

<p>Welcome to St Dunstan's and Southville Churches</p> <p>Feltham Ecumenical Parish: Anglican and Methodist Churches in partnership</p>	<p>7 June 2020</p> <p>Trinity Sunday</p>
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Aldersgate Sunday or Wesley Sunday was celebrated on Sunday 24th May 2020. The first time it had actually fallen on a Sunday for a while. However, this year there was no annual Circuit celebration service, which incidentally would have been hosted at Southville.

There was no shared tea and there was a distinct lack of scrummy cakes. There was no Circuit Choir leading rousing renditions of Wesley hymns. However we still remained connected albeit via Zoom. We still had the opportunity to sing the hymns and in some cases these were rousing and tuneful. I would also like to think some people still celebrated in the sunshine with cake.

In these strange times it's important to celebrate the positives and to remember what was important to John Wesley in 1738 remains just as relevant in our lives today.

"Do All the good you can,
 by ALL The means you can
 in ALL the ways you can,
 in ALL the places you can.,
 at ALL the times you can,
 to ALL the people you can,
 as long as ever you can."

I'm sure the world would be a better place if we just strived to do as Wesley instructed and with God's help we cannot fail to succeed.
 God Bless to all
 Love Marilyn Woodley

**Church life continues in our homes and in our lives, on line and by phone.
 No public services will be held until further notice at either St Dunstan's or
 Southville Methodist Churches, due to the public health advice about the
 Coronavirus.**

**St Dunstan's church building is shut. All groups and other events and activities
 taking place in the churches and church centre have stopped until further notice.
 You are invited to say The Lord's Prayer at 10am each Sunday, a joint act of prayer.**

People

We are glad to hear that Carol Hendricks-Bruce is slowly improving after being unwell with serious vertigo and she can now leave the house with care. Please remember her in your prayers.

Church Notices

St Dunstan's **Sunday worship by Zoom** continues at 10am each week. A recording is usually available via the church's website. If you know anyone who might like to join us, please ask them to email admin@stdunstansfeltham.org.uk.

Continuing invitation from Roz Sendorek for **Southville Methodist Church to join the Staines Zoom Service** this Sunday at 10.30am. If you're not sure what to do please contact Matt Sendorek (matt.sendorek@btinternet.com) for an email invitation. Roz 01784 459984 07712 816163

Bible study through Zoom will continue at 8pm on Monday 15TH. Please contact Anne Dollery if interested and have not already contacted her. (email:annedollery@yahoo.co.uk)

A Statement from Churches Together in England's General Secretary, Rev Paul Goodliff,:

"The killing of George Floyd has revealed afresh the depths of racism that remain in our world, and the evils that flourish when it is allowed to go unnoticed. Every black life matters, and every black life is of infinite worth in God's eyes — and ours too.

The Member Churches of Churches Together in England are committed to fighting racism, to see every human life as of equal value, and to point to the ways in which our society remains unjust and our world unequal.

Whether it is police brutality, or the disproportionate affect of Covid-19 in BAME communities, or the thousands of children who die every day from preventable diseases, we pray that God's kingdom of justice and peace might come afresh upon the world that God loves so much that He redeemed it through His Son, Jesus Christ, crucified, buried and risen."

Help Requested

Feltham, Hanworth & Bedfont's **Covid 19 Food Response** (which took on the work of the local Foodbanks) **needs more food and other basics** such as toiletries. (See the Good News below.) Please donate money on line to help buy additional food at : <https://www.justgiving.com/fundraising/feltham-the-salvation-army> . Donations should go to one of the collection points at Feltham Salvation Army, Reach Academy, Riverside Vineyard or Christ Church between 10am – 2pm only on their individual days of opening for collection. Please check at 'Covid 19 Food response' or Feltham Salvation Army website for the particular days of opening.

