

ST PANCRAS NEWSLETTER – 8 OCTOBER 2020

Thankfulness is like a great Devon cream tea – wonderful for sharing. But, unlike a Devon cream tea, the more we share thankfulness, the more there is to go around! In these uncertain days and months, it is easy to sink into listing things that make us feel worse. Nevertheless, I'm hoping that at St Pancras this month of October can be a month full of thanksgiving.

For Christians, thankfulness begins with God. God is good and His love endures forever. We're thankful that God has made us in His good image, which means we can appreciate being in relationship with Him, with friends and family, and that we can enjoy things like truth, goodness and beauty. We're thankful for God's salvation through Jesus, which means that, despite our shortcomings, we live without guilt, shame or fear.



We're also thankful for God's good creation of the world, its amazing diversity and beauty. This time of year, we're thankful for the changing seasons, the autumn colours, the last burst of life before winter comes. Here in Plymouth, we're thankful that we can live with the sea on our doorstep and the moors in our backyard.

Today, I'm personally thankful that our daughter has gone through a year without any more seizures, that our children have good friendships, and that my wife is an amazing mother and doctor. I'm thankful for the St Pancras church family, its kindness and faithfulness, and its desire to reach out with God's love. I'm thankful for a safe, warm home and food to put on the table. I'm thankful ...

As a church, we'll be trying some practical things to help. At the beginning of October, we're sending cards from the church to those who haven't been able to join us online or in person over recent months. We miss you and we're thankful for you. Perhaps you might want to make a habit of sending a card or note to someone every week. We'll also be looking at faith and thankfulness in our Sunday sermons.

The government has warned that COVID restrictions will last at least another six months. Wouldn't it be good if these months were marked by thankfulness? You may have seen recently, that the Bishop of Oxford has suggested six ways in which we can live well in these six months.

- remembering six days for work and a sabbath for rest
- having six people to journey through these times together
- choosing six ways to be salt and light
- six people to pray for
- giving six percent to God's work

These are really helpful ways of protecting our hearts against sinful 'thieves of thankfulness'. Jesus identifies these in his Sermon on the Mount: materialism, envy, narcissism and contempt for other people.

With heartfelt thanks for your friendship and fellowship in Christ,

Lawrence

CHURCH NOTICES

We received the sad news that **Jane Clarke died on 8 October** after a short recurrence of her illness. Jane was full of faith and good cheer in the days leading up to her death, even as her body grew steadily weaker. She was thankful to God for five more years than she had initially been told, good family and friends, and said how much she valued the many people who had prayed and helped her through her illness.

Thanks to all those who have **helped in the churchyard** this autumn. Phil Elkins helped us make good progress on clearing the area east of the hall, and Vanessa and Colin Steer are making arrangements to plant shrubs and plants in the area. Mary Davis, Patricia Jury and Kerrie Wilmott have planted bulbs beside the path to church. And Derek Gribble and Ian Leworthy have helped make good progress on repainting the railings at the front of the car park.

The Church Council has agreed to **plant five fruit trees opposite the north door** of the church. We are working together with Plymouth Council to source two Mayflower 400 apple trees. All the trees will help mark this centenary year which has been so affected by COVID, but will also be dedicated to the several longstanding members of St Pancras who have died over the last eighteen months.

Men's Breakfast – 10th October, 9.30am on Zoom

Annual Church Meeting – 18th October, 11.30am in church and on Zoom

St Pancras Prayer Meeting – 4th November, 8pm on Zoom

Remembrance Service – 8th November, 10.30am in church and on Zoom

Tear Fund Big Quiz – 14th November, 8pm on Zoom

FEAST OF FUN FEEDBACK

At St Pancras we've been glad to be part of the Plymouth-wide Feast of Fun at Home. As we look ahead to how we can continue to reach out with God's love to our local community, this is an opportunity to review and give thanks for all that has been done. Across the city, over six weeks, 19 churches were involved in providing food to more than 8,000 people, or the equivalent of 168,700 meals. At St Pancras, we supported about 50 families each week, with 85 adults and 140 children. Mariska, who led the communication with the families, has brought together this lovely feedback from them. Thank you to all who volunteered time, money and love.

