

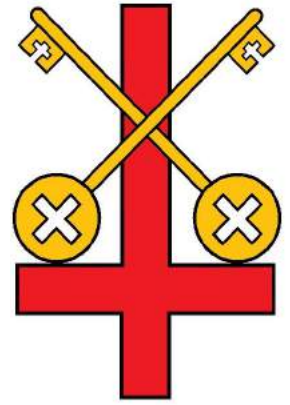
Welcome



to the Anglican Parish of
Upper Riccarton-Yaldhurst

**St Peter's
&
St Luke's**

**13th March 2022
Lent 2**



*Instead of hearing from me
this week, I am copying a
Facebook post on
Fasting in Lent
from Pope Francis.*

~ Rev'd Margaret ~

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

**Fast from hurting words and say kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from worries and have trust in God.
Fast from complaints; contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness; fill your hearts with joy.
Fast from selfishness and be compassionate.
Fast from grudges and be reconciled.
Fast from words; be silent and listen.**

Contact Us...

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www.facebook.com/stpeterschurchcorner

News in the Parish

Seventeenth Century Nun's Prayer

Lord, You know better than I know myself that I am growing older and will someday be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from the craving to straighten out everybody's affairs. Make me thoughtful, but not moody. Helpful, but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but You know, Lord, I want a few friends at the end. Keep my mind free from the endless recital of details; give me wings to get to the point. Seal my lips on my aches and pains. They are increasing, and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of others' pains, but help me to endure them with patience. I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally, I may be mistaken. Keep me reasonably sweet. I do not want to be a saint - But a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places, and talents in unexpected people. And give me, Lord, the grace to tell them so. Amen

Palm Crosses

Palm Sunday, the Sunday before Easter is approaching. We give out 300 palm crosses each year, not counting the ones the preschool make. Those who want to be part of the cross-making team please contact Dianne Rait 03 338 6677. Full training is provided.



~Nick

AGM Reports

A quick reminder as our AGM is coming up at the end of April, all teams are to prepare reports soon and email the office by Sunday 27th March 2022. AGM is now confirmed on Sunday 01 May 2022 after 9:30am service.

Church at Traffic Light Red

Be assured that worship and church will continue right through this current time. We are already doing all we need to, i.e. masking up, signing in with our vaccine pass, keeping a metre apart, having communion as bread only, not physically sharing the peace, not passing the plate around and not handing out bulletins. We are under 100 at 9:30am currently so no need to stay away to free up space for someone else.

A couple of things to think about. We all need a buddy someone outside of our household who could bring us food and medicine if we get sick. Please let us know if you don't have such a person and we will find you one. Make sure you get a booster and remember the clergy are here to help so be in touch if we can help in anyway. Together we can do this.

~Nick

Church Pews for Sale

We still have a few church pews for sale. We have made several sales over recent weeks. Be quick - or let anyone you think might like one to get in touch. \$400 each.

~ Jo 027 2567205

Daffodil Bulbs for Sale

We will have packets of 6 Daffodil Bulbs for sale at the end of March. \$10 for 6 King Alfred Bulbs - the yellow, full trumpet variety. Talk with Jo please 027 2567205 or put your name on the form at back of church.

~ Jo

Gateway Deadline

The last date for contributions for the Autumn 2022 Gateway is Thursday 24th March. *~Graeme and Heather*

Spectacle Drop Off

I have found a new drop off point for our unwanted spectacles. They will be sent to the Fred Hollows Foundation NZ to those who need them across the Pacific Islands. To date we have collected 514 pairs. There is a (marked) drop off bag in the church for any that can be spared.

~ Leigh C 342 9110



This Week's Diary

The staff and children have adapted to the new preschool bubbles really well and our now settled in their new environments.

This week we have welcomed Teacher Ariana to our team. She has had many years' experience teaching toddlers and we value her experience, knowledge and love for the children. She is settling in well and getting to know the adults and children in her new preschool.

We have also had a lot of children away with coughs and colds recently. We are grateful that our parents are being very responsible and keeping children home when they are not well. This helps keep everybody well."

