

La Côte Anglican Church

Weekly Bulletin 5th – 12th April

Reflection and prayer from Carolyn

Dear La Côte Church family,

I hope this finds you in good health and keeping well.

May I assure you of my continued prayers and thoughts for our community. Thank you too for your prayers and support for one another, as well as for our wider world and church as we seek to become signposts of God's healing love in all that is happening.

I came across an apt sonnet by Malcolm Guite today, which encourages us to live in this time, for what it is rather than just "waiting until it is all over." The sonnet is entitled "The singing bowl", which is a kind of inverted metal bell that you strike around the outside rim with a mallet to create a resonant musical note. It is often used in yoga.

The sonnet encourages us to 'Begin the song exactly where you are,' to celebrate centring and stillness, and to 'remain within the world of which you're made.'

We can pray this for ourselves and for all who are feeling stretched and burdened in this present time. It is God's invitation in Psalm 46: Be still and know that I am God, allowing God to meet us in our point of need at this moment in time.

Singing Bowl, Malcolm Guite

*Begin the song exactly where you are,
Remain within the world of which you're made.
Call nothing common in the earth or air,*

*Accept it all and let it be for good.
Start with the very breath you breathe in now,
This moment's pulse, this rhythm in your blood*

*And listen to it, ringing soft and low.
Stay with the music, words will come in time.
Slow down your breathing. Keep it deep and slow.*

*Become an open singing-bowl, whose chime
Is richness rising out of emptiness,
And timelessness resounding into time.*

*And when the heart is full of quietness
Begin the song exactly where you are.*

It is a joy also to invite you to listen to a message from Julia Chambeyron, our Assistant Chaplain, who will share with us some of her own experiences of "isolation" and offer insights to help us on this journey

<https://www.youtube.com/watch?v=CrcztuKbbJo> .

A number of us are connecting each morning for Anglican Morning Prayer from 7.30 – 8.00am via Zoom. You are welcome to join us.

Coming up we are preparing a variety of services for Holy Week which we hope will help us as a community to find our way together in this extraordinary time.

Support for one another across the region

We are continuing as a community to stay connected with one another so that we can share in the ups and downs of this uncertain path. Please do reach out to one another by phone or skype – or whatever works for you – with greetings, thoughts and requests for practical help. We have two points of contact who are coordinating shopping and other errands for our community, and for any you know who would like some help.

If you haven't had a chance to talk to someone recently – and would just like a chat – please also do call these points of contact, or [email Carolyn](#) – and we will fix up a time to talk. PLEASE do not think that we are all too busy and you do not want to bother anyone. Isolation can be really difficult for any of us, whether we are alone or in a family situation. Just being able to talk about it can help. (Please see below for some extra links to advice online).

If you are on the French side of the border, please contact [Juana Willumsen](#).

If you are on the Swiss side please contact [Diantha Terry](#).

PLEASE DO TAKE SERIOUSLY THE SAFETY MEASURES IN PLACE TO DELAY THE SPREAD OF COVID19.

Please go to the following link for more liturgy to help us pray during this outbreak.
<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-liturgy-and-prayer-resources>

For advice on living with your partner in this stressful time, you might find this list of top tips helpful:

https://time.com/5811146/coronavirus-married-relationship/?utm_source=newsletter&utm_medium=email&utm_campaign=the-brief&utm_content=20200330&xid=newsletter-brief

WORSHIP

Worship this coming Sunday 5th April – Palm Sunday

We will be sending out an order of service together with prayers and YouTube suggestions for music on Saturday, together with a link to a pre-recorded reflection from Louise Burrows and a prayer from Carolyn. We do hope you will join in at some point on Sunday in prayer and worship virtually with the wider La Côte Church community. We are saving all the sermons on our YouTube page here:

<https://www.youtube.com/channel/UC6o0zusqp8GMmxxiD7goZQA> We will also be sending out suggestions of materials we can do with our children and youth.

A short interactive Zoom session with children and youth, on Palm Sunday.

Emily and Carolyn are setting up a zoom moment of celebration for Palm Sunday with children and younger youth. This will be a passworded invitation for safeguarding purposes. Any of our community are welcome to join us and would need to contact Carolyn ([email](#)) or Emily ([email](#)) in advance to retrieve the password.

Morning prayer

Join us for Anglican Morning Prayer on Mondays to Saturdays at 7.30 – 8.00am. **If you are joining for the first time, please connect at 7.15** so that we can work out any technical issues. You may need to download an app. For the zoom link and, if you have difficulties please send an email to [Louise](#).

