

# Newsletter

## 26th April 2020

Priest in Charge—Rev. Nick Morgan  
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**The Office is now closed but messages left on the answer phone will be answered to as soon as possible**

The Easter season continues for a good few weeks beyond Easter Day. So what's going on in terms of our readings and the themes we're exploring in this season? In the New Testament readings, we hear about the impact of the resurrection on the disciples: how they share the Good News with others, while in our Gospel readings we are currently in the middle of a series of resurrection appearances of Jesus. Last Sunday, we had Jesus appearing in the upper room and Thomas, understandably, finding it hard to credit what he was hearing from the other disciples that Jesus was alive. Even on Easter Day, the women who first witnessed the resurrection were not believed. This Sunday, we find two followers of Jesus encountering him on the road to Emmaus and having a series of experiences which, in my sermon, provide a reassuring model for what it means to encounter the risen Christ in daily life. These are important things to ponder in our own day: what on earth does it mean to "encounter the risen Christ"? What does that phrase even mean? Fortunately, the readings are addressing the very same issues, as at a human level, our culture may well be very different to that of Roman-occupied Palestine a couple of thousand years ago, but human nature hasn't changed a lot. It's still hard to express experiences of faith, and most people assume that everyone else is getting it right and are having wonderful, spiritual experiences and it must be just me who's getting it wrong. The fact is that Jesus is alive in the very ordinary stuff of life. Many of us are housebound, finding new ways of occupying our time. Others of us are still working hard as key workers, but are under very different pressures to those of a month or so ago. Yet others among us have complicated household situations, with multiple generations needing to share space during the daytime, and fit in work, childcare, elder-care, self-care and much more. Life is different and often messy. The good news of Easter is that, because Christ is risen from death, he is still alive, and is still active in the world and among us. The message of Christmas that "God is with us" is shown to be an eternal truth, not just historically limited to the earthly lifespan of a Jewish rabbi called Jesus. Our readings and Sunday services over this season therefore explore in different ways how we might live out this truth that Christ is risen, and that Christ is among us to be encountered today.

Thank you for all your messages of support to Trish and me, and for letting us know how you are enjoying the online services. We are learning as we go, and tweaking our production techniques each week. This Sunday, I shall be leading and preaching, then we have the St Mary's Parish Worship Team leading us on May 3rd, followed by an ecumenical service for Christian Aid week on May 10th.

The services are usually uploaded to the website on Saturday evening so you can join us in worship whenever suits your household, but the service is also scheduled to stream on Facebook at 10am on Sunday, should you want more of a shared experience in which you can add comments during and after the service. Remember that there is also the option to listen to the sermon on our Dial A Sermon line 01937 228825 if you are not able to join in services on the internet.

Yours in Christ,

Revd. Nick



## Streaming services from home

The recent guidance preventing clergy from entering their own churches, even to just livestream an act of worship, has prompted a series of imaginative alternatives.



“Not being able to use our church buildings is, of course, a huge loss to us all,” one says, but on the other hand, “streaming worship from home shows that we are alongside those who are having to self-isolate and those who are forgoing so many other things in their lives that they used to rely on.

“It also shows that we are facing up to the same restrictions as them and doing all that we can to take a lead in encouraging people to ***stay at home, protect the NHS and save lives.***

“Moreover, to pray from and in the home may help us to show that the Church is, as we all know, *us*, the people of God, not our buildings.”

We hope you have enjoyed our online services if you have been able to watch them.

Please keep checking our website for all our online services: [www.bramhambenefice.org](http://www.bramhambenefice.org)

And also check out the Church of England resources here:

Time to Pray app (<https://www.chpublishing.co.uk/apps/time-to-pray>) which is free and has an accompanying daily audio offering on SoundCloud and iTunes.

Mental health reflections (<https://www.churchofengland.org/faith-action/mental-health-resources/supporting-good-mental-health>)

**Sunday Services will be posted on our Website or by clicking the link below.**

<http://bramhambenefice.org/download-our-new-sunday-order-of-service-worship-where-you-are/>

**Dial-A-Sermon**  
**01937 228 825**

To listen to this week's sermon  
from Rev'd Nick or Rev'd Trish,  
just call this number  
(it costs the same as a normal call  
and is less than 10 mins long).

The churches of the Bramham Benefice,  
helping you stay connected while we are apart.