~ Liz Orr

stpeterspreschool@mcctrust.nz

Mission Focus



Our mission stall today is supporting the annual Lenten Appeal on Sunday. Jill and I have chosen to support one of the three projects. A water, hygiene and sanitation project is happening in the Solomon Islands. Something we all take for granted here in New Zealand.

Please support our stall. We have lots of plum sauce, baking, fruit etc.

~Jill and Noeline

Sunday 13 Mar

Lenten Study—4pm, Atrium

Monday 14 Mar

Walking Group—1:30pm, Fendalton Park

Tuesday 15 Mar

Morning Prayer—9am, Chapel

Staff Meeting —9:15am, Atrium

Exercise Class —9:30am, Parish Hall

Elms Court Village Service—11am

Wednesday 16 Mar

Morning Prayer — 9am, Chapel

Wed Service — 10am, Church

Lenten Study —11am, Atrium

Thursday 17 Mar

Morning Prayer — 9am, Chapel

Walking Group—9.30am, Gardens
(coffee)

Coffee & Chat — on hold

Friday 18 Mar

Morning Prayer — 9am, Chapel

A-Team— 9am, by the hall

9-11am, Garage Sale Shed open

St Allisa Life Care Service —10:30am

Family Orchestra — 6pm, Bowden Hall

BE WATCHFUL,
STAND FIRM
IN YOUR FAITH,
BE COURAGEOUS,
BE STRONG.



Click here to watch the video about 2022 Lenten Appeal:

<https://www.youtube.com/watch?v=oDnc8eyzRxo>

Worship Details

St Peter's Church

8am—Holy Communion

9:30am—Holy Communion

11:15am—Family Church

Readings: Genesis 15.1-12, 17-18
Psalm 31
Philippians 3.17-4.1
Luke 13.31-35

Sentence

Jerusalem. Jerusalem...how often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing. (Luke 413.34)

Collect

Let us pray to see God's care:

Jesus, you wept,
like a mother hen you longed to
gather us in.
Gather us still,
wrap your loving wings around us,
nurture your children,
and bring us all home;
in your name we ask it. **Amen.**

Versicle and Response for Intercessions

Lord of compassion
in your mercy hear us

Next Sunday's Readings:

Isaiah 55.1-9

Psalm 63.1-8

1 Corinthians 10.1-13

Luke 13.1-9



Prayer Focus

- For our mission partners...

⇒Petersgate:

"Compassionate God, as Omicron affects more people in our community, we pray for those who have concerns about their mental health but who are staying at home, rather than seeking counselling at the moment. Be their support and strength, and guide them to get help when the time is right."

⇒Preschool:

- ◇ Ongoing wisdom for staff and parents as we navigate Phase 3 of Omicron
- ◇ Thanks to God for bringing Teacher Ariana to us
- ◇ For our roll to continue to grow

- For those in need of prayer, especially Graeme S, Marie T, Marcia H, Diane R, Beverley P, Alison R, Helen E, Daniel, Margaret W, Storm B, Tony C, Tas, Helen, Irene Ch, Audrey P, Anne S, Elizabeth C, Sheldine, Neville, Ken B and others on our hearts and minds.

- For The Anglican Church in Aotearoa, New Zealand and Polynesia

Primate and Archbishop of Aotearoa: The Most Rev'd Don Tamihere (Kisa)

Primate and Archbishop of Polynesia: Vacant

Primate and Archbishop of the NZ Dioceses: The Most Rev'd Philip Richardson (Belinda)



The invasion of the Ukraine

**Rangimārie! Rangimārie! Ahakoa te utu!
Peace! Peace! No matter what the cost!**

This was Archdeacon Tiki Raumati's oft repeated korero, speaking out of his people's lived experience of the inter generation impact of naked aggression and the greed for land.

As the Russian army invades Ukraine without provocation, the world must again defend the innocent. We call on all Christians to pray for the people and leaders of Ukraine and for the people and leaders of Russia. This act of war will create suffering and destruction and will win nothing. We must pray for, and support, world leaders in responding with wisdom, compassion, and resolution for the protection of the innocent and the restoration of justice and peace.