COMING UP (DIGITALLY) THIS WEEK

FRIDAY 3rd April

10:00-11:00 CCC by zoom

and

17:30–19:00 Rock Solid trilingual Bible Study – English, French and Farsi by zoo. Email [Louise](#) for a link.

COMING UP (DIGITALLY) FOR HOLY WEEK

TUESDAY 7th April

9.15 – 10.00 Prayer meeting by zoom

10.15 – 11.00 Bible Study to finish Session 3 of Finding our Way

Email [Louise](#) for a link.

THURSDAY 9th April

20.00 – 20.45 Maundy Thursday Service of prayer and enacted Holy Communion from Iona by zoom please join any time after 19.45

Email [Louise](#) for a link.

This is a simple and beautiful service from Iona, consisting of readings and reflections, with the lighting of candles at key points, on the story of Jesus' last night with his disciples. Please do let me know if you would like to do a reading or light a candle during the service - thank you! Peta Tracey tracey.p@bluewin.ch

FRIDAY 10th April

14.00 – 15.00 Good Friday Service of Prayer and Reflection by zoom please join any time after 13.45 Email [Louise](#) for a link.

We will send out the liturgy from Maundy Thursday and Good Friday services for those who cannot join in online but would like to use them for private prayer and worship.

EASTER DAY – just as all of life is somewhat up in the air, so is the way we will celebrate Easter Day... we are exploring what will work best! Rest assured, we WILL be celebrating the risen life and love of Jesus Christ... watch this space!

For the latest news

Please click on these links

Gingins: <https://www.achurchnearyou.com/church/8570/>

Divonne: <https://www.achurchnearyou.com/church/19960/>

ELECTORAL ROLL SIGN-UP DEADLINE

No, not exactly the most important thing at the moment, but worth pointing out ... the deadline for signing up to the electoral roll is 15 days before the AGM. And since we don't know when the AGM will take place, there's currently no deadline! So if you aren't on the roll, would like to be and fulfil the conditions, please fill in the attached form on screen and send it to Steve Rawcliffe (direct, and NOT via one of the clergy or churchwardens, please!). Given the circumstances, we aren't insisting on a physical signature.

A few forms have arrived since the last reminder went out, so we're attaching an updated version of the roll – do check to see if you're on it!

Sunday collections

As we are unable to gather for worship, please consider putting your contribution to the offering on one side and then bringing it once the virus has died down.

BODMIN WAY PILGRIMAGE

Discover Cornwall, follow the Celtic Saints, support the Bodmin Way. A pilgrimage for friends from Switzerland and France, 3 – 9 September 2020.

The Bodmin Team Ministry would like to invite you to spend a week exploring its own pilgrimage route, the Bodmin Way, and to discover many of the local attractions. This would be an ideal setting for an introductory visit to the 'real Cornwall'.

www.bodminchurch.com

PERMISSION TO USE PHOTOGRAPHS

The church is in the process of renewing the website and in order to make the church look interesting to newcomers we would like to put on photographs taken at events. *If you do not wish any photographs with you on to be used please send a message to Liz Bramley [email](mailto:).*

WORK WITH ASYLUM SEEKERS

Mentorship opportunity. Would you like to mentor an asylum seeker or refugee? The only requirement is that you speak English or French, and if possible both languages. Mentoring can be deeply satisfying, a win-win relationship for both

mentor and mentee. Just give it a try! *For more information (no commitment), contact Andrea Goovaerts ([email](#)).*

Accommodation. There is a need to help these people find a welcome and integrate in our local society – even though they are far from home. Please do prayerfully consider if you can help or know someone who can.

Please speak to Diantha Terry with any thoughts you have. ([email](#))

Do you have jobs that need doing?

If you would like help with odd jobs - for example, gardening, moving furniture, paint work – likewise do get in touch with Diantha Terry ([email](#)) who will be able to match you up with one of our refugee friends in the community.

LA COTE ANGLICAN CHURCH IS ON TWITTER!

Please let Peta Tracey know ([email](#)) if you would like info about a church event to be 'tweeted' or tweet to [@lacoteanglican](#)

Follow us on <https://mobile.twitter.com/lacoteanglican>

CORONAVIRUS

For further guidance on how to protect yourself and the wider public please look at the relevant websites:

In France: <https://www.gouvernement.fr/info-coronavirus>

- Un numéro gratuit d'information sur le [#Coronavirus](#) [#Covid19](#) est disponible 7 jours sur 7, 24h sur 24 : **0.800.130.000** (appel gratuit).

In Switzerland:

Address for enquiries

Federal Office of Public Health FOPH, Communications

058 462 95 05 or media@bag.admin.ch

<https://www.admin.ch/gov/en/start/documentation/media-releases.msg-id-78289.html>