



# ST. SAVIOUR'S

## SEPARATED, YET SOMEHOW CONNECTED.

One of the saddest remnants of the pandemic for many families who lost loved ones to Covid 19 is the fact that they could not be with them during their last hours as they were losing their battle against the deadly virus. As Fr. Chesnay so aptly describes it in his #Wednesday Word: they were robbed of the opportunity to find closure. No time to say I'm sorry; no time to say I love you; no final good-bye. Only a telephone call from the hospital: "I'm sorry; your loved one did not make it." A family is left with bitter regrets and heartaches. Due to Covid restrictions some may not even be able to attend the funeral.

News bulletins and social media are dominated by the dangers of Covid 19 and how people have to protect themselves against it. No family visits, no gatherings are allowed under Alert Level 4. Working from home is the new normal and job losses result in drastic changes and suffering in some households. All these adjustments cause anxiety and young people and children are not excluded. It depends on how the anxiety manifests itself. Children have to adapt to ever changing circumstances at school and at home and this may cause them to experience serious bouts of anxiety. They become restless and struggle to concentrate. Results take a dip while their futures loom dark and unsure. They miss their friends and some feel overwhelmed by frustration and loneliness.

Here are some responses:

"We, the matrics of 2020, had a raw deal. We had to adapt to a new method of learning, contact with teachers was reduced, and the only things that remained in place were the whole curriculum and the unrealistic, high expectations."

"No extra mural activities, no sports, no interaction with my friends. I miss my rugby and my friends."

"We will have to be innovative while we have no control over human interaction"

"In my wildest dreams I couldn't imagine a matric year like we had last year. No matric farewell. No University introductions, no new friends, no campus life ... Only e-mails, zooms and online classes. No study groups for support, but expectations remain in place."

"My bedroom, my go to safe space, has become my work and study space. I refuse to be a victim. I was raised to be a winner."

When we leave our lives and problems in God's hands, He leaves His peace in our hearts. So even if we are separated, we will remain connected, thanks to innovative ways of worship and our unwavering faith.

Martin Dyers

## READINGS OF THE DAY

<b>OT Reading</b>	<b>2 Samuel 6: 1-5, 12b-19</b>
<b>Psalm:</b>	<b>24</b>
<b>NT Reading:</b>	<b>Ephesians 1: 3-14</b>
<b>Gospel:</b>	<b>Mark 6: 14-29</b>

## COLLECT OF THE DAY

Almighty Father, you have broken the tyranny of sin  
and sent the Spirit of your Son into our hearts:  
take and receive our freedom  
and bring us into the glorious liberty of the children of God;  
Through Jesus Christ our Lord, who lives and reigns with you  
and the Holy Spirit, one God, now and for ever.  
Amen.

## NOTICES

- ❖ **The Parish office hours: Monday-Friday; 09h00-12H00.**
- ❖ Rector on leave: The rector is on leave until Sunday 11 July. There will be no services because of lockdown regulations.
- ❖ Communication: If you would like to be added to the Parish WhatsApp group, please send a message to Nerine Meyer (072 180 0592).
- ❖ Faith for Daily Living: The July/August issue is available at the back of the church.
- ❖ 2020 Pledges: Contributions for 2020 are displayed on the church notice board.

- ❖ Memorial stones in relation to interment of ashes in the unmarked open area: Please contact the parish office before ordering a memorial stone for this area as there are limitations on the size permitted.

