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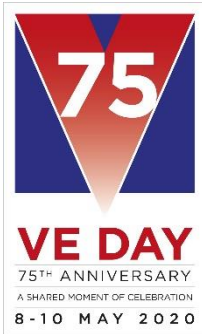
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May 2020

Parish of Stockport and Brinnington

St Mary - St Thomas - St Luke





Unfortunately our special service scheduled for the 8th May has had to be postponed – we hope to reschedule in October for VE75/VJ75. In the meantime here are two special poems written by Angela Wybrow who has kindly agreed for them to be used by us.

VE DAY

It really was the most brilliant day:
It was 1945; it was the 8th of May;
It is a date, forever remembered,
As the day when Germany finally surrendered.

The war across Europe had come to an end:
A war in which many had lost family or friend;
It was a day of much celebration
In towns and cities across many a nation.

Very soon after they had heard the great news,
Communities came together and really let loose;
Folk, they rejoiced: there was a great atmosphere,
With many a pub running right out of beer.

Raucous revellers filled Trafalgar Square,
Where hugs and kisses, with strangers, were shared.
As, on the Palace balcony, King George appeared,
The massed crowds below him chanted and cheered.

Coping in the Storm – Revd Paul Hardington

Jesus got up, rebuked the wind and said to the waves, ‘Quiet! Be still!’ Then the wind died down and it was completely calm.’ (Mark 4:39).

What started out for the disciples as a routine trip across the Sea of Galilee, ended up with a storm threatening to overwhelm their boat! Jesus was asleep in the boat, so little wonder they feared for their lives: *‘Teacher, don’t you care if we drown?’* (38).

Who would have thought two months ago that the world would be overwhelmed by the Coronavirus pandemic and our lives turned upside down! Self-isolating and self-distancing are now part of our daily vocabulary, as we live in an uncertain world. What does this story say to us in our circumstances?

Firstly, we read that Jesus calmed the storm: *‘He got up, rebuked the wind and said to the waves, ‘Quiet! Be still!’* (39). He is the Lord of the storm and holds our circumstances in His hands. We are called to trust, not fear, being assured that He is with us to protect us. *‘Why are you so afraid? Do you still have no faith?’* (40). Nothing is outside of His control.

Secondly, despite the calm, the disciples were still terrified: *‘They were terrified and asked each other, ‘Who is this? Even the wind and the waves obey Him!’* (41). Like us, the disciples were asking why Jesus, who loved them, had allowed the storm to happen! Our circumstances provide us with an opportunity to understand more deeply who Jesus is. We can’t control Him and we don’t always understand His bigger plans for us and His world. We are called to overcome fear and insecurity, by living lives of peace, faith and hope. How contagious can we be for Jesus in a stormy world?

Loneliness at the Virtual Chelsea Flower Show

(19th-23rdMay)

All sorts of themes are chosen for the Chelsea Flower Show, but this year's theme turned out to be scarily appropriate for the Spring of 2020: loneliness and mental health.

For, according to Sue Briggs, RHS Director General, "many feel they need gardening in their life now more than ever before, for their mental and physical wellbeing during this national emergency."

Writing on RHS website (www.rhs.org.uk), Sue Briggs says: "This applies to everyone from those who are having to self-isolate to families planning, maybe for the first time, to grow their own food."

And so, "for these reasons, and to do more to support the industry, the RHS will create a Virtual RHS Chelsea Flower Show, to celebrate our great horticultural industry and gardening heritage." The Virtual Show will run from Tuesday 19th May to Saturday 23rd May.

Guy Barker, chief horticulturalist at the RHS said: "Nurturing plants can make you less lonely and release you from troubles."

Soldiers and sailors were dancing the Conga:
The line, which they formed, growing longer and longer;
People danced in the streets and danced in the parks -
They danced and they danced until way after dark.

From out of folks' windows, lights dared to glow,
And many a gallon of cheap champagne flowed.
A kaleidoscope of colour lit up the night -
As did blazing bonfires, which were burning so bright.

People held parties right there in the street,
With sweet and savoury dishes laid out to eat;
There was Homity pie, and Corned Beef Hash,
Bread with Beef Dripping, and Faggots with mash.

There were Glory buns, Welsh cakes, and bread, spread with jam,
Apple Brown Betty, Plum Charlotte, and even Prune flan;
There were scones, carrot cookies, and eggless Fruit Cake,
Rock buns, Jam Tarts - all hastily baked.

The war had raged on for almost six years,
And, during that time, it had caused terror and tears;
It was a day of thanksgiving; a day of relief,
But, for some, just another day of deep rooted grief.

The people of Europe were finally free,
And many a face was shining with glee;
At the Western Front, the fighting had ceased,
And, all throughout Europe, there was now, much welcomed, peace.

Angela Wybrow

EVACUEES

I'm stood here on the platform;
I'm holding my mother's hand.
There are things that are going on -
Things that I don't understand.

Me and all the other kids,
We're being sent away;
We're going down to Devon -
Which I know is a long, long way.

I hope that they'll be really nice -
The folks I'm staying with.
I'm dying to see the countryside,
Where the cows and sheep all live.

We're all going far away,
To keep us safe from harm;
I've never seen a hill or stream,
And I've never seen a farm.

Some of the kids are excited,
While others are full of fear.
Some have smiling faces.
While others are crying tears.