We also encourage you to pray daily for the Ukraine and to participate with the wider church in Pope Francis's call to make Ash Wednesday, 2 March, a day of prayer and fasting for peace.

A Prayer for Ukraine

Eternal Creator,
You have made us in your image, though we often obscure it;
You have made us stewards of the earth and guardians one of one another.
Give the people of Ukraine Your protection, strength, and assurance,
Give us the courage to support and defend our Ukrainian brothers and sisters, and
Give world leaders wisdom, compassion, and resolution in their decisions.
In this crisis, remind us again of the need to always strive for peace,
that the people of Ukraine may once again know peace and justice, and
that all your children may know the perfect freedom found in serving one another.
Amen.

Prayers from around the church...

God of peace and justice,
we pray for the people of Ukraine today.
We pray for peace and the laying down of weapons.
We pray for all those who fear for tomorrow, that your Spirit of comfort would draw near to them.
We pray for those with power over war or peace, for wisdom, discernment and compassion to guide their decisions.
Above all, we pray for all your precious children, at risk and in fear, that you would hold and protect them.
We pray in the name of Jesus, the Prince of Peace.
Amen

*Archbishop Justin Welby,
Archbishop Stephen Cottrell*

Sovereign God,
We pray for the nation of Ukraine, its leaders and people.
We pray that you would make your presence known to them at this time of strife.
We pray for their protection and for an end to the Russian invasion.
We pray for the innocent, the frightened, the dispossessed, and those who have lost loved ones, homes and family.
We pray that you would bless the endeavours of those who work for peace and an end to this conflict.
Have mercy, we pray, on Ukraine.
May your peace rule in the hearts and minds of all.
Continue to stir up the leaders of the world to work together for the good of all.
We pray this in the name of Jesus, the Prince of Peace.
Amen.

*Archbishop Geoffrey Smith,
Archbishop of Adelaide and Primate of the
Anglican Church of Australia*

Sovereign Lord,
you observe all those who dwell on earth.
Have mercy we pray on those who now suffer the miseries of a war not of their own making.
Have compassion on the wounded and dying;
comfort the broken-hearted;
confound the hatred and madness of those who make war;
guide our rulers, bring war to an end, bring peace across the world.
Unite us all under the reign of your Son, the Prince of Peace,
before whose judgement seat the rulers of the world will give account,
and in whose name we pray. Amen.

