



**UNITED BENEFICE OF CORLEY PARISH
CHURCH & ST MARY & ALL SAINTS
CHURCH, FILLONGLEY WITH
FILLONGLEY METHODIST CHURCH**
Anglicans and Methodists in Unity.



Dear Friends,

Life is a risky business. The American author Dennis Waitley is often quoted as saying that “Life is inherently risky. There is only one big risk you should avoid at all costs, and that is the risk of doing nothing.” A sentiment that definitely belongs to a pre-Coronavirus world!

Risk is something that is probably on all of our minds at the moment. Since lockdown began easing we have all been assessing risk in a way that we would never have imagined ourselves doing 6 months or so ago. We, as human beings, have always assessed risks ~ consciously or subconsciously. There is, at the most extreme end, the ‘flight or fight’ reaction to dangerous stimuli. Consciously we make a very swift decision to either stay or fight or to run away. But whilst that decision is being made, subconsciously our bodies prepare us for either course of action by pumping hormones - adrenaline and noradrenaline - around our bodies. Our heart rate, blood pressure and respiratory rate increase ready to deal with the threat. At the other end of the scale there may be the calm and measured examination of ‘pros and cons’ of a decision or course of action. But most of the time we are somewhere in the middle.

Since the pandemic began we have all been somewhere on this scale. During lockdown we had clear guidance about what we could or couldn’t do. The risks had been assessed for us. Since lockdown has eased and we are all getting used to a ‘new normal’ we have had to assess many more risks for ourselves as we make decisions every day. We have guidance from the Government and in the case of the Church, the Church of England. But we are also asked to assess what is an appropriate level of personal risk to expose ourselves to. To help that process for anyone who would like to attend a church service we have produced a set of guidelines in line with both the Government and C of E advice. These include wearing face coverings in the church building, good personal hygiene and social distancing as well as the alterations that we have made to how we use the building and operate during the services.

But making decisions about whether to attend church or visit friends or the supermarket still requires us to individually assess our personal risk. A URC clergy colleague shared the attached personal risk calculator. I found it helpful to give myself a ‘point score’ that would then help to inform my thinking about certain activities. It is a fairly blunt instrument but I share it with you just in case it is helpful.

I think that this constant risk assessment is one of the reasons that we all might feel more tired than we would normally. A combination of the subconscious hormonal response to risk and the


Stop press

Services on Sunday next

10:30 am Fillongley Church

9:00 am Corley Church

Please bring and wear a face covering



continual monitoring of personal risk can be exhausting. So, I think we all need to be kind to ourselves, and to each other, as we negotiate this new normal.

Unfortunately, it looks like Coronavirus will be here with us for some time yet. So, until the time when there is an effective vaccine or the virus has been eradicated, please don't feel pressured into taking any unnecessary risks or coming to church if it doesn't feel right for you yet. But if there is anything I, or any of the team can do to help or support you then please do not hesitate to get in touch.

May the Lord bless you and keep you, the Lord's face shine upon you and be gracious to you and grant you peace.

Love and prayers

Ali

LECTIONARY Readings and Prayers for Sunday 2nd August 2020 ~ Trinity 8

Collects

Almighty Lord and everlasting God, we beseech you to direct, sanctify and Govern both our hearts and bodies in the ways of your laws and the works of your commandments; that through your most mighty protection, both here and ever, we may be preserved in body and soul; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen**

Lord God, your Son left the riches of heaven and became poor for our sake: when we prosper save us from pride, when we are needy save us from despair, that we may trust in you alone; through Jesus Christ our Lord. **Amen**

Readings

Genesis 32: vs 22-31 ~ Psalm 17 vs 1-7, 16. ~ Romans 9: vs 1-5 ~ Matthew 14 vs 13-21

Talk / Reflection

Revd Ali's reflection for today is included in the full Orders of Service attached to this bulletin. If you would like to worship along at home with the gathered congregations at the churches, the Service at Fillongley will start at 10:30am and the Service at Corley at 9:00am. If you would like to only read Ali's reflection for Sunday it is also available as an attachment. The reflection will be shared in the sermon slot at both services.

HYMNS & WORSHIP SONGS

Here are the Hymns that we would have been singing in Church on Sunday ~

All creatures of our God and King

Beauty of brokenness

As the deer pants for the water

And finally a nice one to really sing along with and give your vocal chords a good airing 😊

Jesus is the name we honour

<https://www.youtube.com/watch?v=Wz-uiZSUOUs>



PRAYERS

Sundays @ 7pm.

A reminder that we are lighting a Candle every Sunday at 7pm during this time and putting it in our windows to be a sign of our solidarity and hope in the light of Jesus Christ that can never be extinguished.

A prayer based on Psalm 148

Hail to you, glorious God.

May chancel and church praise you.

May plain and hillside praise you.

May the three springs praise you,

two higher than the wind, and one above the earth.

May darkness and light praise you.

May the cedar and sweet fruit tree praise you.

Abraham praised you, the founder of faith.

May life everlasting praise you,

may the birds and the bees praise you,

may the stubble and the grass praise you,

Aaron and Moses praised you.

May male and female praise you,

may the seven days and the stars praise you,

may the lower and the upper air praise you,

may books and letters praise you,

may the fish in the river praise you,

may thought and action praise you,

may the sand and the earth praise you.

May all the good things created praise you

and I, too, shall praise you, Lord of glory.

Hail to you, glorious Lord!

Early Middle Welsh

RESOURCES

Attached to this Bulletin are these items ~

✚ Service of Holy

Communion Corley Parish

Church Sunday August 2nd

at 9:00am

✚ A Service of the Word

Fillongley Church Sunday

2nd August at 10:30am

✚ Reflection from Revd Ali

Massey for Trinity 8

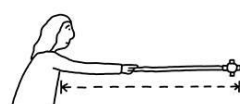
✚ Lift up your hearts Church

Times 24th July 2020

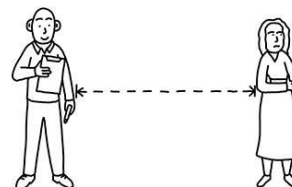
✚ Personal Risk Indicator

TWO METRES

WAYS TO MEASURE IT



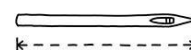
THE LENGTH OF A
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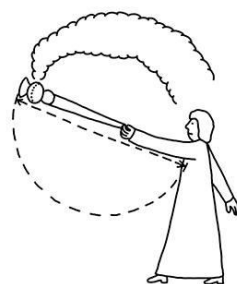
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FROM SOMEONE
RECRUITING FOR A ROTA



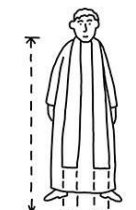
A CROZIER



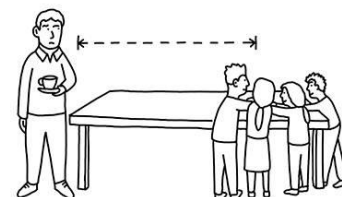
AN ORGAN PIPE
OF APPROXIMATELY
THAT LENGTH



THE DIAMETER OF
THE ARC OF A
SWINGING THURIBLE



1.3 STOLES



AS CLOSE AS YOU CAN
GET TO THE BISCUITS
WHEN THE CHILDREN'S
GROUP IS RELEASED

The latest Dave Walker Cartoon

AND FINALLY DON'T FORGET

If there is anything that you need or know of someone who would appreciate being contacted or added to the mailing list for this weekly e-bulletin, please do not hesitate to contact Revd Ali, Revd Jane or any of the Churchwardens and Church Stewards listed below. ⁱ

ⁱ *Contact Details:*

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