though legend has him preaching near the Caspian Sea and in Ethiopia. He is said to have been martyred, and his emblem is an axe or a halberd.

Most of us are a bit like Matthias. Our particular calling occurred partly through our decision to follow Jesus and partly by chance and circumstance. History will say nothing about our Christian lives; only God will know much about them. None the less we shall have been enrolled among the apostles - those sent out to witness and to serve - and that is what matters.

I wonder if any of us ever feel like Joseph Barsabbas? He was denied an official position in the church and had to decide whether to carry on as a rank and file Christian or to take umbrage and leave the church. What would you have done in his place?



Psalm 31

1 In you, O Lord, have I taken refuge;

let me never be put to shame;

deliver me in your righteousness.

2 Incline your ear to me; make haste to deliver me.

3 Be my strong rock, a fortress to save me, for you are my rock and my stronghold; guide me, and lead me for your name's sake.

4 Take me out of the net that they have laid secretly for me, for you are my strength.

5 Into your hands I commend my spirit, for you have redeemed me, O Lord God of truth.

15 'My times are in your hand; deliver me from the hand of my enemies, and from those who persecute me.

16 'Make your face to shine upon your servant, and save me for your mercy's sake.'

Pause for Thought

My Life in Lockdown by Joyce Purssord (St. Mary's)

“The Lord is my Shepherd I shall not want.”

I live in a one bedroom ground floor flat which has a very long passage comprising 11 paces to reach the front door. There is also a small garden.

With the advent of lockdown I was advised to do 20 laps of the passage each day for exercise. OK - so I walked up and down 20 times and felt great - until I was later told that up and down only meant 1 lap and when I tried that I was shattered. So I tried just a few laps at a time. But by this time I had hardly any strength in my legs and hips - so I am back in my arm chair only moving when necessary.

I must admit that because I live alone and now have reached 90 years of age, I sometimes worry about what would happen if I got the virus. Naturally this affects my sleeping pattern, causing me to take a nap or two during the day. I'm lucky in that I have a close family of church friends whom I either ring once a day, or week, and they ring me. I also have very good neighbours who ring to see if I'm OK.

But I have one special “angel” who has been my lifeline. I could not have survived without her. She does my shopping, and because I cannot stand for long in a queue I am limited in what I can ask her to get for me. I tried to keep the basics as I prefer to do my own cooking and I'm not a lover of ready meals! Luckily I have a small appetite. However I sometimes long for a bar of chocolate or a rich cream cake! My “angel” also cheers me up when I get depressed. I have recently lost a very dear personal friend from my evacuation days, and only this week I lost my cousin to the virus. But amid my upset state she said ‘Jesus wept’ so you can too, and that cheered me up.

This lockdown has affected so many people; whereas we would have kissed or hugged, we can now only blow kisses. Whereas we would have handed over money or goods, we now have to slide it across the floor or throw it - AND THAT HURTS (inwardly). The news on TV is so depressing I have stopped watching. For weeks now I have prerecorded programmes or films I want to watch including the Sunday morning church service and Songs of Praise (I do not have YouTube or other modern appliances). I also look forward to reading the weekly church News Bulletin which is delivered to my door by Sean, (thank you Sean for all your hard work).