THE CHURCH OF ENGLAND  
The Church of England in Boston Spa, Bramham, Thorp Arch & Walton.

### Christian Aid Week 2020



Christian Aid week is 10th to 16th

May and all activities will now be online.

The Christian Aid Service for the Benefice, together with the Methodists, will be available on line through [www.bramhambenefice.org](http://www.bramhambenefice.org) as is now usual.

We would still like to do as much fund-raising as we can for Christian Aid, particularly because as an international organisation it is highly experienced in infection control in many countries. They will be providing us with fund raising ideas including “e-envelopes” to make donating easy!

At this stage we can only say look out for what we manage to implement to support Christian Aid to help other countries in the face of this pandemic.

**Terry and Emily Gausson**

## Readings for Sunday 26th April 2020

**Acts 2.14a, 36-41**

### Peter Addresses the Crowd

But Peter, standing with the eleven, raised his voice and addressed them: 'Men of Judea and all who live in Jerusalem, let this be known to you, and listen to what I say.

Therefore let the entire house of Israel know with certainty that God has made him both Lord and Messiah, this Jesus whom you crucified.'

### The First Converts

Now when they heard this, they were cut to the heart and said to Peter and to the other apostles, 'Brothers, what should we do?' Peter said to them, 'Repent, and be baptized every one of you in the name of Jesus Christ so that your sins may be forgiven; and you will receive the gift of the Holy Spirit. For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him.' And he testified with many other arguments and exhorted them, saying, 'Save yourselves from this corrupt generation.' So those who welcomed his message were baptized, and that day about three thousand persons were added.

**Luke 24.13-35**

### The Walk to Emmaus

Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, 'What are you discussing with each other while you walk along?' They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, 'Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?' He asked them, 'What things?' They replied, 'The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him.' Then he said to them, 'Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?' Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.

As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, 'Stay with us, because it is almost evening and the day is now nearly over.' So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, 'Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?' That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, 'The Lord has risen indeed, and he has appeared to Simon!' Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

## STEWARDSHIP

At the time of writing this article, (3rd April) the Church is locked and no services are being held except online. I have just completed the distribution of the new sets of Stewardship Envelopes and thanks to Mike Bowers and Emma for their assistance. The new packs contained a note from me emphasising that in spite of the 'lockdown' your contributions are still very much needed and suggesting ways in which the envelopes can still reach me. I also suggested that some people might prefer to switch to Bankers Order payments and enclosed a suitable form. Even at this early stage, I have had one or two takers and I commend the idea to everyone as a means of keeping regular contributions going even when for whatever reason attendance at Church is not possible. The only problem with this means of contributing is that once a Bankers Order is in place it tends to remain unchanged for several years thereby reducing the value of the contribution due to inflation. This is something I keep banging on about each year in my annual Stewardship Report but sadly to little effect. There is a new scheme being launched by the Diocese involving Direct Debits with built in annual increases for those who feel able to sign up to such a commitment but it is not yet in operation.

*Peter Wood, Stewardship Secretary*



### St Mary's Email Prayer Group

St. Mary's Email Prayer Group was formed 18 months ago to support people with varying needs, not only within the church family but also in the community and beyond, whatever their faith.

We currently have 20 members who commit to regular prayer. A new list is sent out by email every month with names and events that have been requested for prayer along with updates. This list is for private prayer within the group and is not published or shared with anyone else.

During this difficult time when we must isolate ourselves in our homes and are not able to meet together to worship and pray, this group has an even greater responsibility to share the love of God by supporting others.

**I am asking you all to consider joining our group** (if you have online access).

**To be vigilant and contact me if you know of anyone who needs our prayers at any time.**

Permission must be sought before adding names to the list.

Please contact me on [stmarysprayer18@gmail.com](mailto:stmarysprayer18@gmail.com)

for prayer requests or for an information sheet about joining the group.



Niki Hampson

## Boston Spa Volunteer Action Group

When lockdown was announced we decided it would be good to pull together a group of volunteers to help anyone self isolating with collecting prescriptions, shopping, dog walking or simply calling them for a friendly chat. We put a "shoutout" for volunteers on Next Door and to our delight received over 40 responses within 24 hours. Day by day the numbers kept increasing and we now have 90 volunteers signed up. This means that we were able to assign a volunteer to every street in Boston Spa, who delivered a card with their details on. We also have a reserve list, which I am sure will be needed as volunteers have to self isolate themselves.