## LECTIONARY FOR THE WEEK

<b>READINGS FOR THE WEEK</b>		
<p><b>MONDAY 12 JULY</b></p> <p><b>Morning Prayer:</b> Psalm 91 1 Samuel 18: 6-30 Acts 11: 19-30</p> <p><b>Evening Prayer:</b> Psalms 92, 93 Joshua 2: 1-14 Mark 1: 29-45</p>	<p><b>WEDNESDAY 14 JULY</b></p> <p><b>Morning Prayer:</b> Psalms 98, 99, 101 1 Samuel 20: 1-23 Acts 12: 18-25</p> <p><b>Evening Prayer:</b> Psalm 102 Joshua 3: 1-13 Mark 2: 13-22</p>	<p><b>FRIDAY 16 JULY</b></p> <p><b>Morning Prayer:</b> Psalm 105: 1-22 1 Samuel 21: 1-15 Acts 13: 13-35</p> <p><b>Evening Prayer:</b> Psalm 105: 23-45 Joshua 4: 19 – 5: 1, 10-15 Mark 3: 7-19a</p>
<p><b>TUESDAY 13 JULY</b></p> <p>† Silas</p> <p><b>Morning Prayer:</b> Psalm 94 1 Samuel 19: 1-18 Acts 12: 1-17</p> <p><b>Evening Prayer:</b> Psalms 96, 97 Joshua 2: 15-24 Mark 2: 1-12</p>	<p><b>THURSDAY 15 JULY</b></p> <p><b>Morning Prayer:</b> Psalm 103 1 Samuel 20: 24-42 Acts 13: 1-12</p> <p><b>Evening Prayer:</b> Psalm 104 Joshua 3: 14- 4: 7 Mark 2: 23 - 3: 6</p>	<p><b>SATURDAY 17 JULY</b></p> <p><b>Morning Prayer:</b> Psalm 106: 1-24 1 Samuel 22: 1-23 Acts 13: 26-43</p> <p><b>Evening Prayer:</b> Psalm 106: 25-30 Joshua 6: 1-14 Mark 3: 19b-35</p>

# PRAYER REQUESTS

## Pray for the sick or hospitalized:

India Tyers, Mervyn Bost, Edith Abrahams, Sandra Fourie, Joyce Erasmus, Crystal Bouwers, James April, Iris Hartnick, Mervyn Johnson, Frank Kennel, Monica Fry, Muriel Tshitshiba, Martin Dyers, Avril Steyn, Derek Jacobs, Jo Tyers, Ellen Constant, Edward Davids

## Housebound and elderly:

Christabel Nokumbuza, Rachel Vermeulen, Breval Brown, Aletta Cloete, Freda Connelly, Brenda de Vos, Linda de Vos, Joyce Hiebner, Edith Lekay, Daniel & Magdalene Meyer, Lionel & Muriel Woldson, Joanne White, Ronald Smedley and May Rushin.

# PRAYER DIARY

**MONDAY:** Pray for our country and for wisdom for all in authority.

**TUESDAY:** Pray for the homeless especially during this cold winter.

**WEDNESDAY:** Pray for ourselves to be caring and supportive to all those who are in need.

**THURSDAY:** Pray for the safety of all children and also the elderly.

**FRIDAY:** Pray that the vaccine rollout will be quick and successful.

**SATURDAY:** Pray for Rev Chesnay and his family, the staff and parishioners.

**SUNDAY:** Pray that we may feel a sense of connection despite not meeting to worship together.

*In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace. Ephesians 1: 7*

# PARISH BANK DETAILS

STANDARD BANK

CLAREMONT

CURRENT ACCOUNT

072635703



# PARISH DIRECTORY

PARISH OFFICE: 021 671 8171/021 6718994

PARISH EMAIL: [officestsaviours@gmail.com](mailto:officestsaviours@gmail.com)

PARISH WEBSITE: <https://stsaviours.weebly.com>

REVD CHESNAY FRANTZ: 021 674 1078/073 256 5200

RECTOR'S EMAIL: [stsaviours.rector@gmail.com](mailto:stsaviours.rector@gmail.com)

RECTOR'S DAY OFF: Monday

CHURCHWARDENS: Dr. Michael Jonker (082 891 4746)

Mrs. Ursula Jacobs (083 740 2212)

ORGANIST: Alan Clapp (021 671 8045)