



**St. Alphege Church
This Week's News
16th May 2021
Sunday after Ascension**

President : Ven. Paul Taylor

Preacher: Ruth Marshall

BIBLE READINGS Acts 1. 15-17, 21 -end

In those days Peter stood up among the believers (together the crowd numbered about one hundred and twenty people) and said, 'Friends, the scripture had to be fulfilled, which the Holy Spirit through David foretold concerning Judas, who became a guide for those who arrested Jesus—for he was numbered among us and was allotted his share in this ministry.' So one of the men who have accompanied us throughout the time that the Lord Jesus went in and out among us, beginning from the baptism of John until the day when he was taken up from us—one of these must become a witness with us to his resurrection.' So they proposed two, Joseph called Barsabbas, who was also known as Justus, and Matthias. Then they prayed and said, 'Lord, you know everyone's heart. Show us which one of these two you have chosen to take the place in this ministry and apostleship from which Judas turned aside to go to his own place.' And they cast lots for them, and the lot fell on Matthias; and he was added to the eleven apostles.

NEW TESTAMENT 1 John 5. 9-13

If we receive human testimony, the testimony of God is greater; for this is the testimony of God that he has testified to his Son. Those who believe in the Son of God have the testimony in their hearts. Those who do not believe in God have made him a liar by not believing in the testimony that God has given concerning his Son. And this is the testimony: God gave us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. I write these things to you who believe in the name of the Son of God, so that you may know that you have eternal life.

GOSPEL John 17. 6-19

Father I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of

the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one. While I was with them, I protected them in your name that you have given me. I guarded them, and not one of them was lost except the one destined to be lost, so that the scripture might be fulfilled. But now I am coming to you, and I speak these things in the world so that they may have my joy made complete in themselves. I have given them your word, and the world has hated them because they do not belong to the world, just as I do not belong to the world. I am not asking you to take them out of the world, but I ask you to protect them from the evil one. They do not belong to the world, just as I do not belong to the world. Sanctify them in the truth; your word is truth. As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth.

COLLECT

O God the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: we beseech you, leave us not comfortless, but send your Holy Spirit to strengthen us and exalt us to the place where our Saviour Christ is gone before, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

POST COMMUNION PRAYER

Eternal God, giver of love and power, your Son Jesus Christ has sent us into all the world to preach the gospel of his kingdom: confirm us in this mission, and help us to live the good news we proclaim; through Jesus Christ our Lord.

THIS WEEK PRAY FOR

Monday	Those preparing for Confirmation
Tuesday	The St Alphege bell ringers
Wednesday	Justine, Archbishop of Canterbury
Thursday	Stephen, Archbishop of York
Friday	The people of St Helen's Church
Saturday	The staff and pupils of the schools in our parish

NEXT SUNDAY

Readings: Acts 2. 1-21, Romans 8. 22-27, John 15. 26-27; 16. 4b-15

President & Preacher: Fr Andrew Hutchinson

PRAY FOR THOSE RECENTLY IN NEED (St Alphege)

Rashi Somal, Margaret Evans, Joy, Ruth, Margaret & Colin James, Valerie Powell, Irene Williams, Derek Owen, Lucy, Michele, Alan, Megha, David Boyes, Lee-Anne Wilson, Anna Mary Thomas, Helen L, Anne Wheatley, Lucy Adeyemo, Dan Doyle, Anne Lawrence, Kerrie.

CONTINUE TO PRAY FOR

Henry Balthazor, Stephen Foster, Jenny Williams, Jonathan Mark, Stephen John, George Hutchinson, Sheila Pittaway, Helen Greenham, Anne Roberts, Katie, Evelyn Berry, Anne Kemp, Ethan Winwood, Peter Gregory, Liz Gregory, Mandy Watts.

PRAY FOR THOSE RECENTLY IN NEED (St Michael's and St Helen's)

Carol & Stuart; Paul Binfield; Irene Tunnicliffe; Julie; Donna; Geoffrey Pearson; Pat Bass; Anthony Vanes; Jane; Helen; Carolyn; Nigel; Angeline; Mary, Eileen Gilbert and Keith Potter

PRAY FOR THOSE RECENTLY DEPARTED: Rachel Brady, William Garland, Jean Clark.

