

**Readings for this Sunday**  
**26 April – the Third Sunday of Easter**

Acts 2. 14a, 36-41

Luke 24, 13-35

**Church Services**



In line with national directives, we regret that all services in church have been postponed for the time being. Rev'd Paul is available, and you can contact him on 632 3897. He has tried to contact everyone but there may be some people he has missed.

**Parish Register**

**Funeral**

30 April - John Kenneth Macrae Richards

**Weekly Beacon**



**News from St Hildeburgh's**  
**The Parish Church of Hoylake**

**Sunday 26 April 2020**  
**The Third Sunday of Easter**

**THE COLLECT FOR TODAY**

Almighty Father,  
who in your great mercy gladdened the disciples  
with the sight of the risen Lord:  
give us such knowledge of his presence with us,  
that we may be strengthened and sustained by his risen life  
and serve you continually in righteousness and truth;  
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.

# Dealing with Loneliness and Isolation: FIVE TOP TIPS

- 1. P ray – light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.**
- 2. T alk about how you feel.**

This may be difficult if you are self-isolating, but use the phone, internet and social media. If you need to contact a counsellor, this can be arranged by your GP, local agencies or privately. Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.
- 3. F ocus on the things that you can change, not on the things you can't.**
- 4. L ook after yourself – physically, emotionally, spiritually.**

Plan things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.
- 5. L ook after others – even if only in small ways, but do what you can:**

a smile, a kind word, writing a letter or an email.

## **A Note from The Vicar – No. 5**

It's now five weeks since we started social distancing and many people are beginning to feel a bit weighed down and just wanting things to get back to normal.

That's totally understandable, but we can't just yet - it does look like we're going to be doing this for some time. I suppose for families trying to home school their children and work from home it must be chaotic, and for the children it must seem their lives have been turned upside down. For those of you who are living alone it must make the days seem longer and understandably the temptation to feel down is ever there.

I know many are missing the fellowship of friends and church and seeing each other. Just remember this is not forever, it's just until we get through this time of crisis. It's temporary, so sit back, take time to enjoy the birds and the wildlife, enjoy a good book, have a read of the psalms and talk to each other on the phone.

Keeping safe is the priority for us at the moment and protecting our NHS.

Encourage one another whenever you can, sometimes it's all we need when we feel down. It makes a difference and can change a bad day into a good one.

I am reminded of the words from Proverbs 17:22 '*A cheerful heart is good medicine, but a crushed spirit dries up the bones.*'

Your friend Rev Paul

## **A CANDLE AND A PRAYER**



We are not people of fear:  
we are people of courage.  
We are not people who protect our own safety:  
we are people who protect our neighbours' safety.  
We are not people of greed:  
we are people of generosity.  
We are your people God,  
giving and loving,  
wherever we are,  
whatever it costs  
For as long as it takes  
wherever you call us.  
Amen

### **Light a Virtual Candle**

You can light a virtual candle by going to the Church of England's website [www.churchofengland.org](http://www.churchofengland.org). Enter the words 'light a candle' in the search box in the top righthand corner of the screen. Click on the search icon and then click on the heading '**Light a Candle**' then follow the links to light your virtual candle.

## **A Notice About Giving From The Treasurer**

Thank you to everybody who has responded to the note in last week's Beacon explaining how those, who normally support church funds by contributing to collections during church services, can still continue their giving in these difficult times. The response has been heart warming. Please use any of these methods of payment:-

### **1. Direct Payment to our Bank**

This is the easiest method for everybody if you have computer access or able to travel to your branch.

Our Account Name : **Hoylake Parochial Church Council**

Sort Code : **40-25-08**

Account Number : **20445800**

### **2.If you would like to set up a new gift aided donation contact George Dafnis on 632-5927.**

He will supply the necessary form and information.

### **3. If you do not have computer access please enclose your donation in an envelope and post it through the vicarage front door.**

If you already subscribe to the envelope system please use your normal weekly envelope.