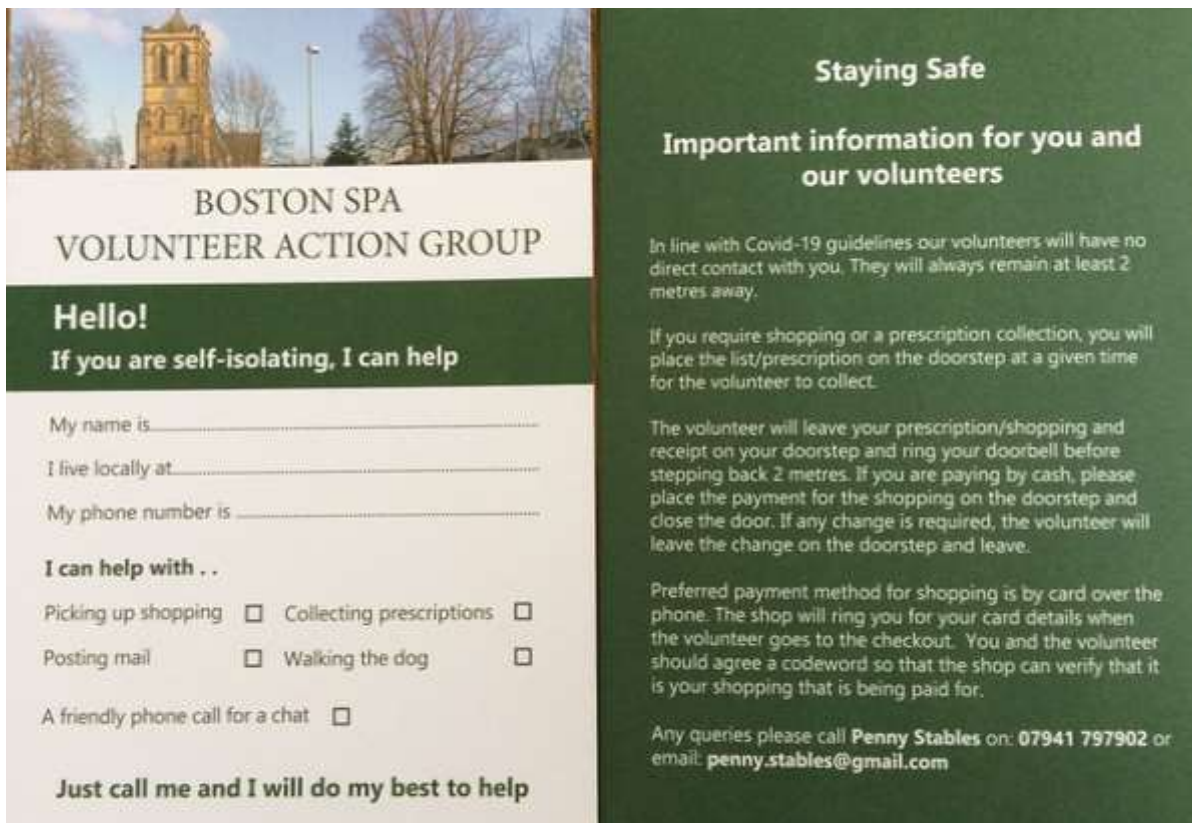
If you live in Boston Spa, are self-isolating and need any assistance with shopping, collecting prescriptions, walking your dog or would just like a regular friendly phone call, please contact your local volunteer direct.

If you are self isolating and need assistance with shopping, prescriptions, dog walking or would like a friendly chat and you don't live in Boston Spa contact the following:

Clifford: Michelle Baxter on: 07789 115437

Bramham: Linda Richards on: 07983 144404

Thorp Arch or Walton: Penny Stables on: 07941 797902



**BOSTON SPA  
VOLUNTEER ACTION GROUP**

**Hello!**  
**If you are self-isolating, I can help**

My name is \_\_\_\_\_  
I live locally at \_\_\_\_\_  
My phone number is \_\_\_\_\_

**I can help with . .**

Picking up shopping  Collecting prescriptions   
Posting mail  Walking the dog   
A friendly phone call for a chat

**Just call me and I will do my best to help**

**Staying Safe**

**Important information for you and our volunteers**

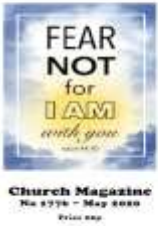
In line with Covid-19 guidelines our volunteers will have no direct contact with you. They will always remain at least 2 metres away.