NOTICES

Our churches are now open for Sunday services. When you book it will be necessary to provide your name, number of people attending from your household, your email address (if you have one) and a contact telephone number. The wearing of a mask in places of worship is still mandatory and we ask all who attend a service to bring one with them. We will continue to share services online for those unable to attend in person. For all the latest information go to: <https://www.solihullparish.org.uk/>

St Alphege Church

A eucharist service will take place at 10.30am. To book a place either email office@solihullparish.org.uk or call (0121) 705 5350.

St Helen's Church

There will be two eucharist services at 9.30am and 11am. To book a place either go to: <https://www.trybooking.com/uk/eventlist/sthelseucharist> or call Beryl Moppett on (0121) 705 0337.

Prayer and Fellowship - To join in with the new Zoom event on a Saturday morning at 11.30am contact Stephen Linstead at: sglrml@btinternet.com

Parish Giving - Would you like to make a financial donation to support the work of Solihull Parish? Giving couldn't be easier and every donation, no matter how small, helps to make a real difference. A huge thank-you to all who have donated so far and those who are members of our Parish Giving Scheme. To donate head to: <https://www.solihullparish.org.uk/giving/>

Praise and Play via Zoom - From Friday 14th May Praise and Play will be meeting weekly at 9.30 am every Friday morning via Zoom for a mix of songs, a Bible story, craft and chat, but you'll need to bring your own cuppa and biscuits! Contact Linda Hicks l.hicks@solihullparish.org.uk to receive the Zoom link. (But don't worry if you can't make Friday morning, we'll still be posting the videos on Facebook and the website in the usual way so that no one misses out on the fun!)

Messy Church via Zoom

Families of all ages are invited to a very special Pentecost themed Messy Church via Zoom on Friday 21st May at 4.30pm. E mail Linda Hicks l.hicks@solihullparish.org.uk to register to receive the Zoom link and she'll then send out a list of a few things you'll need to gather together to share a Messy time online.

Thursday 20th May - Church will not be open for private prayers.

Exciting news - Charlotte Gibson is to be ordained to the diaconate by David, Lord Bishop of Birmingham in St Philip's Cathedral at 9.30am on Saturday, 26 June 2021. She will take up her ministry at St Peter's Church Harborne with the Revd Kate Stowe. More details will follow nearer the time. We keep Charlotte, Sam, Rodaidh, Seona, Revd Kate Stowe and the people of St Peter's Church in our prayers.

Pray for - Please could you contact the Parish Office if you recognise a name that is no longer required to be on the list. Unrecognised names will stay on for another three weeks and will then be removed. Either email: office@solihullparish.org.uk or call (0121 705 5350) thank you.

Shoe Aid Donation - Shoe Aid has called today (27.4.21) and collected the last load of Shoes, approx. 20 sacks. This has been a truly magnificent effort by the Rotary Club of Solihull and the Parish of Solihull, so a great big THANK YOU to all. We have donated in total, 90+ sacks of really needed shoes to very grateful people - young and old, across the British Isles. So the shoe shop is now closed temporarily, until later in the year.

Update from Jane Kenchington From the end of April my "work" mobile phone number 07743 402229 - will be ceasing to exist. If people wish to contact me, my mobile phone number is 07779 991 760. My email address remains the same: janekechington@gmail.com. And our address is *still* 45 Park Avenue, Solihull! Due to the pandemic. Building supplies are severely delayed, so the building work on our Gloucestershire house is far from finished. We still do not know when we will be able to move.

Oberammergau - The famous Passion Play was postponed in 2020 due to Covid. It is hoped to be performed through the summer of 2022. Anyone interested in joining an organised trip should contact Anne Rock, 705 0885, for more information.

