

THE SUNDAY SUPPLEMENT

5th April 2020 – Palm Sunday – Holy Week begins

WELCOME

Welcome to this week's *Sunday Supplement*. Thank you for all the numerous messages of support that you have sent over the past couple of weeks by email, text and phone. It is much appreciated.

It has been great to hear from so many people in one way or another, and also to hear how we have been in touch with each other. Please pray for one another during this time of isolation. I am praying for everyone I know of, by name, through the week. Remember that although we are many and apart, we remain one in the body of Christ. May the Lord be with you this Holy Week.

*God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord. Amen.*

To get in touch:

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PALM SUNDAY

Today we provide three options for Sunday worship:

- Using the Act of Spiritual Communion on page 4.
- Listening to the daily Morning Prayer audio track.
- Watching our Palm Sunday Eucharist.

Details of how to access the audio and video are set out below.

Morning Prayer has its own set readings each day. For the Act of Spiritual Communion, or while watching the Palm Sunday Eucharist, you may like to refer to the following readings:

Liturgy of the Palms: Matthew 21:1-11

Liturgy of the Passion: Isaiah 50:4-9a
Philippians 2:5-11
Matthew 27:11-54

MORNING PRAYER

I am recording a daily service of Morning Prayer. You can find links to the recording and to the liturgy which accompanies it, as follows:

<https://www.achurchnearyou.com/church/4742/page/5145/view/>

If you are viewing this *Supplement* electronically, all the links should be clickable. Do get in touch if you have technical difficulties. I am currently serving the audio from DropBox (but may switch to YouTube shortly). You do not need to join DropBox in order to stream the audio. In the meantime, if a login or download pop up appears, just dismiss it and play the audio with the controls that appear on the screen.

EUCCHARIST ON VIDEO

I thought that the occasion of Palm Sunday called for something additional. I have therefore (reluctantly) taken my first ever foray into the world of recording, editing (a little) and uploading a video for YouTube. Please be kind about the result!

You can find the recording at the following address:

<https://youtu.be/mMvyytzziM>

If you can, have a palm cross and a copy of the Act of Spiritual Communion ready to use while watching the service.

I would like to thank Chris Dean, Churchwarden at St Cuthbert's, Kirkby, for advice on this venture, and for the loan of his equipment. Robes, silverware other requisites courtesy of St Cuthbert's.

PALM CROSSES

It is a great sadness that we could not have palm crosses, processions, eucharists and Follow Me this Palm Sunday. We will have to make up for it in twelve months' time!

As an alternative act of witness and to cheer passers-by, may I suggest that you display a cross in a front window of your house? This could be your palm cross, or another cross made out of any craft materials that

you have available. If anyone would like to send a picture of their window so decorated, I could reproduce a few in the *Wednesday Supplement* for everyone else to enjoy.

You might like to show a lighted candle in the window as well, as Christians all over the country have been encouraged to do during the lockdown. Please be careful of fire safety: do not leave an unprotected candle burning unattended.

I suggest that decorations be displayed until Maundy Thursday, then stripped like the altar until Sunday.

REFLECTION

This week our reflection comes from Chris Smith, Churchwarden at St Mary's, Broughton.

Hurrah! Its finally arrived! Palm Sunday marks the start of Holy Week. As we have been journeying with Jesus in the wilderness during Lent, facing struggles and temptations, now Easter is in sight. It's exciting that the waiting is nearly over. We are able to greet King Jesus for who he really is! The risen Son of God.

The crowd was also excited, in the Palm Sunday gospel reading. Jesus was entering Jerusalem riding on a donkey and there was an air of celebration as they welcomed their King. They took off their cloaks and spread them on the road and they cut branches from the surrounding trees. The whole city was stirred as the crowd was thrilled to greet Jesus.

This excited crowd was the same crowd who would later shout "crucify him, crucify him!"

So it seems that the crowd's love of Jesus was a little superficial. When the wind changed direction, so did their opinion.

This Holy Week will be very different from most of the Holy Weeks we have experienced before. But there is such an opportunity to be had this year if only we realise it!

Previous years have been a bustle of activity as we seek to organise services and sort out catering. "Who will bake the lemon drizzle cake?" "What about flapjacks?" "Who will carry the sponge of vinegar?" "Who will carry the cross?"