*Archbishop Kanishka Raffel,
Archbishop of Sydney*

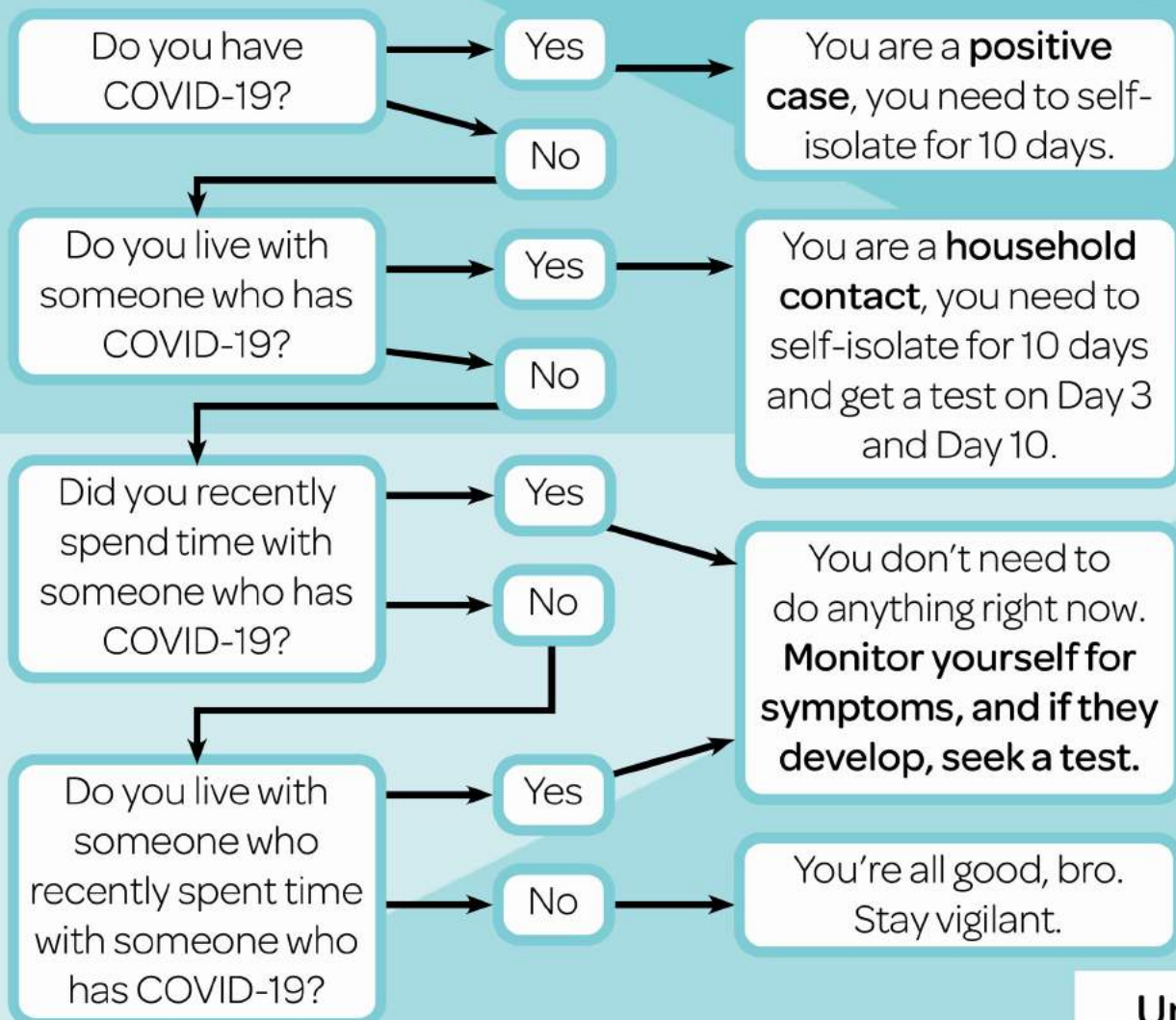
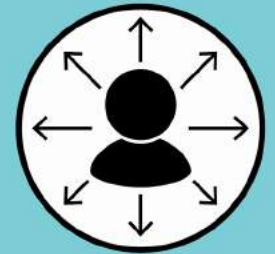
Loving God,
We pray for the people of Ukraine,
for all those suffering or afraid,
that you will be close to them and protect them.
We pray for world leaders,
for compassion, strength and wisdom to guide their choices.
We pray for the world, that in this moment of crisis, we may reach out in solidarity to our brothers and sisters in need.
May we walk in your ways so that peace and justice become a reality for the people of Ukraine and for all the world.
Amen.

*Archbishop Eamon Martin Archbishop of Armagh,
Catholic Primate of All Ireland*

O Lord, God of life, as you care for all creation, give us your peace. May our security come not from weapons, but from respect. May our strength come not from violence, but from love. May our own wealth come not from money, but from sharing.
May our path be not one of ambition, but of justice. May our victory not be one of revenge, but of forgiveness. Unarmed and confident, help us to defend the dignity of all creation. Sharing today and always the bread of solidarity and peace.
Amen.

*Presiding Bishop Elizabeth Eaton, Presiding
Bishop of the Evangelical Lutheran Church
in America*

What type of contact are you?



COVID-19: Our Isolation Plan

Being ready helps to keep us all safe

If someone in your household gets COVID-19, your whole household will need to isolate until everyone has fully recovered (3 days symptom-free).

Omicron spreads fast - everyone in the house may catch the virus.