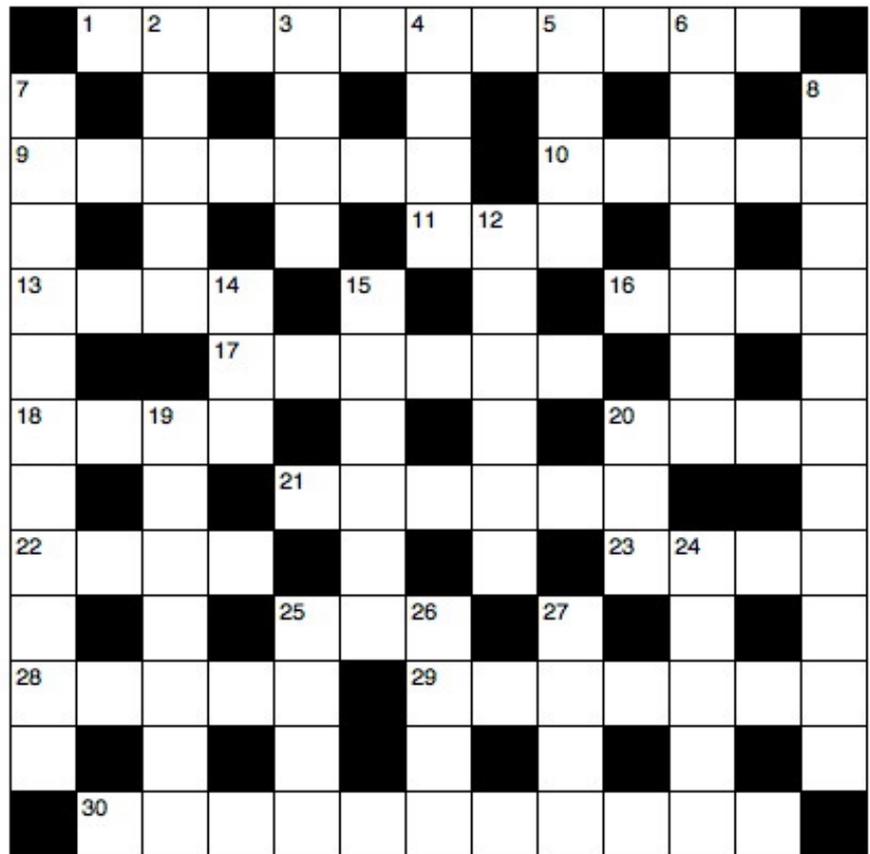
On the plus side I watched the birds in my small garden as they perch among the honeysuckle leaves and branches. Recently I threw biscuit crumbs for the Robins as they were nesting. They were so tame, but have now flown away with their babies. I also see magpies, blackbirds and sparrows on my bit of lawn. Because of lockdown we do not have our gardener and the grass is about 2 - 3 inches high, together with dandy Lions, daisies and weeds! But just before writing this, a family of newly fledged birds flew down and were busily searching for grubs, insects and worms.

So life goes on - and so will our lives continue after this pandemic is over. Even though it might be different we must thank thank the Lord that he has seen us safely through.

Puzzle Corner

Across

1. Overpowered (Deuteronomy 11:4) (11)
9. 'The — are mantled with corn' (Psalm 65:13) (7)
10. 'Each man—a sword to his side'(Exodus 32:27) (5)
11. On the death of Jesus the curtain in the temple was torn from— to bottom (Matthew 27:51) (3)
13. Stagger (Isaiah 28:7) (4)
16. 'Anyone, then, who knows the good he ought—and doesn't do it, sins' (James 4:17) (2,2)
17. Stir up or provoke (Acts 13:50) (6)
18. Burden (Luke 11:46) (4)
20. 'As far as the east is from the—,so far has he removed our transgressions from us' (Psalm 103:12) (4)
21. Sign (Luke 23:38) (6)
22. 'After that,Jesus poured water into a basin and began to —his disciples' feet' (John 13:5) (4)
23. The nature of the seven ears of corn which swallowed up the good ears in Pharaoh's dream (Genesis 41:23) (4)
25. Has (anag.) (3)
28. 'This is the account of Shem, Ham and Japheth,—sons' (Genesis 10:1) (5)
29. 'I will...make them drunk, so that they...sleep for—and— awake' (Jeremiah 51:39) (4,3)
30. Paul said of him,'he often refreshes me and is not ashamed of my chains' (2 Timothy 1:16) (11)



Down

2. Worth (Matthew 13:46) (5)
3. 'A bruised — he will not break' (Matthew 12:20) (4)
4. 'Suddenly a great company of the heavenly — appeared with the angel' (Luke 2:13) (4)
5. Slip (anag.) (4)
6. 'Take an awl and push it through his — — into the door, and he will become your servant for life' (Deuteronomy 15:17) (3,4)
7. Bountiful (2 Corinthians 8:2) (11)
8. 'Therefore, as we have — , let us do good to all people' (Galatians 6:10) (11)
12. Acquire (2 Timothy 2:10) (6)
14. Container cover (Numbers 19:15) (3)
15. 'He...became obedient to death, even death on—!' (Philippians 2:8) (1,5)
19. Refrain (1 Peter 2:11) (7)
20. 'She began to—his feet with her tears' (Luke 7:38) (3)
24. One who worships Brahma, Vishnu or Shiva (5)
25. 'Give to everyone who—you' (Luke 6:30) (4)
26. 'I lift up my eyes to the hills; where does my—come from?' (Psalm 121:1) (4)
27. One of those whom the Lord said would be taken from Jerusalem and Judah as judgment on them (Isaiah 3:2) (4)

Let's get COOKING

Many of us need a little inspiration when it comes to cooking so please share your recipes. They could be quick, easy and fun to make (and eat), the one for when you need something special or comforting or the ones which are good at using up left overs.

