

Welcome to St Mary's

Pewsheets for week commencing - Sunday 15 March 2020

Sunday, 15 March – The Third Sunday of Lent. Giving Sunday.

8am Communion: Maggie Guite; 10am Parish Eucharist: Maggie Guite

Romans: 5: 1-11; John 4:5-42.

Sunday, 22 March – The Fourth Sunday of Lent, Mothering Sunday.

8am communion: Michael Wilcockson: 10am Together with God: Nicola Collard/Cathy Watts

Ephesians 5:8-14; John 9: 1-41

Updated Coronavirus Protocols: *As in previous outbreaks of new viruses, official health advice has been given to the Church of England regarding Holy Communion. We invite everyone's cooperation in following these protocols at St Mary's:*

The archbishops sent out the following message this week with advice which we shall be following at Linton, so please be ready to accept communion in one kind only, and avoid handshaking and other physical contact either during the Peace, at the door, or in prayer for healing..

It is our view, in light of the continued increase of Covid-19 cases in the United Kingdom, that it is now necessary to suspend the administration of the chalice as well as physical contact during the sharing of the peace, blessing or "laying on of hands".

We therefore advise that all priests should:-

- *Offer Communion in one kind only to all communicants i.e. the consecrated bread/wafer/host, with the priest alone taking the wine;*
- *suspend handshaking or other direct physical contact during the sharing of the peace;*
- *suspend direct physical contact as part of a blessing or 'laying on of hands'.*

Details of Lent courses etc on website and leaflets

Sun 15 Mar	3pm	Messy Church – Be a Cheerful Giver.
Mon 16 Mar	7.45pm	Mothers' Union. Lent Meditation in Church led by Lindi Kent
Wed 18 Mar	12noon-2pm	Lent Lunch – Richmonds, 65 High St, Linton.
Sat 21 Mar	10am-12noon	Deanery Fair Memorial Hall, Woollards Lane, Gt Shelford CB22 5LZ. All welcome. Proceeds to YOUTHINC to fund youthwork in churches in Granta Deanery. See pewsheets notice.
Wed 25 Mar	12noon-2pm	Lent Lunch – 9 Mill Lane, Linton
Sun 29 Mar	6pm	Stainer's Crucifixion. Choirs of St Mary's, Linton & St Mary's, Haverhill. All welcome. Retiring collection.
Mon 30 Mar	8-8.20am	Passiontide Promise begins. See notice in pewsheets.
Tues 31 Mar	7.30PM	Space for the Spirit. Theme - Faith

Flowers for Mothering Sunday - The posies on Mothering Sunday (22 March) will be made up by members of the congregation as an integral part of the Together with God service next Sunday at 10am. If anyone can give small flowers and greenery (especially Rosemary) to supplement the daffodils we shall buy, please bring to church on **Saturday morning (21 March)**. There will be buckets for them.

Prayer for the sick: The list of those we pray for will be refreshed on the 1st Sunday every month. Please ensure you put names of those to be prayed for on the clipboard sheet in church in the preceding week. Of course, other names can be added at any point in the month.

Revision of the Electoral Roll: Please can you ensure that you sign up for the electoral roll, if you have not already done so, by the end of March so that the revised roll can be displayed for two weeks before the APCM as required by diocesan regulations. Forms available in church or contact Pam Richardson.

Maurice Smith has a cataract eye operation scheduled for 24 March. He is most anxious that he gets no infections which might jeopardise this appointment as he is fed up with not being able to see properly. So he and Joan have just taken this decision: No visitors until after 24 March. Thank you for your help.

A message from Tricia Lewis. Thank you – to Church family and friends for all the cards, good wishes and support that I have received during the time I have been ill. I am very grateful. Your kindness is a huge support to me.

Thank you to all those who supported the **Come and Sing Event** which raised £1,100. We are very grateful to David and Anne for organising this event and making the afternoon a great success. Sue Ellis

You are invited to join us as **St Mary's hosts a series of 'crafternoons'** to encourage, inspire and most importantly to build relationships with earth other. Please come along to the pavilion 2.00 p.m. - 4.00 p.m. Saturday 14th and Saturday 21st March. At each crafternoon refreshments will be available as you enjoy your craft skills with others. Entry is free, however there will be an opportunity to make a donation if you are able to.

ROOTED. A gathering of adults and children exploring life, faith and what is important over lunch with stories, videos, toys, discussions, craft, natter, and a chance to pray. Please take an invite (at the back of church) to give to someone you think would be interested. There is a session on Friday, 20 March. Thank you. Sarah Thorne.

