

The Parish of Louth

Served by the Louth Team Ministry
and the Parochial Church Council of Louth
Reg'd Charity No. 1132658



NEWSLETTER: May 2020

www.teamparishoflouth.org.uk

Caring for others - Prayer and Worship - Growing in our faith

I hope that this newsletter finds you comparatively fit and well! The last few weeks have seen so much change in our lives (both as individuals and communities) that it is sometimes a little hard to think back to what was so normal such a short time ago. In this newsletter, I hope that you will find enough information to keep you up-to-date with the main activities in the Parish of Louth at the moment. Whilst so much has changed, our calling as the body of Christ remains the same – to worship God and love our neighbour.

With so much changing so quickly, I am grateful to all those who have helped to reshape our life and work. In all the change, I hope that we are all continuing to find appropriate ways to live out our calling as a Christian community at this time. However, if there are any ways that we might improve what we are doing, or serve people better please do let us know!

The Rev'd Nick Brown, Rector of Louth

May: A MONTH OF PRAYER

As we journey through Eastertide, May provides an excellent opportunity to reflect on how we pray – and maybe try out some new approaches... To encourage people, we hope to offer the following resources:

An introduction to a different way of praying

in each week's Parish Notes

and

A web-based session to share fellowship with others, and explore each way of praying in more detail

The web sessions will take place on Tuesdays, and we hope to try out the following pattern:

- from 11 30am people join a Zoom meeting, and have a chance to chat with others (including members of the Ministry Team) PLEASE SEE THE WEEKLY DIARY FOR THE WEBLINK TO THIS MEETING;
- from 11 45am one of the Ministry Team will take people through the particular pattern or style of prayer for that week; and
- by 12 30 we will aim to wrap up with a short time or prayer, including the Lord's Prayer, the Collect for the week, and the Grace.

This should leave us free in plenty of time for lunch!

Tuesday 5th May: Ignatian spirituality

Tuesday 12th May: Psalms and the Daily Office

Tuesday 19th May: Lectio Divina

Tuesday 26th May: The Jesus Prayer

If these are not familiar to you already, then you may be just the person we hope will join us!

In more depth...

...at the Community Larder

The Community Larder was set up nearly 15 years ago at Trinity Centre. It has the support of most of the churches in the town, and is run by the Parish of Louth under the banner of Churches Together in Louth and District. The aim is to provide emergency food supplies to people in need, and help them access support to help them out of that situation. The Larder is managed by the staff of Trinity Centre, with the invaluable assistance of volunteers to both collect, sort and distribute the food parcels.

Although we would normally hope that people will have found the help they need, and not need to visit the Food Larder more than three times, we will do our best to make sure that no-one in genuine need goes away hungry. To try to ensure that we are serving people in genuine need, we normally ask for people to be referred by one of our partners so that we know that they are receiving the help they need to transform their situation. However, at the present time, we are using our discretion to make sure that people who need it receive our help.

How do people access the Community Larder? Those in need can come to collect a food parcel between 9am and 10am, daily from Monday to Friday. We normally expect people to be referred by one of our partners (statutory services, church ministers or town councillors), but people in genuine need will receive help without a referral.

What is in a food parcel? A food parcel contains enough non-perishable food to provide three meals for three days. The hope is that this provides time to access longer term support.

What can be made from a food parcel? A typical food parcel contains pasta and rice as a base for an evening meal and with a 500g bag containing an average of 6 servings, there is often the opportunity to freeze leftovers. Tinned vegetables can be added to jars of sauce to create bakes or be served with canned meats as an important source of protein. Jack Monroe's 'Tin Can Cook' contains many recipes using just a few store cupboard tins.

How many meals are provided from the Community Larder each day? In a normal day we may provide food for approximately 30 meals a day. At the moment, we are often providing food for approaching 100 meals each day.