This weeks recipe comes from Jean Day and it is BRIAM Greek Potatoes.

1kg potatoes, peeled and sliced into 3mm rounds.
 4 large courgettes, sliced into 3mm rounds.
 4 small red onions, sliced into 3mm rounds.
 6 medium tomatoes, pureed (tinned is a good option)
 125ml olive oil
 2 tablespoons chopped fresh parsley (optional)
 Sea salt and black pepper

1. Preheat the oven to 200C/Fan 180C/ Gas 4. Find the largest baking dish or tin you have (at least 22x33cm, or use two tins) you don't want the vegetables layered too deep.
2. Place the potatoes, courgettes and red onion in the baking dish. Pour over the pureed tomatoes and olive oil, and sprinkle the parsley (if using). Add salt and freshly ground pepper to taste. Toss the ingredients together so that the veg is evenly coated.
3. Bake in the preheated oven for 90 mins, checking after 1 hr to stir the veg and add a little bit of hot water **if** the veg is dry (there should be no water left at the end). Taste to see if more seasoning is needed.
4. Cool slightly before serving, or serve at room temperature.



This might seem like a lot of time in the oven, but trust me - the bulk of the flavour is derived from this, and you definitely want some nice crusty and charred edges on your veg for maximum taste.

Enjoy!!



Sunday Service

If you can, please continue to watch, like and share our posts and services on youtube and facebook.

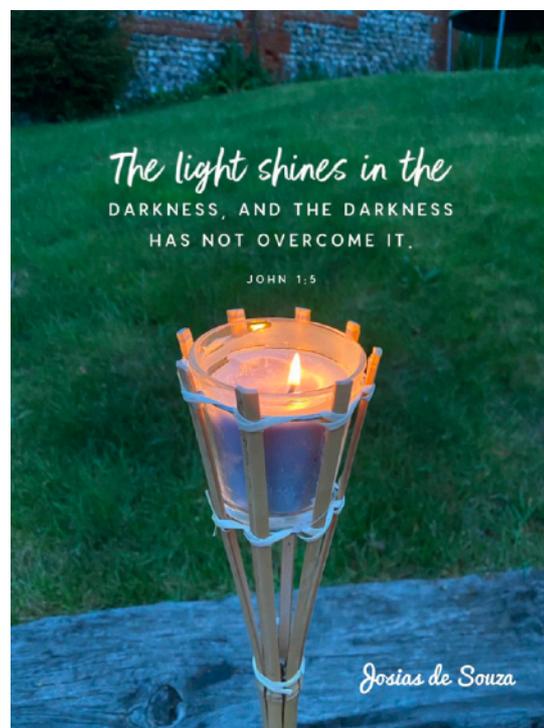
Prayers of Hope - 8pm every Sunday

At 8pm every Sunday we are coming together to pray for our families, our community and our world. Please join us if you can, you may like to light a candle, place it in your window or share your pictures/prayers with others on social media so our community knows we are praying for them.

‘The light shines in the darkness, and the darkness has not overcome it’ (John 1:5)

Daily Hope

A new service has been set up; a phone line of hymns, reflections and prayers as well as full worship services from the Church of England. Call **0800 804 8044** and choose the option you would like to listen to.



Prayer

If you have any particular prayer needs please contact Melissa, Josias or Sean.

If you are able to join us on zoom, either through the video or dialling in on a phone you are welcome to join us:

| | | |
|----------------|----------|-------------------|
| Morning prayer | - 8:30am | Tues, Thurs & Sat |
| Evening prayer | - 6:30pm | Tues, Thurs |
| Compline | - 9:30pm | Sat |

If you would like more details please contact Sean.

Funeral of Pat Bowers

The funeral of Pat Bowers will take place at 09.30am on Wednesday 13th May. It has been arranged that she leave from her home address at 09.00am to travel to Hawkinge Crematorium, where the service will take place. With current restrictions in place only direct family will be in attendance. To enable those who would like to pray and remember Pat as the service takes place the order of service will be made available, and the service is being recorded for family overseas and in the UK who cannot be there. A candle will be lit at the start of the service by Rev. Sean Sheffield, who is officiating, so we invite those that would like to do that. At 10.00am, there will be a one minute silence, as we join together in our remembering of a beloved friend. If you would like an order of service, or any further details, please contact Sean.