If you require shopping or a prescription collection, you will place the list/prescription on the doorstep at a given time for the volunteer to collect.

The volunteer will leave your prescription/shopping and receipt on your doorstep and ring your doorbell before stepping back 2 metres. If you are paying by cash, please place the payment for the shopping on the doorstep and close the door. If any change is required, the volunteer will leave the change on the doorstep and leave.

Preferred payment method for shopping is by card over the phone. The shop will ring you for your card details when the volunteer goes to the checkout. You and the volunteer should agree a codeword so that the shop can verify that it is your shopping that is being paid for.

Any queries please call **Penny Stables** on: **07941 797902** or email: **penny.stables@gmail.com**



## St. Mary's Church Magazine

Due to CofE national guidance, we are unable to hand deliver the St Mary's May magazine to your homes. We will deliver them when we are able to do so. In the meantime, a PDF version of the magazine is available on the website.

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### CYCLING IN THE AREA

New to cycling? Boston Spa Green Group have some ideal safe rides listed on their website [bostongreengroup.co.uk/cycling/cycle-routes/](http://bostongreengroup.co.uk/cycling/cycle-routes/)



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### WALKS AROUND BOSTON SPA:



You can pick up a map at Yeadons or the Library 20p or The most popular links on the PC website are the village walks, the Parish Council has developed 6 walking routes around the village ranging from 2 miles to 7 miles, you can download the walks from the PC website [www.bostonspapc.org.uk](http://www.bostonspapc.org.uk)

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### LEEDS ACTIVE

Active Leeds are delivering a workout of the day that can be completed at home through the Mywellness app. These workouts just require your motivation, no equipment needed! There will be a new workout every day with 3 options, easy, medium and pro. So choose what suits you every day. Mywellness can be accessed through the Active Leeds app, via the Mywellness tile. Individuals without a Mywellness account, MUST go to [www.mywellness.com/activeleedsvirtual](http://www.mywellness.com/activeleedsvirtual) and then create their account BEFORE then downloading the mywellness app and logging. Active Leeds can also offer one to one support as you received when visiting our facility based gyms. This support will be available through the Mywellness app. They can support and review home workout routines or any other fitness related help you may require. So you can then continue your fitness journey with them.

**HOME WORK OUTS:** There are a number of videos you can watch showing you how to exercise from your home just go to Boston Spa Life – click on the face book page look and see what takes your interest.



For everyone who is self isolating, vulnerable, key workers, people who still work full time hours and can not do their shopping.

Here is a list of small businesses who deliver food and other goods to your doorstep.

This information may change if business situations change.

TD Goodall	Milk	01132892229
Hebben and Poole Fine Foods	Fruit and vegetables	01937 843085
Andrews Butchers	Meat	01937 582063
Windmill Inn, Linton	Ready meals, bread and eggs	01937 582209
North Street Deli	Daily specials	01937 585113
Sant Angelo's restaurant	Full takeaway service bread and dried pasta	01937 581422
The Oven Door	Bread and savouries	01937 584839
The Red Lion	Hot meals for elderly and self-isolated people. £5 per meal	01937 582136
Touchwood	Hardware	01937 585726
Ace Cards	Greeting cards	01937 582878
Castlegate Stationers	Stationary	01937 582920
Riverside Nurseries	Gardening	01937 582598
Clifford Moor Farm Pet Hotel	Overnight and day care for pets	019837 844929
Discount Feeds	Pet food and supplies	01937 580797
The Country Store, Collingham	Pet foods	01937 572000

Hartley Wood Cattery	Look after your cat	0113 2861251
Sykes House Farm	Butchers	01937 582549
The Bay Horse Pub	Takeaway meals	01937 290163
Spice4U	Indian takeaway	01937 583694
The Yorkshire Meat Company	Butchers	01937 843086
Don't tell the Duke	Takeaway meals	01937 587897
The Barking Lot	Pet food and supplies	01937 588662
Scotts Arms Pub	Frozen ready meals	01937 582100

Please share this information with others.

