

# St Faith's Lee

The Parish Church of Lee-on-the-Solent

## Fortnightly Notes

2<sup>nd</sup> August 2020

### Sunday services in the building starting 2<sup>nd</sup> August

Sunday services restart in St Faith's this Sunday! All three morning services will continue to be live streamed on YouTube and Facebook.

**8am BCP Holy Communion** - just turn up (no need to book) and please bring a face covering to wear. For test and trace, you will need to give your name and contact number when you arrive.

**9.30am Parish Eucharist** - please book in advance to come. Call Ruth on 023 9255 6445, or email [churchadmin@stfaithslee.org.uk](mailto:churchadmin@stfaithslee.org.uk). Please bring a face covering to wear.

**11am Sundays@11** - please book in advance to come. Call Ruth on 023 9255 6445, or email [churchadmin@stfaithslee.org.uk](mailto:churchadmin@stfaithslee.org.uk). Please bring a face covering to wear. Sundays@11 will be held in the Bulson Hall - please enter via the Parish Centre entrance.

### What will services be like?

Church services from August will unfortunately not be the same as before the pandemic. For example:

- We must maintain 2m social distancing between people from different households/bubbles. Numbers will be limited to 50 at each service, because of social distancing
- We are not able to sing at present
- When there is Communion, the congregation will only receive the bread.
- At Sundays@11, children (and adults!) will need to keep social distance from others. We are exploring running Kids@11, but with a parent/carer present from each family for children in year 4 or below. We don't think it will be possible to run the pre-school Kids@11 group at present.

**Do join us on Sunday, either in the building, or online!**  
**Call Ruth on 023 9255 6445 or email [churchadmin@stfaithslee.org.uk](mailto:churchadmin@stfaithslee.org.uk), to book a place.**

## **A letter from St Faith's treasurer** **to all those on the church Electoral Roll**

I hope that you are well, and have kept safe during lockdown.

As the new treasurer of St Faith's, I am writing to all those who are on the Electoral Roll of the church to update you on a new initiative this year: we are currently writing to those who give regularly to support our mission in our local community to say thank you, and to provide those who need it a record for tax purposes.

If you do give regularly a letter will be ready for you to collect at St Faith's when we restart services. (We will post those which have not been collected, after a couple of weeks).

### **Thank you to everyone who gives regularly to St Faith's.**

If you are not a regular giver to St Faith's, would you please consider doing so?

Being on the Electoral Roll of a church means that you see yourself as part of the church community, and wanting to play a part in the life of the church. I hope that all those on the Roll will also want to play their part in supporting the finances of St Faith's.

Regular giving to the Church is really important not only for the mission of the Church to thrive, but also because we face real issues with our finances.

### **Church Finance Update**

Late in 2019 the PCC approved a deficit budget for 2020 in which we were looking at a deficit of approximately £21,000. This was deficit budget was set not because our expenses are out of control, but because giving to the church by members of the worshipping community remains below where it should be for a church of our size.

Since the budget was set, the coronavirus pandemic has hit. What is wonderful is that during lockdown, regular giving to the church via standing orders and the Parish Giving Scheme has continued – and in fact some new givers have joined these. Thank you.

However, the church's income has fallen overall in lockdown, with no Sunday services, no Summer Fete, and no weddings and funerals taking place in the church building.

We have taken action to control our costs, through furloughing some staff, and reducing the hours of others, but we may face a deficit at the end of the year of £30,000. I am happy to provide more detail on these figures to anyone who would like it.

## **What can we do?**

Our church finances would be much more healthy if everyone on the Electoral Roll was giving regularly to support the mission and ministry of the church.

If you don't already give, the best way to do so, especially as services in St Faith's building have not been happening in recent months, is to give to St Faith's via Standing Order or the Parish Giving Scheme. Information on both these is available in the south porch of the church, or on the church website <http://stfaithslee.org.uk/giving-to-st-faiths/>.

At St Faith's, we encourage everyone to give 5% of their after-tax income to the church. This is based on the Church of England's own recommendations. What this means for different levels of income is shown in the table below.

Annual income (after tax)	Weekly income	5% per week
£6,000	£115	£5.76
£10,000	£192	£9.61
£20,000	£384	£19.23
£30,000	£576	£28.80

Even a small regular donation could make a big difference.