So be ready, make a plan and have a kōrero.

→ WHAT YOU NEED TO PLAN FOR

- ☐ Getting food and supplies – organise with friends, whānau or neighbours to do contactless drop offs.
- ☐ Mahi work and/or kura school(s) – prepare to work and/or study from home.
- ☐ What happens with children, other dependants, or shared custody arrangements?
- ☐ If you require care services – decide if you need to isolate together.
- ☐ How will you try and minimise the spread to household members who are not unwell?
- ☐ Find activities to help pass the time.

→ KNOW AND SHARE YOUR PLANS

- ☐ Kōrero together – ensure everyone in the household, including kids, knows what will happen when you need to isolate.
- ☐ Share plans with those supporting and helping you (or who you are supporting).

→ IN CASE OF EMERGENCY

- Most of us can recover safely at home. If you need advice or your symptoms worsen, call your doctor, health provider or Healthline on 0800 358 5453.
- If you are having trouble breathing, call 111 immediately.
- Have personal information ready, including: full names, birth dates/ages, NHI numbers, medical conditions and prescriptions, GPs/health providers and other emergency contact details
- Prepare instructions for pets, plants or paying bills, just in case you need to recover away from home.

→ STAY CONNECTED

We are all in this together, and we will get through together.

- Stay connected – arrange regular catch-ups with your whānau, friends and community. If you are isolating, make sure these are online or by phone.
- Support your friends, whānau and workmates to make their plans to get ready.
- Find out what your community is doing – is there a group making meals to freeze, sharing planning tips, or just staying in the know?

☐ Checklist: Get things ready to isolate

* check expiry dates and follow instructions, especially with medications

- | | |
|--|---|
| <input type="checkbox"/> Tissues | <input type="checkbox"/> Paracetamol and/or ibuprofen |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Drinks and other medications that help with cold and flu-like symptoms, like lemon tea with honey, cough syrup |
| <input type="checkbox"/> Sanitiser | <input type="checkbox"/> Practice healthy habits like coughing/sneezing into elbow and washing hands to reduce the spread of germs. |
| <input type="checkbox"/> Masks | <input type="checkbox"/> Could ventilation be improved? Even opening windows will help to get rid of the virus. |
| <input type="checkbox"/> Cleaning products & gloves | |
| <input type="checkbox"/> Rubbish bags (try and have separate bags for tissues before putting in main rubbish bags) | |

→ Ways to feel better if you're māuiui unwell

For tiredness, fever, aches and pains:

- Get plenty of sleep and rest to help your body recover
- Stay hydrated by drinking plenty of fluids
- Take medication like paracetamol or ibuprofen

For coughs, sore throats or blocked noses, try:

- Hot lemon and honey or kawakawa tea
- Saltwater gargling
- Chest vapour rubs
- Nose and throat treatments, like sprays
- Cough syrup or soothing lozenges

→ Looking after your mental wellbeing

- Try to be kind and gentle with each other as isolating together for some weeks may have its ups and downs
- Acknowledge your feelings – becoming anxious or stressed is a normal response when times get challenging
- Try and stick to routines where possible
- Put a limit on any time online and get some fresh air
- If you start to feel overwhelmed, speak with a trained counsellor any time, day or night -free call or text on 1737
- For more advice: [Covid19.govt.nz/mental-wellbeing](https://www.covid19.govt.nz/mental-wellbeing)

→ Contacts for support services

- | | |
|--|---|
| • COVID-19 Healthline: 0800 358 5453 | • Mental health support: call or text 1737 |
| • Healthline: 0800 611 116 (for advice on other health matters) | • Alcohol Drug Helpline: 0800 787 797 |
| • PlunketLine: 0800 933 922 (for health advice regarding babies or children) | • Work and Income: 0800 559 009 |
| • Family Services: 0800 211 211 | • Rural Support Trust: 0800 787 254 |
| | • Business support: North Island 0800 500 362 and South Island 0800 505 096 |

For more information, head to: **Covid19.govt.nz**