Passiontide Promise - Starting Monday 30th March - an opportunity to meet 8-8.20am in the Resurrection Chapel for a short, said service of Morning Prayer with a reflection to set us up for the day and all it brings. Passiontide Promise is Mon-Fri up to and including Good Friday, 10 April and there is a final meeting on Holy Saturday, 11 April. The meeting on Friday, 3 April will be in the Pavilion.

Ely Cathedral Parish Pass. Please see Janet Conochie after the 10am service on Sunday, 15 March if you would like to renew your pass (due for renewal 30.04.20). New applicants welcome. Parish passes are available to everyone who is a member/member of the electoral roll of a church that is within the diocese of Ely. The passes are available for the named pass holder only and are not transferrable. Pass holders are entitled to free entry to the Cathedral. This is for standard admission only.

Church Cleaning- Two of our regular ladies have had to withdraw due to ill health, and it would be much appreciated if two more people (male or female!) would volunteer to take their place. The church is divided into small areas for cleaning purposes- so, not too onerous. Please contact Jo George on 894964 if you feel able to help. Thank you.

Haverhill Foodbank. (Reach Community Projects). www.reachhaverhill.org.uk **Shortages** - rice pudding, long life fruit juice, instant mash and custard. **NEW - Reach eBay shop.** if you've not been for a browse yet, you can find it [here](#)

Deanery Fair - Saturday, 21 March - St Mary's, Linton are again hosting the white elephant stall. Donations of good quality bric a brac requested. No electrical equipment please. We have also been asked to provide bakery items for the cake, glass, crockery, small gifts, tombola and toy stalls and raffle prizes. Please see also posters and fliers.

Contact Nanette on 891111 or in church on Sundays with offers of bric a brac, raffle prizes etc.

This year, families are invited to come and host a table for a charity of their choice - raise some fund and publicise a good cause, maybe organising a game, quiz, or competition. Contact Jenny Duke [YOUTHINC youthincamb@gmail.com](mailto:youthincamb@gmail.com)

Christian Aid Week: We will be collecting again during Christian Aid Week 10th - 16th May. If you have collected in the past, please expect a letter from me. If not, I'd be grateful if you'd consider it and be in touch. I shall be giving a talk on the 10th May during the 10am service and there will be a preparation meeting on Sunday 19th April following the 10am service. All are welcome and it's a good way to learn more. Many thanks. Pam Richardson

Advance notice – Annual Parochial Church Meeting (APCM). Sunday, 26 April 11.15am in church

Advance notice – Sunday, 3 May. Bartlow 3 Counties Charity Walk. Start times 09.30 - 11.30

Advance notice – Flower Festival All Saints, Castle Camps. Friday 8 – Sunday 10 May. Theme VE.

If you would like to be involved, please contact Lindi Kent lindi.allen@pan-global.co.uk

Advance notice - Pilgrimage from Ely to Bury St Edmund's, May 2020 - to celebrate the millennial year of the Abbey of St Edmund. See noticeboard. St Benets-Bury Pilgrimage (the Ely-Bury route is now full!)

Advance notice - Summer activity club. Potential dates: Wednesdays July 22, 29, Aug 5, 12, 19, 26. If you can help, please let Sarah Thorne know any dates you may be available, and what role you feel you could take. This will be the third annual activity club. We aim to make Bible stories the theme for this year's club. sarah.thorne@stmaryslinton.org.uk

Pavilion Bookings – Enquiries to Hilary Angetter h.angetter@gmail.com

To add to the pewsheets, or to receive it by email, contact Anne: admin@stmaryslinton.org.uk. Information for pewsheets to be received by 11am Thursday.

Personal Coronavirus advice (from Stanford Hospital, California)

In critical time, please self-check every morning in an environment with clean air. Serious excellent advice by Japanese doctors treating COVID-19 cases: Everyone should ensure your mouth & throat are moist, never dry. Take a few sips of water every 15 minutes at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water more regularly, the virus can enter your windpipe and into the lungs. That's very dangerous. Please send and share this with family and friends. Take care everyone and may the world recover from this Coronavirus soon.

IMPORTANT ANNOUNCEMENT - CORONAVIRUS

1. If you have a runny nose and sputum, you have a common cold
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees. It hates the Sun.
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasis enough - drink plenty of water.