

A Prayer for Putting on a Face Mask

Creator God as I prepare to go into the world, help me to see the sacramental nature of wearing this cloth. Let it be a tangible and visible way of living love for my neighbours, as I love myself.

Christ Jesus, since my lips will be covered, uncover my heart, that people would see my smile in the crinkles around my eyes. Since my voice may be muffled, help me to speak clearly, not only with my words, but with my actions.

Holy Spirit, as the elastic touches my ears, remind to listen carefully and caringly to all those I meet. May this simple piece of cloth be shield and banner, and may each breath that it holds, be filled with Your love. In Your name and in that love, I pray.
Amen.

Rev Richard Bott

CHURCH CONTACTS

Churchwardens

| | | |
|------------------|--------------|--------|
| St Mary de Lode | Richard Lane | 521670 |
| St Mary de Crypt | Peter Gould | 419840 |
| St Swithun's | Nick Roberts | 413105 |
| Parish Clergy | Nikki Arthy | 523808 |

nikkiarthy@btinternet.com

Day off Monday

| | | |
|---------------------|------------|--------|
| Pastoral Assistants | Mary Gould | 419840 |
| | Cath Wain | 521799 |

| | | |
|------------------------------|------------|--------|
| Parish Safeguarding Officers | Mary Gould | 419840 |
|------------------------------|------------|--------|

Roxy Nicholls 507676

| | | |
|---------------|-----------------|--------|
| Parish Office | Claire Saunders | 385070 |
|---------------|-----------------|--------|

admin@swithunandmary.org.uk

www.swithunandmary.org.uk

The Parish of Hempsted with St Mary de Lode
and St Mary de Crypt, Gloucester
in partnership with Gloucester Cathedral



Christ the King
22 November 2020

| | | |
|----------|-----------------|------|
| 11.15am | Praying at Home | Zoom |
| Reading | Psalm 95:1-8 | |
| Minister | Nikki Arthy | |

| | | |
|--------|----------------------|------|
| 4.00pm | Virtual Messy Church | Zoom |
|--------|----------------------|------|

The Zoom links are on the email and virtual coffee is every Sunday at 12noon

Morning Prayer via Zoom continues on a Wednesday & Friday at 9.00am

Next Sunday: Advent Sunday

| | | |
|-----------------|------|---------|
| Praying at Home | Zoom | 11.15am |
|-----------------|------|---------|

Don't forget the parish auction this weekend. Saturday at 7pm via Zoom. Advance bids welcome!



During **lockdown**, we are not permitted to gather for public worship in our churches (except for funerals). However, our churches are open for prayer, for head space and soul space.

St Mary de Lode Wednesdays 10-12
St Swithun's Thursdays 10-12
St Mary de Crypt Fridays 12-2pm
The Cathedral is open every day 11-4pm.



If you need any **support** at this time, practical, emotional or spiritual, or you want someone to talk to or pray with over the phone, please contact Mary, Cath or Nikki. If we can't help, we will know someone who can!

Our 3 churches are seeking to bring some Comfort and Joy throughout the community this Christmas by blessing residents with free freshly cooked Christmas meals. We are looking for **freezer space** to store the meals. If you have room in your freezer please contact Sylvia Bullock on 0779 336 5503 Sylviakk3@outlook.com

We hope to publish a December edition of **Hempsted Parish Magazine**, both on line and hard copy in mid December. If you can offer to deliver copies, please contact Rob Mills on 07762 777714

Prayer for the Nation continues throughout the country at 6pm each day. It's a time to pause and lift people before God, with the following suggestions for prayer:

- Sunday: family, friends and loved ones
- Monday: schools & colleges, children & young people
- Tuesday: elderly, isolated and vulnerable
- Wednesday: business, the workplace & economic wellbeing
- Thursday: the NHS & other keyworkers
- Friday: national & local government
- Saturday: all who are grieving; all who are suffering with physical & mental ill health

Our prayers are also asked:

- for our parish and Cathedral Church, and for our Messy Church families
- for the appointment of a Children & Families worker for Hempsted
- for those continuing to research a COVID vaccine
- for all who are sick
- for the repose of the soul of John Riegler