Are there limits on how many food parcels a household can have? Normally, we provide up to 3 standard parcels to a household in any one year. (This is on the basis that parcels are intended to bridge the time until better support can be put in place) We will try to make sure that no one in genuine need goes away without food (even if they have received 3 parcels already) and are using our discretion as people struggle to deal with the impact of COVID-19. As far as we are aware no-one in need has gone away from the Community Larder without food.

Food Parcel Myth Busting... A tin can-do attitude!

Below, you'll find a photograph of a typical food parcel for one person. It contains at least enough food for breakfast, lunch and dinner for 3 days. The Community Larder also produces food parcels to feed two people as well as a parcel for families, which would contain even more. Unfortunately, tinned food has a rather undeserved reputation, especially as it comes at a fraction of the cost of fresh, lasts much longer and can be combined and enhanced to make some great tasting meals, so we've created a few food parcel myth busters below.

Myth 1. 'There isn't enough.'

A food parcel often includes rice and pasta as a basis for main meals. A 500g bag of either contains an average of 6 servings. Parcels also include a mixture of meat and vegetables to support a balanced diet. Depending upon the donations received, there's often more in a parcel than the government recommends.

Myth 2. 'Tinned food isn't good for you.'

Not at all. In fact, canning and freezing processes may preserve nutrient value.

Myth 3. 'It's all cheap and unbranded goods.'

Yes and no. As you can see in the photograph, there's a mixture of branded and store 'own brands' from a range of supermarkets. Items depend upon the donations received. However, don't dismiss own brands, many scientific studies show they are not significantly different in nutritional quality!

Myth 4. 'You can't make anything from it.'

Cookbooks, such as Jack Munroe's 'Tin Can Cook', show how combining a few tins (sometimes with a little added flour and butter) can make peach crumble, hot-dog toad in the hole, stews, bolognese or curry. Soup doesn't have to be a lunch; did you know you can thin tins of soup by adding water to create sauces for pasta? Also, it's possible to rinse sauce off meat or beans to cook these ingredients in other meals.



Day	Breakfast	Lunch	Dinner
1.	Sardines on toast	Soup	Tomato pasta bake with tuna and sweetcorn
2.	Cereal	Mugshot pasta	Beef mince and bean chilli with rice
3.	Jam on toast	Tuna sandwich	Meat pie, potatoes and mushy peas.
Drinks and Puddings: Tea and coffee (with UHT milk and sugar). Fruit and custard Biscuits and chocolate			

Some of those who we have helped through the work of the Community Larder:

Single mother: With having a new baby and 2 older children during this time money became scarce. We started worrying about how we were going to feed everyone and get gas and electric. We didn't want to ask for help but for the children we had no choice so I swallowed my pride and contacted the job centre who referred us to the Community larder in Louth. They were non-judgemental which helped us relax. If we fall under hard times again (hopefully not) we will not be as nervous to ask.

D living with a partner: It was very good. I got what I needed and very nice people...

L single mother: The food bank has helped me out so much I'm on benefits universal credit and I get paid monthly at end of the month and I have a 20-month old little girl and they have helped me feed her and with nappies wipes they last for at least two weeks for us.

NO FOOD, NO MONEY?



The Community Larder Food Bank can supply a food and hygiene parcel containing enough food for up to 3 days.

Referrals (to confirm genuine need) are made via statutory services, including local Town Councillors and local Church Ministers.

Donated items can be taken to the Trinity Centre, Eastgate, Louth LN11 8DJ from Monday – Friday 9am - 10am.

www.teamparishoflouth.org.uk

Tel: 01507 605803



Louth Churches Together Community Larder Food Bank

Tel: 01507 605803 trinity@teamparishoflouth.org.uk

Covid 19 Community Response from St Andrew's Stewton

In a recent Weekly Notes, Nick highlighted that many of us have been at the heart of our community's responses to the current Lockdown. In a village setting there is already the opportunity to know those people who are around us daily. It is not some nebulous nod to familiarity but a deep-rooted compassion for people, at the same time, respecting personal wishes and circumstances.



