



The United Benefice of Cudham and Downe

www.pcd.org.uk

Sunday 29th March Fifth Sunday of Lent

British Summer Time – the clocks go forward an hour today

10.30am Morning Worship- from the Vicarage
You are invited to join our livestreamed service via our facebook page (click like on the page and then you'll be notified when it's on at 10.30am.)

www.facebook.com/PCDChurches

Rev John Musson and Helen Musson

Fifth Sunday of Lent

Gracious Father,
you gave up your Son out of love for the world:
lead us to ponder the mysteries of his passion,
that we may know eternal peace
through the shedding of our Saviour's blood,
Jesus Christ our Lord.

Reading for the day

John 11: 1 – 45 Lazarus

Next Sunday (5th April) is Palm Sunday. As we are unable to distribute Palm Crosses, either find one from a previous year, or during next week's 10.30am all-age live streamed service have two thin pieces of card ready as we will be making our own Blue-Peter style!

As our churches are now closed temporarily due to the coronavirus emergency, our **service resources** for our live stream weekly Sunday Services can be downloaded from our churches website, <https://www.pcd.org.uk/services/> Daily prayer resources can also be accessed via our website.

John's recent email also invites you to set aside regular times for prayer and reading the bible. If you didn't get a copy, please let Barbara know via office@pcd.org.uk

The Coronavirus is causing something of an emergency situation at our **Bromley Foodbank**. Supplies are down, needs are up and there's a lack of volunteers, though generously and exceptionally shops are supplying them with perishable goods. Below is an emergency list of items that are needed.

Fruit Juice, Milk, Jam, Rice, Desserts, Cold meat, Potatoes, Toilet rolls, Washing detergent, Baby wipes, Shaving Foam, Cleaning products, Male and Female deodorant, Razors, Washing up liquid.

*Donations can be dropped off at the Orpington Centre, i.e. at the Oak Community Church, 345, Chipperfield Road, St. Paul's Cray, BR5 2LJ. This can only be **between 10 am and 2 pm on Mondays and Wednesdays**. If you can spare a few hours as a volunteer please be in touch via info@bromleyborough.foodbank.org.uk or via email to admin@bromleyborough.foodbank.org.uk*

Beryl Packman is walking 10,000 steps a day (her daily exercise along with Perdi the dog!) throughout March for Cancer Research UK in memory of her mum, Patricia, and her dad, Alan. This is the 3rd year that Beryl has taken part so please support her in this fundraising activity to help fund life-saving research. Donations can be made via her fundraising page at

<https://fundraise.cancerresearchuk.org/page/beryls-walk-all-over-cancer-fundraising-page-1>

Our annual church meetings at Cudham and Downe have been postponed until later on in the year and more details will follow.

Please pray for the families and friends of –

Don Reed who died recently. Don was Churchwarden at Cudham from 1984-1993 and 1996–2005 and was faithful in his service to God and Cudham Church. There is a private service on April 8th. Rosemary Sharp, a dear friend of Sue Everest who died recently. Vicente Rueda-Molina who died this week. Vicente was Sophie Sear's father and as you may remember Sophie was Head of Cudham Primary School a few years ago.

If you have anything you would like included in our weekly notice sheet please email any contributions by Wednesday evening to office@pcd.org.uk tel 01959 571515.

Meditation

Carol and Hilary would like to invite you to meditate in your own homes at 10am every first and third Thursday of the month, to keep our practice in the Meditation group going. Carol suggests that next Thursday, 2nd April, we could all read the story of Martha and Mary Luke 10:38-42. Hilary will sound the gong at home at 10am and again at 10.30am to start and finish the meditation. They hope this will help us all. If you would like to find out more about Christian meditation please email Hilary via office@pcd.org.uk and we will pass your enquiry on to her.


Prayer

Although we are not meeting in our churches we can pray for one another and intend to cover everyone in our congregations over the coming weeks, as well as praying for our parishioners in both our parishes. This week can we pray for John and Helen, our churchwardens, Chris and Sue (Downe) and Sue and Helen (Cudham). Please also pray for the following streets – High Street, Downe, and Church Approach, Cudham.

If you would like ideas on how to pray The Church of England website offer morning prayers on their website - <https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer> or if you prefer to listen to a reflection log onto www.pray-as-you-go.org

Remember we have a **prayer chain** – please contact Pat Morbin if you have any prayer needs or requests and if you would like to be part of the prayer chain. Email office@pcd.org.uk or tel 07504827929 or 01959540012 and these will be passed on to Pat, all in confidence.

It's easy to forget at such times that we have a God who is fully in control and perfectly loving, who hears our prayers and responds to them. We should then comfort ourselves with this knowledge and pray that God would keep us safe, that he would help those at the front line of treating the virus, and for it to be gone! If you have any concerns, please speak to John or one of the churchwardens.



Philippians 4:6

New International Version (NIV)

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

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