If everyone on the Electoral Roll who at present does not regularly give to St Faith's, did so at only £6 per week, this would generate an extra £15,600 a year. This would go a long way to helping the church's finances at this time.

£6 a week is 5% of a person's income if their income is £6,240 a year – and almost everyone has an income greater than this.

Please do consider giving regularly to St Faith's.

### **Giving a one-off gift to St Faith's**

If you would like to make a one-off donation, to help us cover the lockdown period, you can simply write a cheque payable to St Faith's (Lee) PCC, or click the button below to give online.

If you would like to talk to me more about this, please do get in touch. My phone number is 07814 926468, and my email is [treasurer@stfaithslee.org.uk](mailto:treasurer@stfaithslee.org.uk).

With thanks and prayers,



Colin Skinner, St Faiths' treasurer

# Our bodies are designed to move!

**Jillian Stanton  
(Sundays@11)**



## Breath of Joy Exercises for Seniors

with Jillian

With Lockdown, the gentle exercise classes which I usually teach in Stubbington have not been possible. My students want something **fun** to keep their body moving without the high intensity/ impact of many other classes. Most are over 70 years with stiffness in their joints and other medical conditions. Some sit down for the whole class and others stand up as they choose. The exercises help to keep joints moving and strengthen & stretch muscles, using lots of different movements. Music varies from international folk to marches and easy listening.

So, I took a deep breath for this step out of my comfort zone and with technical help from my family, I created a YouTube Channel called “Breath of Joy Stubbington”, in which the following exercise segments will make up an hour’s class:-

### ***Introduction and basic back warm up.***

**Part 1** - exercises to mobilise the upper and lower body with some pelvic floor work, and ‘The Flow’ – movements to pump the lymphatic fluid through the body (ideal for lymphedema and good for the rest of us too).

**Dances** - two new dances are uploaded each week.

**Part 2** - Balance and a repeat of the ‘Flow’.

This is a free online resource for everyone, so please share if you wish. Just type “Breath of Joy Stubbington YouTube” into your computer search engine and find the list of videos, then you can get started. From week 10 onwards, the sound volume is 10% louder, but why not begin at the latest week and keep your body moving!

## Parish Eucharist by telephone

Now that we are meeting in the church building on Sundays, the Parish Eucharist by telephone facility will no longer be available. This is due to technical changes for live streaming from the church.

We hope those who joined in this way will be able to join us in church on Sundays.



## Dog and God

In cosy, canine Canaan by Saint Bernard's pearly gate,  
Our death-dealt dog, forlorn and lost, sits in a sorry state  
For God is looking down on him with eyes perturbed and pale.  
"What did you with your life?" He asks. Says dog, "I wagged my tail."

"A sorry tale indeed," sighs God, "which puts me on the spot.  
You tried to win much praise, I know, but did not Winnalot.  
Before I let you through these gates to sniff the heavenly trail  
Say what you'd bring to make heaven sing." Says dog, "My wagging tail."

"But what of sin," inquires God, "those sins you left behind:  
Un-poop-scooped piles for miles on miles which only feet could find;  
Pee-rusted lampposts, postman's scars, do these not make you wail?"  
No answer from the dog there comes. He simply wags his tail.

"Just think" cries God. "What's 'think'?" thinks dog,  
for thinking's not his strength.

"To let you into heaven," says God, "I'd go to any length."

"To any length?" asks dog. "Then why use words to no avail  
When all heaven needs, as heaven knows well, is just a wagging tail."

**Alan Millard**



**TRAIDCRAFT**

Fighting poverty through trade

**Traidcraft**

Traidcraft supporters: are you missing your tea, coffee, stem ginger biscuits etc.?

I have some stock at home, a pick up time could be arranged or, if that is not convenient for you, I could arrange a delivery with appropriate social distancing! Call me on 023 9255 2717. Please keep safe and well until we get back to normal. Cecily Parkinson.