Good News

The **Covid 19 Food Response** for people lacking food in our community is continuing to deliver between 200-300 food 'parcels' a week; this is to those in our communities of Feltham, Hanworth and Bedfont who are going hungry due to lack of work, low income or lack of benefit support.

The Church of England's audio **Time to pray app** is now completely free to download (Church House publishing/Aimer Media). It provides day time and night prayer. The Time to pray podcast is also available at <https://www.chpublishing.co.uk/apps/time-to-pray>.

The **Phoenix Counselling Centre**, a voluntary agency, is offering a free counselling service as well as their paid-for sessions. At present all sessions are online but they hope to be able to offer one to one when their centre can reopens. The free sessions are aimed at:

- NHS staff and their families
- Emergency and frontline service staff
- Teachers
- Parents of children with mental health issues
- Bereavement
- Domestic abuse
- Unemployment due to business closures
- Carers

For more information and to respond to their crowd funding campaign please go to:
www.phoenixcounselling.org

From the Borough Council - New Online Resources for adults, young people, children and families;

[Mindful Walking](#) MIND is encouraging mindful walking during National Walking Month.

[Travel to Tokyo](#) Team GB and Paralympics GB's official, free programme for children aged 5-11 and their families.

[Outdoor classroom Day](#) is offering lots of lovely ideas and inspiration for playful nature and encouraging children to get outdoors.

[Spotify](#) is introducing Daily Wellness, a personalised mix of grounding motivational podcasts and feel-good music that can help you find positivity, mindfulness, or peace throughout your day.

[#Daily Mile At Home](#) is here to help children stay active with their parents/carers, 15 minutes of jogging or running, front door to front door, with some extra challenges along the way to keep everyone motivated.

[Ordinance Survey Family Maps to Colour In](#) are great for some stress-busting, free PDF to download to print at home.

[Parasport](#) has created accessible home workouts that are ideal for wheelchair users who are just getting started, or haven't been active for a while.

[Couch to 5k](#) is a nine-week running programme designed for complete beginners by the NHS.

Visit oneyouhounslow.org for more support and information.

[Better](#) on demand provides access to workouts for free on the Better UK app, available from the Apple or Google Play stores. Enter BETTERFREE as the Club Access Code, club ref: Gunnersbury Park Sports Hub.

[Joe Wicks](#) also known as the Body Coach or, the nation's PE teacher, is now offering virtual classes for seniors on his YouTube channel.

[Make Movement your Mission](#) designed by Later Life Training, includes a series of short online regular movement sessions done either in a chair or standing holding onto a support.

[Mind's guide](#) for young people is available with information for young people who are worried about coronavirus and want to know how to cope with changes to their lives.

[Sport Impact](#) works with schools across Hounslow to give pupils the best opportunities in PE, Sport and Health, as well as encouraging Leadership and Volunteering. The team has created some *Stay at Home Challenges* to support learning whilst in the home.

[OurParks](#) coaches Ange and Premika are encouraging exercise at home and workout sessions via their [facebook](#) or [YouTube channel](#). Why not try Saturday 10am [Live HIIT Workout](#).

[Brentford FC Community Sports Trust](#) has some great free fitness sessions for Hounslow residents including Pilates, Yoga and [chair based exercise for over 60s](#), all part of their #BeeeatHome campaign.

Visit oneyouhounslow.org for more support and information.

A funny thing happened to me By Jackie Trebett

I had a cooking disaster - it was chicken which I don't like, I cooked it because it's good to eat a variety of meat but ... I decided to put it out for the birds next day. The following morning, having dealt with the bird bath, feeders and my 'disaster', I went indoors. Glancing down the garden, I saw a very guilty looking ginger Tom cat. I wondered if he was hungry or stopping the birds from feeding, so kept watching. But to my amazement the cat was joined by Mr fox and a bird, each busy with the chicken remains, regardless of the other two. I did smile to myself because my little friends, obviously had not listened to Uncle Boris's advice on self distancing!!!

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Closed to visitors until further notice.

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