



The hand sanitizer had taken its toll!

Sunday Podcasts of each Morning Prayer are available after the service on YouTube. The address is at the bottom at the page.

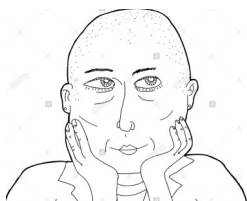
On prayer

“It is possible to offer fervent prayer even while walking in public or strolling alone, or seated in your shop, ... while buying or selling, ... or even while cooking.”

St. John Chrysostom 5th century bishop

“For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy”.

St. Therese of Lisieux - 19th century Catholic saint.



An artist's impression of what Joy will look like.

The shave will take place at 2.30pm on Wednesday October 14th at Lara Johnson Lifestyle hairdresser in Mumbles.

WELCOME to our new look newsletter. As we face a darkening Autumn, an even darker Winter and a continuing crisis we thought it was important to give our newsletter a re-vamp. In future editions we hope to include short interviews with people about their faith and background and to look at a few things to help us to keep in touch with one another.

One idea is a monthly zoom meeting. Personally I have always been ambiguous about the internet as there is as much bad as there is good on it. But at times like this it has become a life-line to many and I honestly don't know how many would have coped without it.

So we have arranged for three congregation zoom meetings, on a Thursday at 7.00 on 8th October, 12th November and 17th December. It's an opportunity for us to meet , see, hear each other and catch up on things.

But I must ask, please, that these meetings are not seen as an opportunity to complain or criticize. The idea is to encourage one another "and all the more as the Day draws near" (Hebrews 10:35). I will therefore closely monitor and oversee each meeting to ensure that things are kept on track.

We also ask your patience as we look to create a new Parish Facebook page and continue to roll out a new Parish website.

You can contribute too and if you would like to send in something like a thank you, news, a poem, a short piece of prose, or something (short) that has inspired you then may I encourage you to ring me on 01792 470532 or email me on: stjamesuplands1@googlemail.com.

If I think it is appropriate I'll be happy to include it.

I look forward to hearing you. Keep safe. God bless,

Mark

Braving the shave

Joy Coles is 'braving the shave' for MacMillans and having all her hair shaved off. Donations to charity have plummeted during the crisis and so charities like MacMillans need all the help they can get. Here's Joy's story about why she is helping out:

“I support Macmillan because several members of my extended family have suffered from cancer: my first husband died of lung cancer, my mother lived with breast cancer, my current husband's first two wives died from breast cancer, also several friends have died from or been treated for various forms of cancer. For several years I have raised money for Macmillan through coffee mornings, at work at first then, when I retired, through the local church. Unfortunately this year, because of coronavirus rules, I have not been able to host a coffee morning. I was determined to provide Macmillan with funds so I decided to follow my daughter in law and my granddaughter and brave the shave”.

You can support Joy by going to the link:

<https://bravetheshave.macmillan.org.uk/shavers/joy-coles>

You can contact Joy on (01792) 363731

St. James Sunday podcasts on YouTube are available here:

https://www.youtube.com/channel/UCoNVea6r8mEr_KnOkSv6qQA/

Thank you

Freda and Bill Tew have been having a tough time of it over the past few months with various health problems but they have asked that I include in this newsletter a very big "thank you to the church" for all the kindness, support and help they have received. Thank you everyone for phone calls, help with appointments, food deliveries, flowers, prayers and more. Particular thanks to Sian, Margaret and Leighton for all their continued help and support.

Trinity Sunday collect and readings:

Almighty God, you have made us for yourself,
and our hearts are restless till they find their rest in you:
pour your love into our hearts and draw us to yourself,
and so bring us at last to your heavenly city where we shall see you face to face;
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.

Sunday readings:

Isaiah 5.1-7; Psalm 80.9-17; Philippians 3.4b-14; Matthew 21.33-end

Asylum seekers/refugees

Although we've have been unable to hold Friday evening drop-in sessions with our asylum seeker and refugee (ASR) community, we're still working with SASS to support them. The good news is that no one has been evicted since March and there has been excellent cooperation amongst third sector (voluntary) organisations in Swansea so that almost everyone has been able to use the food banks and had enough food to eat. Those few who have been in danger of "falling through the cracks" have been identified and food delivered.

There's still much need and members of our church have continued to work with SASS to provide help and support to our neighbours who are asylum seekers or refugees. There is a telephone tree project providing regular phone calls from volunteers to individuals and families to see how they are and whether they are in need of other essential items.

Over the last few month several art projects have run allowing children and adults, using zoom, to draw, paint and create art. SASS and St. James volunteers packed and delivered art materials for these sessions to nearly 100 children and adults from about 55 households. Some of their very impressive work can be seen at www.cov19chronicles.com. Go to the drawings section of the gallery, look for a painting of the Trinity and another about the pain, agony and tragedy of a mother who had to leave her 6-yr old daughter behind when she flees her homeland because of religious persecution (she is Christian).

We continue to collect, sort, organise and deliver donations across Swansea with help from volunteer drivers from SCVS and the African Community Centre. Thank you to all from the congregation who have donated items over the past few months. They are very much appreciated.

Donations of the following, in good condition, would be appreciated: saucepans and frying pans, mortar & pestle (grinding spices), shopping trolley, men's underwear and socks, jeans, sweatshirts - small sizes only please, toiletries: hand wash, shower gel, toothpaste, hand cream. If you have an unused guitar, recorder or other small musical instrument in good working order, they will bring joy and pleasure to individuals or families. Please ring Sandra on 01792 473569 or Margaret Lamb 01794 423324 if you have any of the above.

Contact information:

For all contributions to the newsletter please email the Vicar, Mark at: stjamesuplands1@googlemail.com

Home phone number: (01792) 470532

The Parish Website can be found at: [www.http://www.stjamesw Swansea.org.uk/](http://www.stjamesw Swansea.org.uk/)

A few (corny) biblical jokes

Question: Where was Solomon's temple located?

Answer: On the side of his head.

Question: What kind of man was Boaz before he married Ruth?

Answer: He was Ruthless.

After having children, Adam and Eve started getting a lot of questions from their kids about why they no longer lived in Eden. Adam has a simple answer for this: "Your mother ate us out of house and home!"

Acts of the Apostles

Just a reminder that every Tuesday there is an hour's lesson on the Acts of the Apostles on zoom with the Vicar. If you are interested email him at the address below.

Important dates

4th October—10.30

Morning Prayer—St. James

6th October—7pm

The Book of Acts Zoom Bible Study.

8th October—7pm

Congregational Zoom Meeting.

A blessing

May the High King of heaven,
with Jesus His Son,
have mercy upon me.
May all that dismays me
and fills me with fear
be cleansed and forgiven,
and in the power of the Spirit
may I never be separated
from the love of God
in Christ Jesus our Lord. Amen.

Parish Mission Statement

You shall love the Lord your God
with all your heart, with all your
soul, and with all your mind...and
your neighbour as yourself.
Matthew 22:37-38