

WHAT'S ON IN MARCH

- Wednesday 3rd Lent Discussion Group: *Rooted in Love – reflections on life with Christ*. Via Zoom Morning Group: 10.30-11.45am, Evening Group: 8.00-9.15pm. These groups, both on Wednesdays, run for the next 4 weeks. To sign-up, please e-mail Caroline Halmshaw curate@stmarywithstalban.org. Chair-based Standing Exercise Class. Via Zoom. 12.30pm (see article for details) Please note, there will be no First Wednesday Open Discussion Group this month
- Thursday 4th Parish Pub Group. Via Zoom. 10.30am. We continue to meet every two weeks (every other Thursday). Subject to current Covid restrictions, this is on Zoom this month. Everyone welcome. For further information please contact us: fellowship@stmarywithstalban.org
- Sunday 7th **3rd Sunday of Lent**
Welcare Lent Lunch. Via Zoom. 12 noon. With food delivered to homes ahead of a social chat, and a talk by Anna Khan, Welcare CEO (see article for details)
- Tuesday 9th Plain & Pearl. Via Zoom. 7.30pm. A social knitting and crafting group. For details on how to attend please contact Josie on: mailplainandpearl@gmail.com
- Wednesday 10th Chair-based Standing Exercise Class. Via Zoom. 12.30pm (see 3rd)
- Sunday 14th **Mothering Sunday**
- Wednesday 17th Chair-based Standing Exercise Class. Via Zoom. 12.30pm (see 3rd)
- Thursday 18th Parish Pub Group. Via Zoom. 10.30am (see 4th)
- Sunday 21st **5th Sunday of Lent**
- Tuesday 23rd Plain & Pearl. Via Zoom. 7.30pm (see 9th)
- Sunday 28th **Palm Sunday**

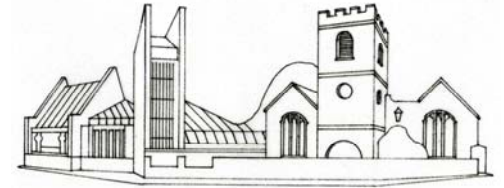
Also, throughout March, the Church of England have a *#LiveLent for Families* campaign, with a short bible reading, reflection and prayer each day. It also has a daily Family Activity, written by our own Mary Hawes. Download the *#LiveLent* app and use the ideas with your family as we journey through Lent.

Further details can be found on our website: www.teddingtonparish.org

Parish Contacts

SMwSA Office Administration & Hall Bookings:	Suzanne Parker St Mary's Parish Hall, Langham Road, Teddington TW11 9HF	parishhall@stmarywithstalban.org 020 8943 2262
SPSP Office Administration & Hall Bookings:	Emma Castellani Bychurch End, Teddington TW11 8PS	admin@stpeterstpaulteddington.co.uk 020 8977 3330
Vicar:	Rev Joe Moffatt	vicar@stmarywithstalban.org 020 8977 2767
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Newsletter Editors:	Julien Cozens, Penny Jones and Sue Stevens	newsletter@stmarywithstalban.org 020 8943 2262
Social Media:	 Teddington Parish or @smwsachurch	 @TW11Parish

www.teddingtonparish.org



Clergy Comment

At Activate we believe in all people's holistic wellness. Wellbeing has rightly become a buzz word in recent times and especially in these Covid times. The more I have worked within this ministry, the more I have come to understand that there is another way to look at wellbeing.

We at Activate are all for a walk in the park, or a good massage, or a lovely healthy meal or a good fitness session, all of which are great for wellbeing but have limited effect unless the 'being' it affects is in itself well. We believe that you are created and made in the image of God and that he is the main source of wellbeing.

You're the integral factor in your wellbeing. No matter whether you're in a good place or in a challenging one, feel restored or are broken, unless you're able to take stock of your inherent 'beingness', then no matter what wellness you engage in it will be short lived. We are therefore excited to be offering The Wellbeing Journey course and would love for you to be a part of it. We want you to get a fuller understanding of your being, through six different perspectives that offer context and understanding, so that combined with the love of God, we can truly grasp what wellbeing is.

It is an eight week course starting on the 4th of March at 8pm. Even if you're not a regular church goer you're most welcome as it will give you a great place to start understanding who you holistically are. To sign up to the course contact: Activate Church Office office@activatechurch.org.uk

Remember you are fearfully and wonderfully made, and that true wellness is found in the wholeness of Christ's love, grace and restoration.

Rev Chris Kennedy, Pioneer Sports Minister



See "Online Exercises Classes" on page 2

March 2021 REGULAR SERVICES

ONLINE CHURCH

SUNDAYS

9.00am Family Worship on Zoom
10.00am Main Sunday Service Online
11.30am Zoom Coffee

WEDNESDAYS

10.30am Clergy Podcast

THURSDAYS

e-Bulletin: current news via email

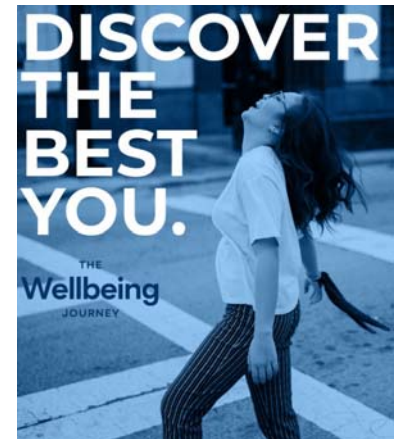
DAILY

Morning Prayer via Zoom
(Mon-Fri, 8.30am, Sat 9.00am)
Evening Prayer via Zoom
(Mon-Thurs, 6.00pm, Fri-Sat 5.00pm)

Details, joining instructions and links for all Online Church activities are on our website:

www.teddingtonparish.org

Our church buildings remain closed during this lockdown.



www.teddingtonparish.org

Monthly Challenges

One of our objectives at Activate, is to encourage everyone to be able to take part in physical activity, no matter their ability to increase their holistic wellness. Through Instagram, we have run a series of challenges and plan to continue doing so throughout the year.