Wednesday Lunchtime Recitals resume from 19th May - Following the Prime Minister's announcement on Monday which paves the way for indoor entertainment to reopen, we are delighted to announce that our popular lunchtime recital series will resume on Wednesday 19th May at 1.10pm. In order to keep everyone safe, masks must be worn and social distancing measures will be in place. We regret that refreshments are not currently available. Admission is free of charge and a retiring collection is held in aid of The Friends of St Alphege Music. Please could we ask that you book a place by visiting <https://www.trybooking.co.uk/BBOF>. The first recital on 19th May features our Director of Music, Joe Cooper, who will play a programme of works by Edward Elgar. Please note that the recital on 26th May will start at 1.30pm, but all other recitals start at 1.10pm.

Notice of a Meeting for the election of Parish Churchwardens will be held on 18th May 2021 at 7.30 pm via Zoom video conference, which will be followed by a meeting of the Parish Council. Access can be gained by using the link: <https://us02web.zoom.us/j/83449744219> - Meeting ID: 834 4974 4219 - Passcode: 563629

THANK YOU to those who have so generously donated. Our current amount raised is £1,030 plus a Gift Aid sum of £195. If you haven't donated yet, there is still time – to do so please click on the link below to make a donation: <https://envelope.christianaid.org.uk/envelope/st-alphege>. In common with all Charities, Christian Aid has suffered immensely because of COVID and we are asking for your generous support to help those in need. THANK YOU John Busst
Tel : 07899758545 Email : johnbusst@sky.com

NOTICE OF ANNUAL PAROCHIAL CHURCH MEETING

Parish of SOLIHULL

The Annual Parochial Church Meeting will be held in ON ZOOM address:

<https://us02web.zoom.us/j/83449744219?pwd=aVVKMEVqZmw4TWVNbS9rMzJ2VTNkQT09>

on the 18TH day of MAY 2021.

For election of parochial representatives of the laity as follows –

1To the Deanery Synod _____ not an election year _____ representatives.

To the Parochial Church Council _____25_____ representatives.

For the appointment of the Independent Examiner or Auditor.

For the consideration of:

- (a) a report on changes to the Roll since the last annual parochial church meeting OR² a report on the numbers entered on the new Roll;
- (b) an Annual Report on the proceedings of the parochial church council and the activities of the parish generally;
- (c) the financial statements of the council for the year ending on the 31st December preceding the meeting;
- (d) the annual report on the fabric, goods and ornaments of the church or churches of the parish;
- (e) a report of the proceedings of the deanery synod; and
- (f) other matters of parochial or general Church interest.

In this Notice, 'parish' means an ecclesiastical parish.

Signed: The Revd Simon Marshall Team Vicar

Minister of the parish

Notes

1 Every lay person whose name is entered on the Church Electoral Roll of the parish (and no other person) is entitled to vote at the election of parochial representatives of the laity.

2 A person is qualified to be elected a parochial representative of the laity if –

- (a) his or her name is entered on the Church Electoral Roll of the parish and, unless he or is under 18, has been entered there for at least the preceding six months;
- (b) he or she is an actual communicant (which means that he has received Communion according to the use of the Church of England or of a Church in communion with the Church of England at least three times during the twelve months preceding the date of the election);

(c) he or she is at least 16; and

(d) he or she is not disqualified as referred to in paragraph 3 of these Notes.

3 (1) A person is disqualified from being nominated, chosen or elected or from serving as a churchwarden or a member of a parochial church council, a district church council or a joint council if the person is disqualified from being a trustee of a charity (and the disqualification is not subject to a waiver which permits membership of a parochial church council, district church council or joint council).

(2) A person is disqualified from being nominated, chosen or elected or from serving as a member of a parochial church council, a district church council, a joint council or a deanery synod if the person is included in a barred list (within the meaning of the Safeguarding Vulnerable Groups Act 2006).

(3) A person is disqualified from being nominated, chosen or elected or from serving as a member of a parochial church council, a district church council, a joint council or a deanery synod if the person has been convicted of an offence mentioned in Schedule 1 to the Children and Young Persons Act 1933 (with that expression being construed in accordance with Rule 71(2) of the Church Representation Rules).