Take Care

If you are a small business owner or know someone who is, and would like their details adding to this list please contact Emma on [bramhambenefice@outlook.com](mailto:bramhambenefice@outlook.com)

Website:

[www.bramhambenefice.org](http://www.bramhambenefice.org)



@ bramhambenefice



## ARE YOU FINDING IT HARD TO ACCESS FOOD?

In light of COVID-19 we are putting additional support in place to ensure everyone is able to access the food they need.



### Am I eligible for help?

If you are finding it difficult to access food due to financial constraints, self-isolation or accessibility of food provision, then you are eligible for help.

When making the referral you will be asked questions about your personal situation which will enable us to determine what type of support you require.

### How can I access help?

If you think you may be eligible to help from these scheme then you can contact a local keyworker or service who will make a referral for you.

This might be somewhere or someone you already have contact with such as a school, college, social worker, housing officer or it could be a provision in your local area such as a Community Hub.

Ideally a referral should be made through one of these support services, however if you are finding it hard to access these please make a self-referral by calling us on **0113 376 0330**. This is a free number.

### What happens next?

Once a referral has been made, we will pass your information on to local volunteer coordinators, and you will be provided with a food parcel or a supermarket voucher.

This will be either delivered to a provision hub near your home for you to collect, such as a community hub, school, foodbank or a charity, or delivered to your home directly.

We want everyone to feel supported and will work with you to see what route is best for you.

For more information and guidance please contact the Local Welfare Support Team on 0113 376 0330.



## ADDITIONAL FOOD SUPPORT AVAILABLE FOR FAMILIES AND INDIVIDUALS IN LEEDS

In light of COVID-19 we are putting additional support in place to ensure everyone is able to access the food they need. Please see below for the process of making a referral for your service users.



### Who is eligible for help?

If someone is finding it difficult to access food due to financial constraints or self-isolation, then they are eligible for help.

Their personal circumstances will determine the type of help they can receive - i.e. whether it is a food delivery, food collection or supermarket vouchers.

### How do I make a referral?

To make a referral please fill out a 'Referral for Emergency Food Provision (COVID-19)' form. Please email [Thrive@leeds.gov.uk](mailto:Thrive@leeds.gov.uk) to request this form.

Please include as much detail as possible and return the form to [hw@leeds.gov.uk](mailto:hw@leeds.gov.uk) as soon as possible after completion.

Ensure that you provide a contact name and number for yourself at the bottom of the form so that we are able to get in contact if needed.

### What happens next?

Once the Local Welfare Support Team receive your referral they will input this data and share with volunteer and staff coordinators who are working with Voluntary Action Leeds.

They will then work with local based suppliers to coordinate and deliver either food parcels or a supermarket voucher to a provision hub close to the service user. Alternatively, arrangements will be made for a delivery to their home by volunteers.

These provision hubs could be your service, and include schools, children's centres, foodbanks, community hubs and third sector organisations.

There is also space on the form to note if they require any additional support, please use this space to help us ensure individuals and families are referred to further services as needed.

For more information and guidance please contact the Local Welfare Support Team on 0113 376 0330



**CORONAVIRUS**  
**STAY HOME**  
**PROTECT**  
**THE NHS**  
**SAVE LIVES**

To the householder:

### Are you finding it hard to get help and support?

During this Coronavirus pandemic, Leeds City Council is working with Voluntary Action Leeds and local organisations to provide additional support to ensure everyone is able to get the help they need.

#### Am I eligible for help?

You can receive help and support from us if you do not have family or friends that can help and -

- You are an individual or family that is self-isolating due to a member of the household feeling unwell (high temperature and/or new persistent cough).
- You have a health condition and have been advised by the NHS to self-isolate.
- You have been advised to stay home in line with national guidelines.

- You are finding it difficult to leave your home to shop for food, medicines and other essentials.
- If you can afford to pay for your essentials then you should pay. However, we do have arrangements in place for those that cannot afford to pay.

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For all other Coronavirus help and advice please visit [www.leeds.gov.uk/coronavirus](http://www.leeds.gov.uk/coronavirus)

#### What help is available?

You may already be receiving help from neighbours that you know and trust or local organisations in your area that meets your needs.

If that's not the case then Leeds City Council has worked with its partner, Voluntary Action Leeds, to set up a volunteering arrangement that can help you.

The help will come from Leeds City Council and from our Community Care Volunteers working alongside a range of Leeds City Council approved volunteer hubs made up from community organisations in your area.