The postal address is The Vicarage, 1 Stanley Road, Hoylake, CH47 1HL if you are self isolating

### **4. If you have any further queries please contact Lytton Goodwin on 632-6923**

## **Are you in need of prayer?**

Text or WhatsApp your prayer to 07513170210 and it will be shared with people in the diocese to pray. Or you can email your prayer to [foxhill@chester.anglican.org](mailto:foxhill@chester.anglican.org). Prayers received will be distributed across the diocese to volunteers to pray in their own time as part of a daily rhythm of prayer.

## Voyagers At Home



This Sunday in Voyagers we read the stories of the disciples on the road to Emmaus and Jesus appearing to Thomas. We made an 'Emmaus Road' scene and a bookmark to remind us that Jesus is our companion always - we just have to keep expecting to meet with him!



Our prayer : "Lord Jesus, as we walk along the journey of life we ask that you would be our constant companion. Amen."  
Love and prayers,  
Christine

## Morrisons Stores, Wirral

Morrisons Stores Wirral have started taking orders for their doorstep deliveries for the vulnerable (high risk) and elderly at their new purpose-built call centres.

To see the list of essential items go to [www.morrisons.co.uk/doorstepdeliveries/vulnerable](http://www.morrisons.co.uk/doorstepdeliveries/vulnerable)

Make your choice from the essential items on the list then phone **0345 611 6111 and select option 5.**

### **New Brighton & West Kirby Opening Hours:**

Morrisons have introduced an **NHS hour from 6am-7am Monday-Saturday**. All colleagues with an NHS badge will be able to get into the store to stock up on the products they need.

### **Sunday Opening:**

On Sundays, the majority of our stores, we will open at **9am for our very hard working NHS workers** to shop. We will open at **9.30am for all other customers to shop normally.**

Therefore, during the period of the Covid-19 outbreak, **the Sunday browsing hour is suspended**, as you can shop normally from 9.30am each Sunday.



## **StHildeburgh's Dispatch**



The latest edition of 'St Hildeburgh's Dispatch' is now available!

This fortnightly magazine has been written and produced by Michael Nash and is available on our website.

Go to: <https://www.sthildeburgh.net/dispatches.html>

### **Diocesan Prayer Hub** **St Hildeburgh's Virtual Prayer Board**

Our website now includes a **virtual prayer board** for you to add your own individual prayers. See the page 'Virtual Prayer Board' on our website.

You can also find out more details about the **Diocesan Prayer Hub** at Foxhill by going to the 'On Line Prayer Board' page of our website [www.sthildeburgh.net](http://www.sthildeburgh.net)

## **St Hildeburgh's On Line –** **Watch this Space**

Last Sunday Rev'd Paul filmed a service of Holy Communion. You can view this service by visiting our website:

<https://www.sthildeburgh.net/onlineservices.html>

If you are experiencing difficulties watching the video from the website it is also available on Facebook at [facebook.com/sthildeburgh](https://facebook.com/sthildeburgh)

Nigel Hall has been working hard on our website and has included a **virtual prayer board** for you to add your own individual prayers. You can also find out more details about the Diocesan Prayer Hub at Foxhill by going to the 'On Line Prayer Board' page of our website [www.sthildeburgh.net](http://www.sthildeburgh.net)

Your **Weekly Beacon** is also available on the website, together with the **StHildeburgh's Dispatch** newsletter - <https://www.sthildeburgh.net/dispatches.html>

Important information from Merseyside Police is also available on <https://www.sthildeburgh.net/news.html>



## PLANT SALE UPDATE

A few plants can still be bought or reserved from Peter Surridge to support St Hildeburgh's Guild major festival flower fund. Order from Peter by email or phone and pay after the CV-19 lockdown: 632-5507 or 07778-517759, or [peter.surridge@talktalk.net](mailto:peter.surridge@talktalk.net)

- Tomatoes – Very few still left, now so large that, if they not snapped up by St Hildeburgh's community, Peter will have to offer them elsewhere.

They are:

**Sungold**, a new golden-fruited cherry-plum form, very sweet;

**Country Taste**, fine beefsteak variety producing huge fruits of rich flavour (only one left). Best grown in a greenhouse or glazed porch but can also be cultivated outdoors in the ground or containers in a sheltered, sunny position from mid-May. Price: £3.50 per plant.



