

# Christ Church Freemantle

## Sunday 18th October – 19th Sunday after Trinity

*Bread of heaven, on thee we feed,  
for thy flesh is meat indeed  
ever may our souls be fed  
with this true and living bread;*

It is so good to come together to receive our Eucharistic sacraments. We meet not seeing many people during the week but coming together I find it so peaceful just mainly sitting and of course sharing the message and peace of the service.

*We plough the fields and scatter  
the good seed on the land,  
but it is fed and watered  
by God's almighty hand;*



Last weekend we brought our gifts to go to the basic banks where the less fortunate are able to receive aid. Thursday, I needed to pop to town to get some exempt cards for two disabled friends. Sitting by the parking meter was a woman asking for help to get a bed for the night. I asked what made her to be there. She replied by telling me that when her husband died, she was staying and caring for her epileptic mother. Because her name wasn't on their council tenancy she was turned out of her property and having 5 children put into care.

*O God, our help in ages past  
our hope for years to come,  
Our shelter from our stormy blast,  
and our eternal home;*

Written by Isaac Watts we listen to our city clock playing the tune each hour. Born in Southampton, we also have the Isaac Watts memorial church in Winchester Rd to remember him by.

How could the above story be realistic in our today's society. I didn't ask if her husband suddenly died, but to be turned out of one's home. How can this callous act be right? I think I would have known if it wasn't genuine so fortunately my harvest money was given.

*Eat this bread and drink this cup  
come to him and never be hungry*

I think this chant from Taizé tells us by receiving our bread and wine we are fed with heavenly food the stories we find that the gospels tell us. The gospel tells how we should live passionately with love and concern for others. I think Jesus would be horrified by the above story.

*In Christ alone my hope is found  
he is my light, my strength, my song,  
this cornerstone, this solid Ground  
firm through the fiercest drought and storm.*

During these times of Covid 19 I think we have to thank God for all we have. We have a time of hardship but what about all those who are in constant hardship whether here in the UK or in developing countries where poverty is constant throughout their whole lives.

Now we thank you all our God  
with hearts and hands and voices.....

I think this passing change of Covid, we have lost many lives, it's been hard and although more restrictions are being made I am sure it can't go on too much longer. By next summer we should be well over it, we pray. And hope we can rejoice again.

*Lesley Cunningham*

*in Christ alone  
my hope is found  
He is my light my  
Strength my Song*