The church family at Stewton is extensive although many would not call themselves churchgoers but they support us with our activities and feel they are part of this extended family. It is not unusual to receive a call from somebody in need and our response to it is important. As well as being reactive, we try very hard to be pro-active and that is why the St Andrews Stewton Church Community email was a significant development set up at the beginning of Lockdown. It is something which anybody can access by typing it into your usual email account: it has a religious "Sunday" post from Alan and/or Robert with lots of ordinary interactions in between. Interesting facts and sightings, memories or poetry shared by those wishing to relate to others. Some only view the site, others contribute. If this is a way of keeping people connected, it is by no means the only one. The Book Club, a thriving group of people with a diverse interest in reading, has been brought together in a different format to keep in touch with other people too as well as regulars.

Phone calls are particularly important for the people who do not have access to modern technology. Many people feel isolated and lonely and are often pleased to share their concerns over the landline. Not surprising then, that we receive calls asking if we can contact *****. Of course, this new contact has to be done with sensitivity as not everyone wants to answer the telephone. There is also the problem of those with hearing loss so they are even more outcast, but lateral thinking produces a card, kind words, uplifting quotes or similar contacts coming through the post. Within all of this, we are very aware of safeguarding and the need to respect the individual's wishes, but perhaps it all comes back to Jesus' call to us all to Love Our Neighbour and ask Who Is My Neighbour? Not only ask, but actively reach out to them. We have a positive dynamic attitude encompassing the "old fashioned" values of love, care and supporting each other in all we do.

However, all this activity is not something new which has just been developed as a result of the pandemic, but is a reflection of our core values which is part of the St Andrew's philosophy of care and concern for our neighbours and the world around us. Perhaps what this situation has required us to do is to formalise our practice so that it is more easily understood and accessible by those on the periphery who are equally valued.

Dorothy Mansfield, Churchwarden at Stewton

Caring for others: Community Larder

The Community Larder continues to be available to serve those in need. Our aim is to ensure that no-one in genuine need goes without food. In order to allow our volunteers to distribute food to those who are self-isolating, the Larder is open for a restricted period each day – between 9am and 10am Monday to Friday. We have also relaxed our normal need for referrals from partners and are using our discretion so that no-one in genuine need goes away hungry. This is to help us fulfil our calling to live out Christ's injunction to his disciples – 'I was hungry and you fed me'. As far as we know, no-one in genuine need has gone away from the Larder without some help.

We continue to be grateful for the huge generosity of so many, without whom our work would be impossible – private individuals, families, businesses, councillors and grant-making bodies have all played a part in sustaining our work at a time when demand has increased by more than twofold, and is still rising. Thank you to everyone who has helped make this possible.

Caring for others: Pastoral Care Network

At the beginning of the restrictions on daily life that came with Coronavirus, we reframed the work of our Pastoral Visiting Team and expanded the scope of its work to try to provide regular contact with those known to us as part of our worshipping congregations, and to meet the needs of those in the wider community needing to self-isolate or becoming isolated in other ways. Rebadged as the Pastoral Care Network, the existing Pastoral Visitor ALMs have been joined by other members of the church to carry out this vital role of keeping in touch. Whilst many people have other networks of support (including within individual congregations) the aim of the Pastoral Care Network is to provide a central and accessible 'safety-net' should anyone be in pastoral need – and it has been especially useful in providing a point of contact for those who do not regularly worship in one of our churches.

Prayer and Worship

Prayer is the heartbeat of Christian life, and we offer of ourselves in worship as a response to receiving the grace of God. As well as the prayers and praises we may offer as individuals, the Church maintains a regular round of daily prayer and worship for and on behalf of the whole community. At a time such as this – when we cannot gather as we normally do, pray as we normally might and worship as we normally can – the regular prayer of the Church continues, and can be joined by individuals praying together (either using the same words, or joining at the same times).