- Blackcurrant – Only one left. Well-rooted cutting six inches tall with healthy sideshoots. Price: £2.
- *Crassula ovata* – Also known as the jade plant or money tree. Evergreen, succulent houseplant with oval, glossy leaves and clusters of white, star-shaped flowers in autumn. Young plants, well branched, in 9cm (3.5in) pots. Price: £2.50 each.

## Spring Thoughts with Margaret Wright : Snowdrops



The Old English name of the Snowdrop was Candlemas Bell as it flowered around 2<sup>nd</sup> February (Candlemas). Actually, there are about 20 varieties that have developed over the years.

The snowdrop is not indigenous to Britain but a native of Europe. The first mention of the flower in the wild came in the 18th century. Although it had been seen in gardens since the 16th century, so it possibly escaped from gardens.

There are many myths as to how it arrived in Britain. One possibility is that at the time of the Crusades it was brought back from countries en route from the Holy Land.

## **BEACON BITES WITH PETER HAM**

"HAVE YOU NOT KNOWN? HAVE YOU NOT HEARD? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but .....



..... but they who wait for the LORD shall renew their strength; THEY SHALL MOUNT UP WITH WINGS LIKE EAGLES; they shall run and not be weary; they shall walk and not faint." - Isaiah 40:28-31

## **Beacon Bites (continued)**

Just over a year ago, we were with friends on the Isle of Lewis, hoping to see Eagles. We'd seen the majestic Golden Eagles over the distant mountains, but not glimpsed the much larger reintroduced Sea Eagles. One morning, while chatting about this to a local lady on a deserted beach, she pointed behind our backs and told us to "Quick, turn round now!". Nothing prepared us for the amazing sight of this juvenile Sea Eagle, soaring past us over the beach (pictured). We had heard of their size, and indeed it was spectacular. Sea Eagles wings are often described as being like huge barn doors, with good reason!

The scripture I quoted above, from Isaiah, comes straight to mind. When Isaiah spoke of us mounting up with wings like Eagles, he was speaking from experience, seeing the Eagles soaring above the hills around Jerusalem. He was painting a picture of Gods seemingly effortless power, strength and authority, one in whom we can patiently place our trust.

At the start of our passage is a cry from the prophet to people who were going through very difficult times, like us. "Have you not known? Have you not heard?" And he goes on to describe the powerful, trustworthy and utterly dependable character and nature of God.

We might not see Eagles from our windows in Hoylake but let this picture of a Scottish Sea Eagle, our biggest and most powerful British bird, remind us of the God in whom we should trust and wait on: The God who scripture promises will give us strength when we feel weak, and power when we feel faint., THE ONE in whom we will soar like Eagles.

## **A WALK IN THE LAKE DISTRICT WITH NANCY FRASER**

I first fell in love with the Lake District over 60 years ago. One of my favourite walks is from Seldom Seen to Glenridding. Seldom Seen is a hidden valley where a row of 10 cottages were built in the 1800's together with a small school for children of the miners working in the lead mine in Glenridding. These are now holiday cottages and the school closed in 1913. At the same time 50 miners' cottages were built in Glenridding. You may find this odd as there is a school in Patterdale where miners' children from Glenridding went - there are various stories as to why the two communities lived separately. Every day miners who lived in Seldom Seen would walk the three miles to Glenridding to work in the mine and then walk back again each evening via Sheffield Pike.

Back to the present. It's a lovely walk – not too steep a climb. Starting from a small car park just past Glenridding, the walk starts with a track which leads you through a lush valley with trees. Passing the cottages leading onto the path in front of Sheffield Pike, and onto the mine at Glenridding which closed in the 1960's. Continuing along this path past the mines into Glenridding village. If you take the right hand path by the mine it leads to Striding Edge and Helvellyn.



*A very nice walk on a good day!*

## **CORONAVIRUS SELF-ISOLATION BUDDY SYSTEM**

All with a persistent new cough or a fever are asked to self-isolate for 7 days. In the coming weeks everyone over 70 may be asked to self-isolate even if well. It is important that we all follow guidance to protect both ourselves and others.

