

St John's News from the Pews – 2 June 2021

Dear friends,

*And after you have suffered a little while, the God of all grace,
who has called you to his eternal glory in Christ,
will himself restore, confirm, strengthen, and establish you.*

Peter 5:10

Dear friends,

A time of recovery and recuperation

As more people receive their vaccinations and as we, hopefully, continue to open up from lockdown, it is clear that we are now into the 'recovery' phase from the COVID pandemic. However, we cannot underestimate the mental and emotional ordeal we have been through - the recovery might take longer than we expect.

Recovery is important after an illness, a traumatic event or an unexpected challenge in life. It takes time and involves a process of engaging with our emotions, integrating our losses, and embracing our new reality.



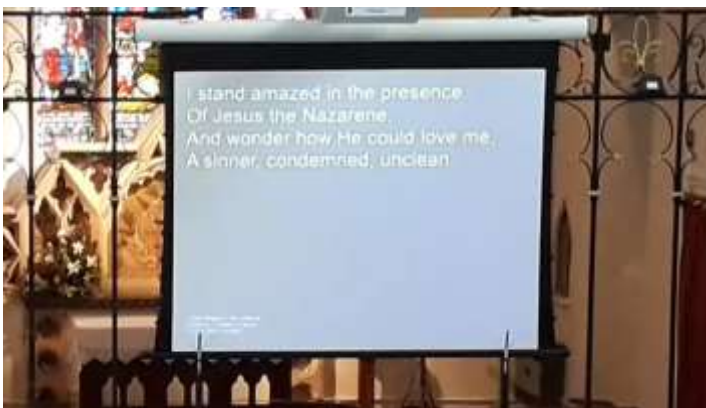
Firstly, recovery means being gentle with ourselves. We must be careful not try to run before we can properly walk again. For this reason, we are deliberately taking the recovery phase slowly and gently at St John's. For the next three months, we are limiting our activities to one main service in church a week at 10:30am and one short spoken service of the Lord's Supper once a month at 9:00am. We will not be rushing back into coffee and social activities for the moment – this is the recovery phase; gently getting used to going out again and seeing each other.

It is, however, important that during this phase of recovery, we spend time (i) Remembering, (ii) Reflecting and (iii) Recuperating. On 20 June at 5pm we will have a special time in church to aid this. I believe it would be very helpful for us to engage with this service as part of our mental and spiritual recovery – both as individuals and as a body.

This, then, is our short-term plan at St John's. Towards the end of the summer, I will be inviting us all to think about how we subsequently move ahead as God's church here in Elmswell.

Last Sunday's Service

In case you missed the service on Sunday, you can access it by clicking [here](#):



Churchyard tidy

A huge thank you to the small, but wonderful, band of volunteers who worked hard in the churchyard last Saturday. A great job and the church grounds look so much better.

Coming up this week:

Thu 3 June 8:00pm Celtic Prayer on Facebook
Sat 5 June 9:00am Church prayer meeting (using Zoom)
Sun 6 June 9:00am Holy Communion in church (spoken service – no music)
Sun 6 June 9:30am Zoom Sunday School (Please contact [Lisa](#) for details)
Sun 6 June 10:30am Main Service in church (also live on Facebook. Available later on YouTube)

How to connect with us online:

Facebook

<https://www.facebook.com/stjohnselmswell/live>

St John's

<http://www.stjohnselmswell.org.uk/>

YouTube

Accessed from home page of St John's web site

Zoom

Click <https://us04web.zoom.us/j/6852951296> or, load Zoom and use Meeting ID: 685 295 1296 and Password: 816262

*Lord Jesus, give us the grace to hear your voice
and the strength to rebuild our lives during this time of recovery.
As we move forward, help us to remember not only what we have been through,
but the multitude of those who continue to struggle and suffer
or who mourn the loss of a loved one.
Amen.*

With every blessing in Him,
Peter