This reminded me of a quote by Oswald Chambers that has challenged me in the past:

"Beware of anything that competes with loyalty to Jesus Christ. The greatest competitor of devotion to Jesus is service for him."

This Holy Week there will be less in the way of necessary preparation than there usually is. How should we respond to this changing wind? Should we sulk because we can't carry the crown of thorns to the high cross like we usually do? Should we be thankful we have a reason to sit at home in front of the TV and abandon our Christian life altogether? Or should we use the present circumstances just to be still and be with Jesus?

Let us rejoice at this opportunity to deepen our relationship with Jesus. When we finish all of the household jobs that we never usually get round to doing; cleaning the window panes, dusting the extractor fan, etc. etc. When we have finished all these things we can just sit and be with Jesus without any distractions.

Indeed, this is a time to take off our cloaks before Jesus like the Palm Sunday crowd. To take off our alter egos, our guises of grandeur, the barriers we place between ourselves and the world. Truly, we might not like what we find deep down and buried within us, but Jesus already knows what we're like at heart and would like us to recognise what needs work too.

So, this Holy Week, I pray that this will be a special time for each and every one of us, to learn more about ourselves and deepen our relationship with our true, risen, King Jesus.

Chris Smith

PALM SUNDAY COLLECT

Almighty and everlasting God,
who in your tender love towards the human race
sent your Son our Saviour Jesus Christ
to take upon him our flesh
and to suffer death upon the cross:
grant that we may follow the example of his patience
and humility,
and also be made partakers of his resurrection;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

FOODBANK

Thank you to everyone who answered my call to assist the Foodbank this week. I was able to convert donations which arrived by Wednesday evening into an order for staple goods on the Foodbank's 'most needed list'. These were delivered from McClure's on Thursday and I took them down to the Foodbank on

Friday morning. They were most gratefully received. The delivery comprised many and various items, including those left in church, and only just fitted in the Land Rover. The bulk consisted of 125kg (5 sacks) of Lancashire-grown potatoes and 120 one-litre cartons of long-life fruit juice. Some clients of the Foodbank, who had come to collect a food parcel, were kind enough to help me unload, and I enjoyed a good (2m distant) conversation with one of the volunteers, putting the world to rights as we unloaded.

While at the Foodbank, I learned that regular volunteer numbers were down by 95%, largely because charities (like churches) benefit hugely from the energy and commitment of the recently (and not-so-recently) retired, many of whom are required to self-isolate at present. At the same time as suffering from a desperate paucity of volunteers and donations, the Foodbank is experiencing a 200-300% increase in demand. This is due to the economic consequences of the lockdown, mostly on people in low-paid, short-term, or zero-hours employment. As ever, the most vulnerable are most affected by our troubles. The need is desperate and it is marvellous that we are able to contribute.

From speaking to volunteers at the Foodbank, and to parishioners, I find that the work of Foodbanks is not widely known. Food poverty is a chronic problem in the UK today, but the Foodbank does not (and cannot) support people long-term. A foodbank parcel is designed to give a family about 3 days' worth of healthy but basic food to tide them over a crisis. Clients cannot keep coming back on an unlimited basis. For each food parcel, they must present a referral voucher from a responsible organisation with knowledge of their circumstances: perhaps a doctor, church or credit union. It would not be possible, for example, for someone to defraud the foodbank and the taxpayer by claiming benefits and then obtaining a supply of free food in addition.

Even though we have already provided a significant donation (and have some more still to pass on), this will be quickly used. In March alone, the foodbank distributed more than 6 tonnes of food and the demand is still rising. If you are able to make regular contributions of food or cash, please consider doing so. You will quite literally, directly and efficiently be fulfilling the Lord's command to feed the hungry (in Barrow, Millom and Ulverston). And you will be doing so through a charity founded on Christian principles run in partnership with local churches.

For more information, you can visit the foodbank's website: <https://barrow.foodbank.org.uk/give-help/>

LENT COURSE

I have been delighted to have feedback this week from some of those reading *The Way of Ignatius*. The material in chapter 7 (systemic sin) has been both challenging and illuminating in different ways, and I continue to commend it to you.