Nourishing and gently provoking food-for-thought for God's people

## **Lord, Save Us from Ourselves: A Prayer for Justice and Peace**

*The late Ravi Zacharias penned this prayer in July 2016, after tragic events in several US states. His words of lament and hope are both timely and timeless, even as we struggle with more recent examples of racial injustice in our nation.*

<https://bit.ly/justice-and-peace>

## **Five Timeless Truths from the Life of Jonah**

*If you think the story of Jonah is just about being swallowed by a big fish, then you're missing some incredible truths! (These are good – especially #5. - Editor)*

<https://bit.ly/jonah-truths>

## **Why I realised my atheism was a mistake** (video – 4min)

*Theologian and former scientist Alister McGrath tells Premier Radio host, Justin Brielerley, why he became a Christian while studying biology at Oxford University, and how his journey mirrors that of CS Lewis.*

<https://bit.ly/atheism-mistake>

## **The Incompatibility of Critical Theory and Christianity**

*New terms like 'cisgender,' 'intersectionality,' and 'white fragility' have suddenly entered our cultural lexicon. Here are a few basic facts about critical theory that all Christians should know. (A slightly more academic read. – Editor)*

<https://bit.ly/critical-theory>



## **People & Planet at St Faith's**

Alan Millard is our People and Planet group hero! Before, and during lockdown, he has been out on the streets and seafront at

Lee on the Solent, tirelessly picking up litter that others, who are not so considerate of the environment, have left behind. This shows a real community spirit and a genuine concern for our local environment and wildlife. Thank you Alan for all your hard work and for setting a brilliant example to us all!

## General Knowledge Quiz: Number Seven

- 1) Which stretch of water separates Italy and Sicily? .....
- 2) What is the main ingredient in Borsch? .....
- 3) What is the tenth letter of the Greek alphabet? .....
- 4) Who wrote the novel "Tom Jones" in 1749? .....
- 5) In what town was Leonardo da Vince born? .....
- 6) Whose backing group was The Coconuts? .....
- 7) Who painted the "Water Lily Pond" in 1899? .....
- 8) What was unusual about the Gossamer Albatross plane? .....
- 9) In Macbeth which witch speaks first? .....
- 10) Edward Teach became famous as? .....
- 11) Which Dickens novel features Wackford Squeers? .....
- 12) What colour is the blood of an octopus? .....
- 13) A haboob creates what? .....
- 14) "Labour" is the collective noun for a group of? .....
- 15) Which acid gives nettles their sting? .....
- 16) What is Sean Connery's first name? .....
- 17) Which American city was named after a British Prime Minister? .....
- 18) What do the quarters of a hot cross bun symbolise? .....
- 19) What country invented castanets? .....
- 20) What instrument is also called the octave flute? .....

## General Knowledge Quiz: Number Six Answers

- |                           |                     |                                   |
|---------------------------|---------------------|-----------------------------------|
| 1) Spiced ham             | 8) Botany Bay       | 15) The eye                       |
| 2) Different length sides | 9) Greyfriars Bobby | 16) The de Havilland<br>Comet     |
| 3) Leslie Charteris       | 10) An exultation   | 17) A rabbit                      |
| 4) The garden             | 11) A spicy sausage | 18) On the back of an<br>elephant |
| 5) M                      | 12) Tasmania        | 19) Africa                        |
| 6) Arthur C. Clark        | 13) Crocus          | 20) Black and White               |
| 7) Wind speed             | 14) White           |                                   |

## **For your prayers this week**

**Peter Garratt** has had a very large stroke, and very sadly died on Friday 31<sup>st</sup> July. Please do pray for Dorothea and their family at this sad time.

**The funeral of Keith Ross** will be held at St Faith's at 10.30am on Friday 7<sup>th</sup> August. Due to pandemic restrictions, only 30 people will be able to attend in person, but the service will be live streamed for those who knew Keith to join. Please do continue to pray for Sarah and the children, Jon and Kim, and all Keith's family at this time.

**Please also pray** for the church community as we restart Sunday services, and for God's provision for our finances.

### **St Faith's Prayer Gathering**

**Wednesdays, 8pm,**

**wherever you are!**

Don't forget to join in with our prayer gathering each Wednesday at 8pm. All you have to do, is take a few minutes to stop and pray. You might want to light a candle. We'll be in our own homes, but we'll be doing it all together! If you live with others, why not stop and pray together? If you live on your own, you can pray knowing that you're joining in with others in the church community.



### **Contact us!**

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