



# ST MICHAEL'S BRAINTREE

www.stmichaelsbtree.co.uk



**14th June 2020 - 1st Sunday after Trinity**

## **A message from Rev Stephen Bailey**

Dear Friends,

If you can drop-off, with your head on the pillow, at 10.55pm and wake at 7.00am then you may say you've had a good night's sleep. What do you do to ensure a good eight hours uninterrupted sleep? A hot drink just before you go to bed? If you have a sedentary job, do you try to get in twenty or thirty minutes worth of a good walk during the day?

### **NOT EASY TO NOD OFF**

Apparently, so the media are reporting, a good night's sleep has become a problem during this lock-down. Routines have changed. Children have been at home all day and mothers have found that, although they are tired, their minds are buzzing and it is not easy to nod off. Others are fretting about whether their job will still be there when lockdown comes to an end.

### **VAIN REGRETS**

For older folk, they may have regrets which they go over again in their minds. Why did I change my job? It was a big mistake to move house. Why doesn't my son phone more often? If only I had not had that row with my sister. Instead of sweet slumbers at 3.00 in the morning, regrets and anxieties come back again and again.

### **SOLUTIONS**

Exercise and the hot drink may be some of the things that help us get to sleep. But it is good to remember that sleep is God's gift (Psalm 127:3). So why not ask him for this gift?

We are also encouraged to cast all our anxieties on our Lord Jesus Christ because he cares for us (1 Peter 5:7).

So if you are awake at 3.30am, going over again and again your worries, why not go downstairs, have a drink of juice and tell the Lord Jesus of your concerns? Then go back to bed and enjoy the rest of your night?

Stephen Bailey

## **General Information**

|                                                                           |                    |              |
|---------------------------------------------------------------------------|--------------------|--------------|
| Vicar                                                                     | Rev Nigel Adams    | 01376 807662 |
| <i>(Nigel and Jo will be off from Mon 8th to Sun 14th June inclusive)</i> |                    |              |
| Churchwardens                                                             | Lin Terris         | 01376 322870 |
|                                                                           | David Marriott     | 01376 349257 |
| Honorary Curate                                                           | Rev Stephen Bailey | 01376 619347 |
| Children's and Youth Worker<br>(part-time)                                | Rachel Grove Smith | 07713 566667 |
| Pastoral Assistant                                                        | Jo Adams           | 01376 807662 |
| Vicar's Personal Assistant<br>(on furlough from 1st May 2020)             | Helen Hopkins      |              |
| Treasurer                                                                 | Lesley Davey       | 01376 326969 |

Contact Margaret Kinniburgh to add items to the Notice Sheet (by noon **Thursday**) email: [notices@stmichaelsbtree.co.uk](mailto:notices@stmichaelsbtree.co.uk). Telephone 01376 330013.

### **Keeping in touch**

#### **Vicar's Personal Assistant**

Helen Hopkins has now been placed on furlough. If you wish to contact us, please leave a message on the office phone (01376 321248 – this will be checked) or phone or email one of the team.

St. Michael's Church website is on the following link - <http://stmichaelsbtree.co.uk/website/> (If this does not work, you might need to clear your browsing history/web cache from your browser. In most browsers this can be done using Ctrl+Shift+Del.) On this page you can see our Magazine, Notice sheets, Annual reports and other details and will be able to access our Sunday online services.

Our Facebook page is: <https://www.facebook.com/stmichaelschurchbraintree/>

### **Worship on the Web @ St Michael's**

Each Sunday there will be two online services:-

**9.45am** Children's & Families Service  
- <http://stmichaelsbtree.co.uk/website/index.php/worship/junior-church>

**10am** adult service - <http://stmichaelsbtree.co.uk/website/index.php/worship/adult-service>

### **Sunday 14th June**

'The Covenant God'  
(Jeremiah 31: 31-34)

The adult service is also available through '**St Michael's by Phone**'. Just dial 01376 333565 you will be able to listen to the most recent Sunday online service. Both the online and phone versions of the service are available throughout the week. Phone calls will be charged at the local rate.

**Nigel & Jo Adams** are taking a holiday at home this week (Mon 8th to Sun 14th June inclusive). Please contact Dave or Lin, the churchwardens, if there are any urgent matters.

As part of the Children's and Families Service there is an opportunity for people from the Church Family to say an 'hello' message. If you would like to be part of this feature then do send your message to me, Rachel Grove-Smith, via WhatsApp. My phone number is 07713566667. We would love to be encouraged by seeing you.

**Coffee on Zoom:** We will be having Zoom virtual coffee both after church on Sunday at 11am and on Thursday at 11am. Details of how to sign up will be included in Nigel Adams' weekly email on Saturday.

**Bible Reading Group:** this week's readings are Psalm 44, Ruth 1:1 - 1 Samuel 9:27 - Proverbs 9:13 - 9:18.

If you want to join us, please let me know and I will make sure to keep you updated with the readings for each week.

Dave Terris (Tel: 322870 or email: [daveterris@uwclub.net](mailto:daveterris@uwclub.net))

**CYO Electronic Update:** would you like to be kept informed of the latest news from CYO? If you haven't heard of them, they are Christian Youth Outreach working in Braintree District with over 10,000 school age children and over 30 schools in the Braintree and Halstead District. They are still working even during this time and also still need your prayers.

Please email Louisa Fisk if you would like to be kept in the loop of all things CYO and she will add you to her mailing list and send out the latest email from CYO with the newsletter. Louisa's email address is: [louisa.fisk@gmail.com](mailto:louisa.fisk@gmail.com)

### **For your prayers:**

**Unwell:** Rev Norman Thorp (former curate of St Paul's Braintree), Roy Demery (retired Church Army Captain), Iris Smith, Alan Bass, Alison Davey, Elaine Stoodley

**Bereaved:** Elizabeth Johnson's family, Len Dove's family, Jack Green and family, following the death of Joyce and Derek Chapman and family, following the death of Jenny.

**Housebound:** Roy Smart

**Mission of the Month: Open Doors:** is an international ministry serving persecuted Christians and churches worldwide. Open Doors is widely known for their publication of the World Watch List – an annual ranking of top 50 countries where Christians face the most extreme persecution – an effective way to mobilise and raise awareness of the plight of persecuted Christians. Emergency relief is one of Open Doors focused area of work and the current Covid-19 pandemic has brought this piece of work into greater attention. Prayer requests for this month are particularly focused on churches and young church leaders in North Africa – a region that is severely impacted by the coronavirus crisis. We are also asked to pray for persecuted women in the Middle East – where many face abuse and are afforded no rights. For more information, visit: <https://www.opendoorsuk.org>

**Financial update:** many thanks to all who continue to support the work of St Michael's church and particularly to those who contributed towards the additional gifts of £4,300, to assist us at this time.

### **Poetry Competition Winners are:**

Under 10s: Betty Whitlock  
11 - 15s: Rachel Huxter  
16+ Valerie Wise

Thank you to all those who took part.

**Daily Hope**, offers music, prayers and reflections with Justin Welby, the Archbishop of Canterbury, at the end of a telephone line. The line is available 24 hours a day on **0800 804 8044**.

**Daily text:** Rachel Grove Smith is sending a few verses and a short thought each day by text message. If you would like to receive this, please let her know either by email ([rgrovesmith@stmichaelsbtree.co.uk](mailto:rgrovesmith@stmichaelsbtree.co.uk)) or by text (07713 566667)