I do have odd spares of the two Lent books, if anyone would like to read one. I'd be glad to sell them too!

If you signed up for the Tom Wright *Simply Jesus* course online, and would like to get in touch with others and share thoughts on the group discussion questions, please let me know so that I can put you in touch with those who are also on this course.

NOTICES

Community support group

If you need help that you can't get elsewhere, no matter what your age or circumstances, you can email duddoncommunity@outlook.com In Kirkby, you can phone Stephen Tudway (01229) 715259 or Linda Dean (01229) 889630. In Broughton and the valleys you can phone Stephen Tudway (01229) 715259 or Selwyn Wright (01229) 716797. We will be pleased to point one of our volunteers in your direction.

Annual Parochial Church Meeting and Electoral Roll – Please read, mark, learn and digest!

Bishop James has extended the time in which APCMs may be held. We will aim for September, conditions permitting, and give notice of a date once social distancing restrictions are lifted. In the meantime, Broughton & Duddon are revising their electoral roll and Kirkby Ireleth will begin to do so shortly. **Please join the electoral roll** in order to have a say in the running of our churches. The deadline to apply will be mid-June this year. A form is attached for those who have did not join last year – you can return this via Stephen, who will direct it to the correct Parochial Electoral Roll Officer.

CLOSING PRAYER

*Do not look forward to what might happen tomorrow,
the same everlasting Father who cares for you today,
will take care of you tomorrow and every day.
Either He will shield you from suffering or
He will give you unfailing strength to bear it.
Be at peace then,
and put aside all anxious thoughts and imaginings.*

(Saint Francis de Sales)

AN ACT OF SPIRITUAL COMMUNION

You may wish to set aside a space for prayer in front of a cross and/or candle, in a part of the house which is calm and comfortable.

The Act of Spiritual Communion is best used at the time of normal church services, or as a personal response after listening to a broadcast or livestreamed service.

Guidance appears in italics. You may wish to say aloud the words in bold type.

Introduction

Begin by making the sign of the cross and thinking of those who might otherwise be sitting around you in church.



**In the name of the Father,
And of the Son,
And of the Holy Spirit.
Amen.**

Reflection

Reflect on the week past, on the way you have spent your time, on the relationships that may be strained due to the proximity forced upon us by the current restrictions.

**Almighty and most merciful Father,
we have wandered and strayed from your ways
like lost sheep.
We have followed too much the devices and
desires of our own hearts.
We have offended against your holy laws.
We have left undone those things
that we ought to have done;
and we have done those things
that we ought not to have done;
and there is no health in us.
But you, O Lord, have mercy upon us sinners.
Spare those who confess their faults.
Restore those who are penitent, according to
your promises declared to mankind in Christ
Jesus our Lord.
And grant, O most merciful Father, for his
sake, that we may live a disciplined, righteous
and godly life,
to the glory of your holy name.
Amen.**

In the stillness, be thankful for the grace of God that heals us and forgives all our sins.

The Word of God

Read one or more passages of scripture, perhaps the readings set for the day. Sunday readings can be found in the Sunday Supplement. You may like to read the sermon.

Prayer

You could start with the Collect. Pray for the needs of the world, our community, family and friends. Pray for our churches as they adjust themselves to new circumstances. Suggestions elsewhere in the Sunday Supplement.

Spend time in silence to reflect on your current circumstances and be assured that God is with you. Listen to what he is calling you to do with this time.

End with the Lord's Prayer:

Our Father, who art in heaven... or

Our Father in heaven...

Prayer for Communion

Remember those who would ordinarily kneel beside you at Communion.

**Thanks be to you, Lord Jesus Christ,
for all the benefits you have given me,
all the pains and insults you have borne for me.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
O most merciful redeemer, friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly, day by day.
Amen.**

(After the prayer of St Richard of Chichester)

Closing prayers

**Lord Jesus Christ,
you humbled yourself in taking the form of a
servant,
and in obedience died on the cross for our
salvation:
give us the mind to follow you
and to proclaim you as Lord and King,
to the glory of God the Father.**

**The Lord bless us, and preserve us from all evil,
and keep us in eternal life. Amen.**