

Notes:

- Here is the schedule of programmes you can catch on the BBC this week:  
Sunday Morning Live BBC 1 10.45am  
Choral Evensong, Sheffield Cathedral - Sunday 3.00pm BBC Radio 3  
Choral Evensong, King's College - Wednesday 3.30pm BBC Radio 3  
Sunday Worship- Troubled Times - Sunday 8.10am BBC Radio 4  
Songs of Praise 'Florence Nightingale' – BBC 1 Sunday 1.15pm  
Prayer for the Day – BBC Radio 4 daily at 5.43am  
Daily Service – BBC Radio 4 LW daily 9.45am
- St Mary's Priory is open to allow private prayer at the following times: 10am-2pm on Monday, Wednesday and Friday.  
A one-way system is in operation and we are allowed to host up to six people at a time.

Please be aware that access to the church is restricted to the prayer area that has been created in the north aisle, and the rest of the church is taped off and out of bounds.

We are currently unable to offer visitors access to view the antiquities and historic tombs. Likewise we are regrettably unable to accommodate church members who normally access cupboards, vestries and other areas. We are not permitted to open our toilets.

At the current time access is being allowed for those who wish to pray and spend time in quiet before God.  
We are immensely grateful for your help in respecting these guidelines which are allowing us to open. We are also tremendously grateful to all who are enabling this to happen by stewarding and cleaning.

- The Memorial Garden at St Mary's will be open at the same times as the church to allow people to tend and visit graves.
- The Four Churches Magazine for July is out this weekend. Many thanks to Caroline for her work on that.
- Just a reminder that whilst we may see churches in England on the news returning to public worship in various shapes and forms in the coming weeks, this sadly doesn't yet extend to us here in Wales. Please keep praying for our government, the Church in Wales, and for a way forward.
- We are continuing to Livestream services on the 'Abergavenny Anglican Churches Together' Facebook page. You do not need to have a Facebook account in order to tune in. Simply go to this address and the live-stream should appear at the top of the page when we turn it on 5 minutes before the service:  
<https://www.facebook.com/AberACT> Previous services are available under the 'videos' tab.

Sunday Parish Mass is at 10.30am

Midweek Mass Wednesday at 5pm

- The Holywell Community year will come to an end as usual on the Feast of St Benedict, 11<sup>th</sup> July. We are very grateful to Nicolas and Nathaniel for their great help and encouragement through this period of lockdown, especially through their work as Street monitors, their reflections and broadcasts, and their round of weekend deliveries enabling us to keep in touch with those who are not online. If you may be able to help with deliveries to parishioners from Parc Pen y Fal to Ysbyty Fields please contact Fr Tom or the wardens.
- Many thanks to those of you who are continuing to send donations, and to those of you who have chosen to take this opportunity to donate by standing order. We continue to be

tremendously grateful for the many and varied ways you support the church. The safest way to send contributions is to send them directly to the respective church treasurer, or to your respective church wardens.

If you wish you can set up a direct debit at the following link:

<https://www.churchinwales.org.uk/en/clergy-and-members/gift-direct/start-giving-your-parish/>

- If you know that someone is unwell or that they are in need of a pastoral care, please, please, please, tell the clergy. That said, anyone requiring the services of a priest is welcome contact Fr Tom on 01873 855889 or at [subprior@stmarys-priory.org](mailto:subprior@stmarys-priory.org), or Fr Jeff Pearse on 07985241700 or [jeff.pearse@hotmail.co.uk](mailto:jeff.pearse@hotmail.co.uk)

- Fr Tom will be taking some of the leave he needs to use from 13<sup>th</sup>-24<sup>th</sup> July. Fr Jeff and Tim Pratt have very kindly agreed to take on the usual live stream of church services at this time.

- **Parfitt's Ponderings – A Letter from Gaynor, our Lay Reader**

Dear Friends

J.B. Priestly has written a book entitled *Over the Long High Wall*, it's his reflections on life, death and time. He speculates that mostly life is drudgery, dull and it is a fight through life with little pleasure and joy, we are heading to the disaster of our death. He writes very eloquently, but it is, nevertheless, all doom and gloom. He admits that at one juncture in his life he was a time murderer. Although he may have had something interesting happening on the Saturday, he would wile away the week until that day.

So he wasted time, but it's everyone decision whether to waste time or not. We as Christians have the freedom to make choices with our lives. Although we have the precious gifts that God has given us, we also (within his commandments) can do what we please, as long as it's lawful! Life is to be enjoyed. Life is so precious so enjoy it. Why I am saying this now. Well as we are still in lockdown it could be said that we have time to waste, but do we? We don't know when our 'end date' is, so friends don't count the days, make the days count.

We as Christians are set apart from the world and although we can enjoy things in the world, we are not 'of' the world. We may be surrounded by distractions, should we banish ourselves from society, become hermits? Become excluded from worldly affairs? No, what we must do is set our hearts apart. It is by the heart we are Christians. By believing from the heart you are made righteous. (Romans 10:10). It is the heart that must be set apart. Yet this is the main problem. The world flatters the heart and beckons it. Someone offers love ; another demands it. How possibly can the heart defend itself? The task can be arduous. To be in the world, yet to keep your heart set apart from distraction.

The trick is to find some solitude for yourself, where you can concentrate wholly on God. Meditate on the goodness and grace. Set your mind on Jesus, pour out your soul to him. Request his love and grace to allow the attractions of heaven to draw you from the world into Godliness. So that we can find peace, rest and reassurance. Grace and love are perfect virtues to live in.

Fr Tom made us aware in his sermon last Sunday of being in Team Jesus. Being in that team comes with a sense of responsibility, but it's much easier when we look long term, rather than short term. It's much easier in the long term to face everything and rejoice and to live in Gods glory. However to stay in this glory is not without its drawbacks because as we grow closer to God we may find that life can become difficult. It is only with Jesus help we can not only endure it but enjoy it. Putting things in proportion can certainly help and sometimes we need other people's support. Fear is a universal experience. Sometimes fear of other people, or their disapproval, leads us to act against our religious beliefs. Jesus cautions us to put our fear in the perspective he offers. The loss of eternal life is far worse than losing the respect of other human beings, whose perspective may be limited.

The repercussions from the tragic business of George Floyd being killed has now escalated into the black lives matter campaign. Yes they definately do matter and all lives count, no matter what race or culture, everyone is precious. We all need to respect each other. Jesus message was a simple one, he loves everyone, but he never turned to violence in any form. The nearest he came to it was when he overturned the money changers tables in the temple. He never hurt anyone physically. I'm afraid that wars can be started over small (nonetheless important) incidents. Let us continue to pray for peace for the world.

Two weeks ago we heard from Mark Drakeford, the Welsh First Minister who made a statement regarding the 'unlocking'. He said that we can reopen churches in Wales for private prayer. At the moment the PCC are investigating how to do this safely. We need volunteers for cleaning and manning the church ! It could be a while until we resume worshipping together. If you can help with this please contact myself or Nigel and tell us when you are available. Meanwhile keep safe and well. Keep praying and praising God.  
Stay safe and look after yours