Health service resources are limited (especially ventilators and staff) so it is important that spread of the virus is kept to levels the health service can fully manage and to limit the suffering it causes. Self-isolation may cause difficulty for some. Those living alone could feel lonely and even if you are not alone, perhaps all the household need to self-isolate so obtaining food, paracetamol etc is a problem.

We are setting up a buddy system to help with this. A buddy would be someone who you can phone either for practical help (going to the shops for you) or just for a chat. Deliveries would need to be left at your door as the buddy could not come in but would have your phone number to tell you the delivery is outside.

Please think now about how you would cope if self-isolating. You may have a nearby relative but they may be in isolation when you call them so I would recommend you have 2 people you could call for support.

Would you like a buddy from the church community whom you could call for support either practical or a chat? If so contact me – Sue Wells 6320539 /07742996985 [smw@fontium.demon.co.uk](mailto:smw@fontium.demon.co.uk) and I will pair you up with a volunteer buddy. Also if you are below 70 and willing to be a buddy to support others as above please get in touch with me. I am sure in the weeks/months ahead there will be those who need our help. We need to pull together in this difficult time.

Sue Wells

## **Information from the Diocese of Chester**

### **Wirral Information Bank**

A Wirral Information bank was been launched to aid residents identify organisations current offers during Covid-19. You can access this by going to: <https://www.wirralglobe.co.uk/news/18340071.launch-wirral-infobank-help-residents-coronavirus-crisis/>

### **Other national areas of support are available as follows:**

<https://www.nationaldahelpline.org.uk>

24-hour helpline for those who feel they may be experiencing any form of domestic violence.

<https://www.actionfraud.police.uk>

Action Fraud is the UK's national reporting centre for fraud and cybercrime where you should report fraud if you have been scammed, defrauded in person or experienced cyber crime in England, Wales and Northern Ireland. They provide a central point of contact for information about fraud and financially motivated internet crime. People are scammed, ripped off or conned every day and we want this to stop.

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips>

NHS tips and advice to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home. Make sure you get further support if you feel you need it.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing>

This information is to help you cope if you're feeling anxious or worried about coronavirus, you're staying at home and avoiding public places, following Government advice that we should stay at home as much as possible or you are self-isolating because you, or someone you live with, has symptoms of coronavirus. Self-isolating means that you stay home and keep away from other people.

<https://www.togmind.org/news/practical-tips-and-ideas>

This resource has been designed to support the wellbeing of everyone with practical information, links and suggestions, allowing people to take some control back, develop self-care methods and link in with a large selection of online resources. It's more important than ever before to take good care of ourselves physically, mentally and socially.

<https://www.open.edu/openlearn/free-courses>

<https://www.futurelearn.com/courses/collections/boredom-busters?>

Keeping learning is one of the key ways you can look after your mental health. The Open University and FutureLearn have a range of courses available.



## **From Chester Diocese – Resources for worship at home**

We know how hard parents are working at the moment to juggle childcare, home schooling and working from home at an already anxious and unsettled time. We don't want parents to feel that worshipping at home is another 'chore' to add to this list! We hope that worship as a family can be a time to pause and reflect together in the midst of uncertainty and challenge.

Each week, we will provide resources to help families explore faith at home in creative and interactive ways.

**Church @ Home** is our resource for families with children aged **4-11 years** (and younger children could join in with these activities)

**Faith @ Play** is our resource for families with children **under 5** (and you might want to use this alongside our resources for older children)

**Space2Be** is our resource for young people aged 11-18 years

There are lots of other organisations working hard to produce resources to enable families to worship from home at this time. Here are some of the best resources we have found:

### **FOR PARENTS**

#### **Faith at Home / YCW**

Faith at Home is a monthly digital magazine for parents to encourage you in sharing and exploring faith at home. Sign up for a free account with Youth and Children's Work magazine and you can download all current and previous editions.

<https://www.youthandchildrens.work/Faith-at-Home>

*continued.....*

## **PRINTABLE RESOURCES**

### **Together At Home**

Join the 'Together at Home' Facebook group to receive weekly printable resources that encourage families to spend time together exploring the Bible at home while churches are closed.