Our volunteers will be registered with us, clearly identifiable with their own Leeds City Council identification badge and a letter from Leeds City Council with a number that you can phone to check their identity. Please be reassured that for their safety and yours, volunteers and LCC staff will be following social distancing guidelines and observing good hygiene standards in accordance with the national guidance.

The sorts of things that our volunteers can help with are -

- Delivering food, essentials and medication to people in the community
- Checking how you are and having a chat on the phone
- Putting bins out for collection
- Walking dogs
- Posting mail

#### How can I get help?

Do not wait until your needs are urgent as it will help us plan the visit of our community care volunteer.

If you want to get help and support from our volunteers then please contact us by calling

**0113 378 1877**

You can also ask someone to call for you if that's easier. *If you have already called this number and arranged help, you do not need to call again.*

#### What happens next?

When you contact us, Leeds City Council will pass your information onto your local volunteer hub. They will contact you and arrange for a community care volunteer to help you.

#### What do I do if I want to register to become a Community Care Volunteer?

Register on the Voluntary Action Leeds website: [www.doinggoodleeds.org.uk](http://www.doinggoodleeds.org.uk)  
Phone: 0113 2977920  
Email: [info@val.org.uk](mailto:info@val.org.uk)



For all other Coronavirus help and advice please visit [www.leeds.gov.uk/coronavirus](http://www.leeds.gov.uk/coronavirus)



For COVID-19 council advice or requests for volunteer support:

**0113 3781877**  
**LEEDS.GOV.UK/CORONAVIRUS**

For your local Councillors, call 0113 3788567 or email [first.name.last.name@leeds.gov.uk](mailto:first.name.last.name@leeds.gov.uk)

**HAREWOOD WARD**

Samsel Firth  
Matthew Robinson  
Ryan Stephenson



**WETHERBY WARD**

Noema Harrington  
Alan Lamb  
Linda Richards



## Bugs in Lockdown

### Photo Competition

What Creepy Crawlies can you see in Your Garden?

Winners will be announced at the end of each month during lockdown.  
For Under 12s & Over.  
Upload to:  
[#bostonspabugwatch](https://www.instagram.com/bostonspabugwatch)  
or go to website:  
[www.bostongreengroup.co.uk/events/](http://www.bostongreengroup.co.uk/events/)



**URGENTLY NEEDED FOOD ITEMS**

TOILET ROLLS

PASTA

RICE

TINNED POTATOES

TINNED SPAGHETTI

HOT CHOCOLATE

COOKING OIL

VINEGAR

CONDENSED MILK

SUGAR - SMALL BAGS

ALL SANITARY PRODUCTS

NAPPIES - ALL SIZES

TOILETRIES, INCLUDING BUT NOT LIMITED TO: SHAMPOO, DEODORANT, SOAP, SHOWER GELS, HAND WASH, TOOTH PASTE, TOILET ROLLS AND TISSUES

CLEANING PRODUCTS, INCLUDING BUT NOT LIMITED TO: WASHING UP LIQUID, FLOOR CLEANER, BLEACH AND CLOTHS

LONG LIFE MILK

LONG LIFE FRUIT JUICE

INSTANT MASH

TINNED/PACKET CUSTARD

Due to St. Mary's Church, Boston Spa and All Saints' Church, Bramham being closed, you can drop your donations at the places listed below.

LOCATION OF FOOD DONATION POINT	OPENING HOURS	COMMENTS
Sainsburys Local, Crossley Street, Wetherby	0700 - 2300	at front of store
Morrisons, Horsefair, Wetherby	0700- 2200	trolley by checkouts
Wetherby Town Hall	0900-1630	box at front of town hall
Wetherby One Stop Shop	0900-1500	

**You if need a quick response contact:**

**Revd. Nick Morgan** on 07387728009

**Revd Trish Anslow** on 07903262880

**Emma** on 07740166706

**Emails are normally checked daily:**

bramhambenefice@outlook.com

**IF YOU KNOW OF ANYONE WHO WOULD  
LIKE THIS NEWSLETTER EMAILING TO  
THEM, ASK THEM TO EMAIL OR PHONE THE  
OFFICE LEAVING THEIR EMAIL ADDRESS  
AND I WILL ADD THEM TO THE  
DISTRIBUTION LIST.  
ALTERNATIVELY YOU CAN DIRECT THEM TO  
OUR WEBSITE.**