(4) A person's disqualification under sub-paragraph (3) may be waived by the bishop of the diocese by giving the person notice in writing.

(5) A person is disqualified from being nominated, chosen or elected or from serving as a member of a parochial church council if the person has been disqualified from holding office under section 10(6) of the Incumbent (Vacation of Benefices) Measure 1977.

43 A scheme is in operation in this parish which provides that any person entitled to vote in the elections of parochial representatives of the laity to the parochial church council or to the deanery synod or to both may apply on the appropriate form to the Minister of the parish (or other person signing below) for a postal vote. The completed form must be received before the commencement of the annual parochial church meeting.

Notes

1 To be included in a year in which parochial representatives of the laity are to be elected to the Deanery Synod.

2 To be included in a year when a new Church Electoral Roll is prepared. Delete as applicable.

3 This paragraph should be deleted if no scheme for postal voting is in operation in the parish.

4 Or vice-chair of the parochial church council as the case may be (see rule M19(2) of the Church Representation Rules).

Community Champions News 13.05.21

Figures

Cases in Solihull have continued to fall to 17 per 100,000. There is a very small number of cases amongst the 35-49 age group. It is very rare for anyone aged 60+ to get Covid now, which shows how well the vaccine is providing protection.

The Indian variant is causing some concern because it transmits quickly. The strain will take a while to understand and to check the efficacy of our vaccines against it. It is vital that anyone who does get this strain (PCR Tests can identify the strain) self-isolates and does not come into contact with anyone.

Vaccinations

The rollout is still progressing well. We are now moving into the under-40 age group. In Solihull, 70% of the population has had at least one dose, and roughly 35% has had both doses.

Testing

Although it is recommended that everyone over the age of 18 gets into the routine of doing a lateral flow test twice a week, not enough people are doing so. Please remember that, even if you have received two vaccinations, you can still spread the virus to others. Free testing kits are available at pharmacies and testing centres.

Other News

New changes to restrictions come into effect on Monday 17th. We know the headlines but it is important to read the details when they become available. The best place to look is:

<https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do>

Public Health England will be collecting people's stories of what Covid meant for them, for a historical record. Community groups might want to submit a picture or a song. I will let you have the contact details when I have them.

Post-Covid Syndrome or Long Covid

We heard from Rebecca Lloyd, Deputy Director of Strategy at the Royal Orthopaedic Hospital, Birmingham, Nandan Gautam, a GP and Intensivist at the QE Hospital, and Seema Gudivada, Clinical Lead, Lead AHP Specialist & Rehab Division, Birmingham Community Healthcare Trust. Some people experience the after-effects of Covid beyond 14 weeks after being infected – this is Long Covid. The largest age group affected is the 30-60 age group; they are not infectious but could be infected by new variants. In March, 1.1 million people in England had Long Covid, and in Solihull there are 200 referrals per month. We do not know why the Covid virus affects some people more than others, to cause this syndrome. They may be:

1. People who had underlying conditions that they didn't know about.
2. People who have a super-sensitive response to the virus.
3. People who have profound symptoms for which they cannot find a cause - when tested, the results come back normal.

It could be that the virus has precipitated a response that we don't yet know about, as happened in the past with papilloma virus or HIV/AIDS. The way forward is to keep an open mind and to reassure people that they will get better, but it may take months to get back to normal. We need to take the symptoms seriously and give people the tools to manage them better. They need positive encouragement and support.

If you have Long Covid, your GP should undertake a holistic clinical assessment. Then, patients may be directed to self-management tools:

<https://www.yourcovidrecovery.nhs.uk/>

or, in Birmingham and Solihull, a whole programme of additional support has been put in place:

<https://www.postcovidssyndromebsol.nhs.uk/>

GPs may make an online referral to the Nuffield Health Rehabilitation Programme.

The NIHR has done some research:

<https://www.nihr.ac.uk/covid-19/researching-the-long-term-impact.htm>

and will be doing more.