All these services can be joined in at home – orders of service and details of the psalms and readings are contained in the Parish Notes so that anyone can join together in prayer through the Spirit. For those able to, services can also be accessed in the following ways:

- all services are being streamed to www.facebook.com/louthchurch
- the Sunday eucharist is also available as a video on www.teamparishoflouth.org.uk
- there are two video homilies a week, available on www.herefrith.org and the parish website.

Caring for others - Prayer and Worship - Growing in our faith

From the beginning of May, people can also dial in to listen to the Sunday eucharist via PowWowNow (contact the Pastoral Care Network for details of how to access this!).

The following pattern is a framework for our life at present:

Monday to Friday:	Matins (Morning Prayer) at 9 15am
	Holy Communion (BCP) at 11am on Tuesdays
	Compline at 7 30pm
Saturdays:	Midday Prayer at 12 30pm
Sundays:	Eucharist at 10am
	Evensong at 6pm

In addition, Evening Prayer is being said each day, either in one of the village churches in the Deanery or by means of the weekly BBC broadcast of Choral Evensong.

Growing in our faith

In the first weeks of the new ways we are working, as our energies were focused on changing things to meet the new situation, the resources for people to grow in faith were focused on the printed material provided each week in the Parish Notes. Alongside this printed material, we have been posting two video homilies on the Parish of Louth website and Facebook page, and Arabella has been providing We have tried to provide enriching material each week – not only in lieu of our gathered services, but in the form of poetry and artwork for people to reflect on, and online resources for people to explore. We are now adding to this with a weekly opportunity for people to meet online to discuss different ways of praying, and will look at other ways to help people explore faith – if you have any ideas, please let us know!

PASTORAL CARE NETWORK



- providing regular contact by phone
- delivering food and medication

Contact louthparishpastoral@gmail.com, or leave a message on 01507 605803 if you know someone in need

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Supporting our work: Please help if you can!

Far from relaxing during the lockdown, the work of the church locally has been continuing at full pace (albeit very differently to normal!). This can only take place thanks to the support that so many people give. However, with a significant amount of our regular income (from visitors, hiring of community space etc.) now stopped, we need to ask those who are able to support our work in praying for and service the community of Louth and its surrounding villages.

- One-off donations can be made by BACS transfer to:

Bank: HSBC Bank plc

Account name: DCC of St James

Sort code: 40-30-26

Account name: 60650005

- Regular payments to help support and develop our work can be made through the **Parish Giving Scheme**.

Please let us know if your donations are eligible for Gift Aid. We can benefit further at no cost to you!

Please contact the Deanery Office or Rector (details below), and they will be happy to send you a joining pack for PGS and answer any questions.

Thank you for your support, without which our work could not continue!

DIRECTORY OF CONTACT DETAILS

Ministry Team (based at St James and serving the wider Parish and Deanery)

Rural Dean and Team Rector: Nick Brown

nick.brown@teamparishoflouth.org.uk

01507 603213/07901 852198

Assistant Curate and Priest Lecturer of St James: Arabella Milbank Robinson

arabella.robinson@teamparishoflouth.org.uk

Associate Priest and Priest Warden of the Confraternity of St Herefrith: Chris Wedge

Rector of Legbourne Woldmarsh: James Robinson

james.robinson@lincoln.anglican.org

Community Outreach Manager: Greg Gilbert

greg.gilbert@teamparishoflouth.org.uk

01507 605803

Deanery Office (currently working remotely, but still the main point of contact for Baptism, Wedding and Funeral enquiries)

louthesk@lincoln.anglican.org

01507 610247 (Please leave a message!)

Deanery Administrator: Julie Speakman

julie.speakman@lincoln.anglican.org

St James' Administrator: Tiffany Noden

tiffany.noden@lincoln.anglican.org