1. *"The Hampers are absolutely amazing - Thank you so much – we are finding it more of a struggle than we ever have before, especially as we are looking after 2 extra children. I am finding the new hampers so much more helpful than the other ones we used to have. The pasties were delicious - the kids and us enjoyed every mouthful and the outdoor gifts kept us all amused for hours - the kids have been playing with the badminton in the garden. Thank you so much to you and the people who donated the gifts. Thank you for your hard work in supporting families in need through these difficult times and thank you for delivering our parcel every week as there is no other way for us to get it".*



2. *"We always look forward to seeing what is in the hampers and the boys love working out what we can all cook with it. One week we had a very nice bread and butter pudding 😊 and particularly thank you for all the long-life milk and so on while we have no fridge or freezer. We are hoping eventually we will be able to support ourselves and we will be able to help people like we are now even if it's our time to give some food to go into a box 😊. Also maybe we should write down some of our own recipes to share with everyone. Or maybe some tips on saving money on bills and things like that, and some things on crafts like knitting patterns or sewing we can do with the kids or adults to save money. Do you do a Messy Church for after school, where children come like a club and do crafts etc? Or even on a Saturday morning, the mums and dads have a coffee and chat and the children do crafts, play games etc?"*



3. *"Morning. I would like a food package please. My children are not going back to school yet. I'm always grateful for the food package. The fresh veggies are so good as we peel and chop as a family and we all get to eat the same thing at the same time. I know how much my children like it when I'm eating with them. I have only been able to do this with your help. I never thought how strangers could bring such joy to my family. Thank you for making my children feel special and loved. It brings so much joy knowing people care so much. It's mad that your texting every week really helps me to keep going. Thank you all. Please, I know everyone tells you all 'thank you', but*

for me that doesn't seem enough; it has been so lonely and your texts just make me feel I have got a friend to talk to. I will never forget all the help you all have shown me and my children xxx".

4. *"Hampers are a fantastic help and very much appreciated, especially the special diet items and often resources to occupy the kids!!! I also look forward to getting out of the house for 10 minutes and having a chat with some friendly faces!!! Last week's Feast of Fun stuff was a hit and the kids loved the outdoor toys, especially the football. The sausage rolls (especially the gluten free ones!) and pasties were a hit with some salad and chips – nice warm tums before bed. Great to hear that the support is going to continue. Please pass on our thanks to all involved".*
5. *"I couldn't go to bed without thanking you and all those lovely people – we had such a great family meal tonight (it's been a while since we all sat together) with the lovely food you provided – a special evening. Last week my family loved the pasties and the outdoor toys went down a blast. I'd be happy to help with any events at the church and with cooking for events. God Bless you all".*
6. *"Thank you for the chat and the hamper was absolutely FANTASTIC – the take-aways were a good idea. We went on moors and played with the bat and ball my son loved it and it got him out as he has been shielding. We will try and give another donation on Wednesday to help ourselves out too. Thank you. xx".*



For a video about Feast of Fun at Home see <https://www.youtube.com/watch?v=H-Z5Tub>



Knitting Newsletter, August 2020. 'Post Lockdown'

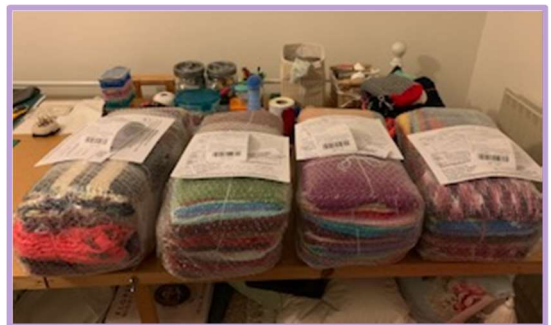
Hi all you St Pancras Knitters!!!!

How are you doing?

We thought it would be good to get a newsletter out to you to update you on the latest news.

What a strange old time it has been! However, it has been wonderful to learn how so many of you have continued to knit squares, hats and handwarmers whilst we have not been able to meet! Sue and I have been busy collecting squares from everyone and have been amazed at your commitment and generosity.

To-date we have sent 14 parcels with enough squares still to pack about 4 more. That is 36 blankets so far since Lockdown! The other great news is that the money we had left in the 'kitty' plus some generous donations received recently meant we had just enough to send them all off. On top of that we emptied our 'penny pot' and sent a further £20 to cover the cost of receiving the parcels! How amazing is that and with several of you joining us in putting our £1 back a week that we would normally do when meeting, we should be OK for future parcels.



We still do not know at this present time when we will be able to meet up again but be assured, we are watching and waiting and will organise something as soon as is possible. After all we still have our '500th' blanket celebration to have yet! I think it will be one big celebration when we get together at last!!

Now news from 'Knit a Square': As you can imagine it has been a really tough time in South Africa, just as it has been here and elsewhere in the world, some places worse than others re the pandemic and it continues.

For several weeks Ronda and her team were unable to access the Barn due to tight restrictions and so were unable to distribute blankets. The postal service there has also been out of action for some time. However, parcels are now getting through, including the UK ones, and there are some amazing stories coming in describing how, despite restrictions, permits were obtained at certain times and some distributions were made, some of which are described below.



For more from Knit-a-Square in South Africa, do visit their website at <https://knit-a-square.com/>

Trish and Sue