<https://www.facebook.com/groups/613930636117980/>

### **Pilgrimage at Home**

This resource from Bath & Wells Diocese allows you to go on journey both spiritually and physically within your own home with activities, Bible verse, reflections and prayers.

(PDF)

## **DIGITAL RESOURCES**

### **Engage at Home / daily family prayer & worship activities**

Engage Worship are producing a daily simple prayer and worship activity for families to do together using movement, interaction, craft, play and more.

<https://engageworship.org/engage-at-home-daily-family-prayer-and-worship-activities>

### **Bible Podlets**

These simple podcasts from Blackburn Diocese Board of Education offer Bible study and discussion suitable for all ages. Each podcast is 15-20 mins long.

<https://www.bdeducation.org.uk/podcasts/bible-podlets/>



## **PRAYER FOCUS DURING THE COVID 19 CRISIS**

Take **one hand** and look at:

**Your thumb** - pray for your church community and family.

**Your first finger** - pray for the NHS and those medical researchers looking for a vaccine.

**Your second finger** - pray for the Government and all those making tough decisions.

**Your third finger** - pray for those in care homes and working with the most vulnerable in our communities.

**Your little finger** - pray for yourself and those known to you.

Take **the other hand** and read out loud:

*“As God’s chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness and patience” (Colossians 3:12) and let your thumb and each finger represent one of these “clothes” we are to put on.*

Thumb – Compassion

First Finger – Kindness

Second finger – Humility

Third finger – Meekness

Little finger – Patience



When you pray, put your hands together and let the “clothing” of one hand touch the people and places in the other and see what God does!

## **Soup Delivery**

St Hildeburgh’s is offering to deliver hot soup to those in isolation in Hoylake.

Deliveries are on Tuesdays and Fridays in time for lunch and consist of a flask of hot homemade soup, and sandwiches or a bread roll. Thank you to the person providing the cake which is also included in the delivery.



**If you would like a delivery or would like more information, please contact one of our Churchwardens –  
Jane 07743 090210 or  
Nancy 07990 521158**

## 'JESUS THE GOOD SHEPHERD'

*St Hildeburgh's windows: Third in a series.  
Text and photographs by Peter Surridge.*



This is not exactly a window but a familiar and prominent image that I am sure we all miss seeing. It is the centrepiece of the reredos above the main altar: a stone mosaic depicting Christ caring for His flock, above the biblical quotation, "The Good Shepherd giveth His life for the sheep" (John 10:11). In the background, barely visible in the mountains on the left, a wolf, and a lion skulk outside the sheep pen; and, on the horizon, three crosses stand on Calvary, the hill on which Jesus was crucified. The arched shape of a grape vine, in the offering, is mirrored in the design of the altar rail.

## Contact St Hildeburgh's

### Vicar

*Rev'd PAUL ROSSITER*

The Vicarage, 1 Stanley Road, Hoylake, Wirral CH47 1HL

Tel: 0151 632 3897. E-mail: [p.a.rossiter@uwclub.net](mailto:p.a.rossiter@uwclub.net)

### Church Office

e-mail: [sthildeburgh.parish.office@gmail.com](mailto:sthildeburgh.parish.office@gmail.com)

## Follow St Hildeburgh's

### **Church Website**



[www.sthildeburgh.net](http://www.sthildeburgh.net)



Find us on  
Facebook

[facebook.com/sthildeburgh](https://facebook.com/sthildeburgh)



@StHildeburgh

## Weekly Beacon

If you wish to contribute an article or place a notice in the Weekly Beacon please e-mail [sthildeburgh.parish.office@gmail.com](mailto:sthildeburgh.parish.office@gmail.com)

All advertising and notices are accepted at the discretion of the Editor. **Photograph policy.** We frequently take photographs at St Hildeburgh's for publicity purposes – such as printing in this "Weekly Beacon". If for any reason you would prefer us not to use photographs of any children who may accompany you to church, please mention this to our Vicar, Rev'd Paul Rossiter.