So far, we had our *Advent Challenge*, where Chris visited some of our partner churches during the last nine days of Advent and asked each vicar to read a passage from the bible followed by nine repetitions of a particular exercise.



During February, and throughout March, we are running our 5km Padre Challenge, a nationwide contest, to challenge your vicar to run 5km and see who is fastest. We are setting something up, so everyone

can upload their time and see who is quickest. not only within your local churches, but also across the country.

We would love as many of you as possible to join in and challenge your friends, family and most importantly your priests. For more details see our website: www.activatechurch.org.uk and Instagram feed: [activatechurch2020](https://www.instagram.com/activatechurch2020).

Online Exercise Classes

Before this Lockdown, Activate had started to work with social prescribing teams in Teddington, to provide gentle exercise sessions for their clients. To continue this service, as well as ensuring that all members of the community could access them, we moved online – a mix of live Zoom classes, along with sessions on our YouTube channel that people can do in their own time.

Currently, Chris Kennedy is running a live Zoom gentle exercise class every Wednesday lunchtime at 12.30 pm. This whole body work out takes about 25 minutes and is graded so that all abilities can engage no matter their fitness.

To get involved join us on Zoom: <https://zoom.us/j/98203293523> (this link will be the same each week and no passcode is needed).

The library of videos we are building up on our YouTube channel, is for those who cannot make the live classes and they also give you a great idea of what to expect. Our YouTube channel is called Activate Communitas: <https://www.youtube.com/channel/UC1-XIQd-PU8LzGFUv6e-4tA>.

There is more information about Activate on our website www.activatechurch.org.uk and please do follow us on social media:

Instagram – [activatechurch2020](https://www.instagram.com/activatechurch2020)

Twitter – [@activate_church](https://twitter.com/activate_church)

Facebook – Activate Church

YouTube – Activate Communitas

*Sarah Hallett,
Activate Operations Manager
office@activatechurch.org.uk*

STOP PRESS

Last month we mentioned the plight of Park Lane Stables. Now their £1M fund-raising target has been met. Thank you to all benefactors.

Parish Registers

FUNERALS – We remember with thanksgiving the lives of:

9th February: Mehrdad Radseresht (75)

12th February: Ann Dawson (90)

16th February: Malcolm Slater (82)

18th February: Val Davies (82)

25th February: Jean Rowling (90)

Christmas Day Lunch provided by Churches Together in Teddington 2020

Due to the restrictions brought about by the prevalence of Covid 19 this annual lunch for the lonely, elderly and vulnerable could not be held at Elleray Hall in the normal way. It was the turn of the congregation of St John's Hampton Wick to organise the lunch and it was decided to provide a lunch in people's homes rather than bringing them together in Elleray Hall.



All the preparations took place in their catering size kitchen under the supervision of Luis the chef. A full Christmas Dinner with all the trimmings was provided, including a generous dessert, supplied in a microwaveable tray to 182 people. Vegetarian and gluten free meals were provided as requested, and 100 volunteers helped overall in the preparations and in the distribution on Christmas Day.



Beautifully wrapped presents were also given out, all donated and delivered to the church by both church goers and members of the wider community, dropped-off well ahead of Christmas so that quarantine rules were abided by.

All this was enabled by a grant of £900 from the Hampton Fund, plus donations of food and gifts by individuals and organisations, including the charity Surplus to Supper.

There were so many telephone calls and e-mails of appreciation that the church has decided to continue to supply a Sunday lunch once a month to those who would like it, using a private donation.

*Elizabeth Hicks, Hon Secretary,
Churches Together in Teddington
Email: ejhicks@btinternet.com*

Welcare

Welcare is a charity, based on Christian values, working in South London and East Surrey with families who have children up to the



*Margaret Squire and Anna Khan
(Welcare CEO)*

age of 13. The focus of its

work is to provide practical and emotional support and advice through one-to-one family support and group work programmes for children and parents. Locally in the borough of Richmond, Welcare works with families exposed to domestic abuse and violence and also with parents who have children with a range of special needs. Our parish has supported Welcare for many years by holding two annual fund-raising events: Carol singing at the Anglers and a Lent Lunch. Now this year's Lent Lunch will be held online, via Zoom, on Sunday 7th March at 12 noon. A simple lunch will be brought to people's doors on Saturday 6th March, donations requested, leaving us to gather on Sunday over lunch for a chat and a talk by Anna Khan. To join us, please contact Margaret Squire for more details: fellowship@stmarywithstalban.org

Margaret Squire, Parish Welcare Rep

welcare
strengthening families since 1894