**Contributors
Issue 7**

Jean Day

Joyce Pursord

Revd Michael Hinton

Alistair Mackie

Terry Sutton

Revd Melissa Carter

Revd Josias de Souza

Revd Sean Sheffield
(Editor)

Community News



Together 4 Dover are looking for some people who can run errands for those who are unable to leave their homes. This could be getting a bit of shopping, collecting a prescription etc. If you are able to help please contact the team on:

volunteer@together4dover.org.uk

Don't forget to check out:



Canterbury Cathedral's website for online services.



BBC One : Sunday 1:15pm
[This week marks the 75th Anniversary of VE Day]



Sunday Worship : Sunday 8:10am

Please share your thoughts, stories, poems, recipes with others through our Newsletter. If you have anything you would like to share please e-mail them through to Melissa.

BEATITUDES

FOR A GLOBAL PANDEMIC



BLESSED ARE THOSE WHO STAY INDOORS

FOR THEY HAVE PROTECTED OTHERS



BLESSED ARE THE UNEMPLOYED AND THE SELF-EMPLOYED

FOR THEIR NEED OF GOD IS GREAT



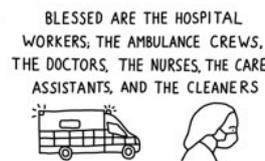
BLESSED ARE THE CORNER SHOPKEEPERS

FOR THEY ARE THE PURVEYORS OF SCARCE THINGS



BLESSED ARE THE DELIVERY DRIVERS AND THE POSTAL WORKERS

FOR THEY ARE THE BRINGERS OF ESSENTIAL THINGS



BLESSED ARE THE HOSPITAL WORKERS; THE AMBULANCE CREWS, THE DOCTORS, THE NURSES, THE CARE ASSISTANTS, AND THE CLEANERS

FOR THEY STAND BETWEEN US AND THE GRAVE, AND THE KINGDOM OF HEAVEN IS SURELY THEIRS



BLESSED ARE THE CHECKOUT WORKERS

FOR THEY HAVE PATIENCE AND FORTITUDE IN THE FACE OF OVERWORK AND FRUSTRATION



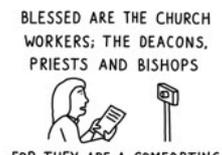
BLESSED ARE THE REFUSE COLLECTORS

FOR THEY WILL SEE GOD DESPITE THE MOUNTAINS OF WASTE



BLESSED ARE THE TEACHERS

FOR THEY REMAIN STEADFAST AND CONSTANT IN DISTURBING TIMES



BLESSED ARE THE CHURCH WORKERS; THE DEACONS, PRIESTS AND BISHOPS

FOR THEY ARE A COMFORTING PRESENCE IN A HURTING WORLD AS THEY CONTINUE TO SIGNPOST TOWARDS GOD



BLESSED ARE THE SINGLE PARENTS,

FOR THEY ARE COPING ALONE WITH THEIR RESPONSIBILITIES AND THERE IS NO RESPITE



BLESSED ARE THOSE WHO ARE ALONE,

FOR THEY ARE CHILDREN OF GOD AND WITH HIM THEY WILL NEVER BE LONELY



BLESSED ARE THE BEREAVED,

FOR WHOM THE WORST HAS ALREADY HAPPENED. THEY SHALL BE COMFORTED



BLESSED ARE THOSE WHO ARE ISOLATED WITH THEIR ABUSERS

FOR ONE DAY - WE PRAY - THEY WILL KNOW SAFETY



BLESSED ARE ALL DURING THIS TIME WHO HAVE PURE HEARTS; ALL WHO STILL HUNGER AND THIRST FOR JUSTICE; ALL WHO WORK FOR PEACE AND WHO MODEL MERCY

MAY YOU KNOW COMFORT. MAY YOU KNOW CALM. AND MAY THE GRACE OF OUR LORD JESUS CHRIST, AND THE LOVE OF GOD, AND THE FELLOWSHIP OF THE HOLY SPIRIT, BE WITH US ALL. AMEN