'Mum, are you coming to? '
I overhear a little girl ask,
As I stand there tightly clutching
My case and my gas mask.

Florence Nightingale – the founder of modern nursing

Florence Nightingale was born 200 years ago, on 12th May 1820. Best known as the Lady with the Lamp who saved many lives in the hospitals of the Crimean War, she was also a social reformer, a statistician and the founder of modern nursing.

She was named after the Italian city of her birth, but the family moved back to England the following year, and she was brought up in Derbyshire. Here – and elsewhere – she had several experiences that she believed were calls from God to devote her life to the service of others.

She never married, but among her several close friends was Sidney Herbert, who became Secretary of War and helped to make her work in the Crimea possible. Some claim that she reduced the death rate in hospitals there from 42% to 2%. She introduced hand-washing and other hygiene improvements, but she never claimed personal credit for reducing the death rate.

Her work inspired nurses in the American Civil War, and in 1883 she became the first recipient of the Royal Red Cross. In 1907, she was the first woman to be awarded the Order of Merit. She died in 1910. Her image appeared on the reverse of £10 banknotes issued by the Bank of England from 1975 until 1994.

It is a fitting tribute to her that the emergency hospital just opened at the ExCel Centre in London is called the NHS Nightingale Hospital.

His Service.” Four years before going to Crimea, she studied at a Lutheran religious community in Germany which trained deaconesses in medical skills, nursing, and theology. Many of the ideas that Nightingale adopted for her nurses came from that religious community. Thus, Nightingale’s training programme was not solely devoted to secular medical sciences. Her student nurses were required to attend chapel, and her nurses read prayers on the wards. Nightingale wrote many letters of spiritual encouragement to her students. To one, she wrote that Christ considered it an “honour to serve the poorest and the meanest... He will not give His crown except to those who have borne His cross... Enduring hardship is what He encourages and rewards.”

The Bishop of London, the Rt Revd Sarah Mullally trained and worked as a nurse before being appointed to senior positions in the Health Service. She was Chief Nursing Officer for England between 1999 to 2004. She says: “I became a Christian as a teenager and wanted to follow Christ with my whole life. Rather than having two careers, I have had one vocation: to follow Jesus Christ, to know Him, and to make Him known.”

Certainly, of all the professions, nursing has one of the strongest claims to being rooted in the Gospel. Christian nurses implicitly witness to Christ in caring for others.

It's a little like an adventure -
Like an extended holiday.
My mother, she has told me
To be good and really brave.

Just before I board the train,
My mother, she hugs me tight;
As I stare out of the window,
She calls, 'Don't forget to write!'

I see the tear-stained faces,
As the shrill whistle blows;
Exactly where any of us'll end up,
None of us really knows.

I'll miss my home and my dog,
And I'll miss my dad and mum.
Me and all the others can't wait
until this war is over and done.

Angela Wybrow

Our special service for the Channel Islands Evacuees scheduled for the 28th June is also likely to be officially cancelled shortly. Many who were to have visited us from Guernsey feel it unlikely that they would be able to travel even if lock-down restrictions were to be greatly removed by that time. Equally, those nearer to home, best advised to “stay safe” whatever that will mean for all of us during the summer months. We send our very Best Wishes to all our friends both in the Channel Islands and here in the UK. “ We’ll Meet Again” – just not sure where or when. We will however remember the 75th anniversary of the liberation of the islands in May 1945. Thanks to Gillian Mawson and Sue Shore for making plans for this anniversary event – planning presently suspended until we have a clearer idea of what can be done – or not – as the case may be.

Remembering VE Day

David Winter

I was 15 in May 1945, when Britain celebrated VE Day. It stood for Victory in Europe and followed an agreement by the Allied powers following the German surrender. Needless to say, although the war with Japan was not over, it was a noticeable moment. No more bombs, missiles and blitz – and the ‘boys’ would come home!

I have two very clear memories of the day itself. The first was the street party which took place in our road on a housing estate in North London. With official permission, the road was closed off, tables were set up, food and drink were served. We spent the afternoon in races and competitions. Dads, mums, teenagers and children then sang the war-time songs, and ‘Jerusalem’ and ‘God save the King’.

The other memory is an image of a sailor kissing a young woman – surrounded by happy laughing people. This iconic photograph was in one of the papers the next day, then on camera newsfeeds and is in just about every journalistic library. Somehow it captures the mood of the day – freedom, warmth, the good things of everyday life.

VE Day did indeed mark a turning point, though not everything was going to be easy in the post-war years. But the hideous shadow of war had gone and 75 years later it has yet to return to these shores, thank God.

2020 WHO’s Year if the nurse

When the WHO (World Health Organisation) decided to make 2020 the Year of the Nurse and Midwife, they based it on the 200th anniversary of Florence Nightingale’s birth on 12th May 1820. But with the arrival of the coronavirus, it is a remarkably apt year to celebrate all that nurses do for us.

As the ICN (International Council of Nurses) says: “All around the world, nurses are working tirelessly to provide the care and attention people need, whenever and wherever they need it. Nurses are central to the delivery of health care; nurses are making an invaluable contribution to the health of people globally.” Nursing as a vocation goes back to the Early Church.

When plague struck the Roman world in the third century, it was Christians who tended the sick and dying, often at great personal cost. Their self-sacrifice made a huge impression on Roman society. Centuries later, in medieval Europe, it was the monastic orders that provided health care.

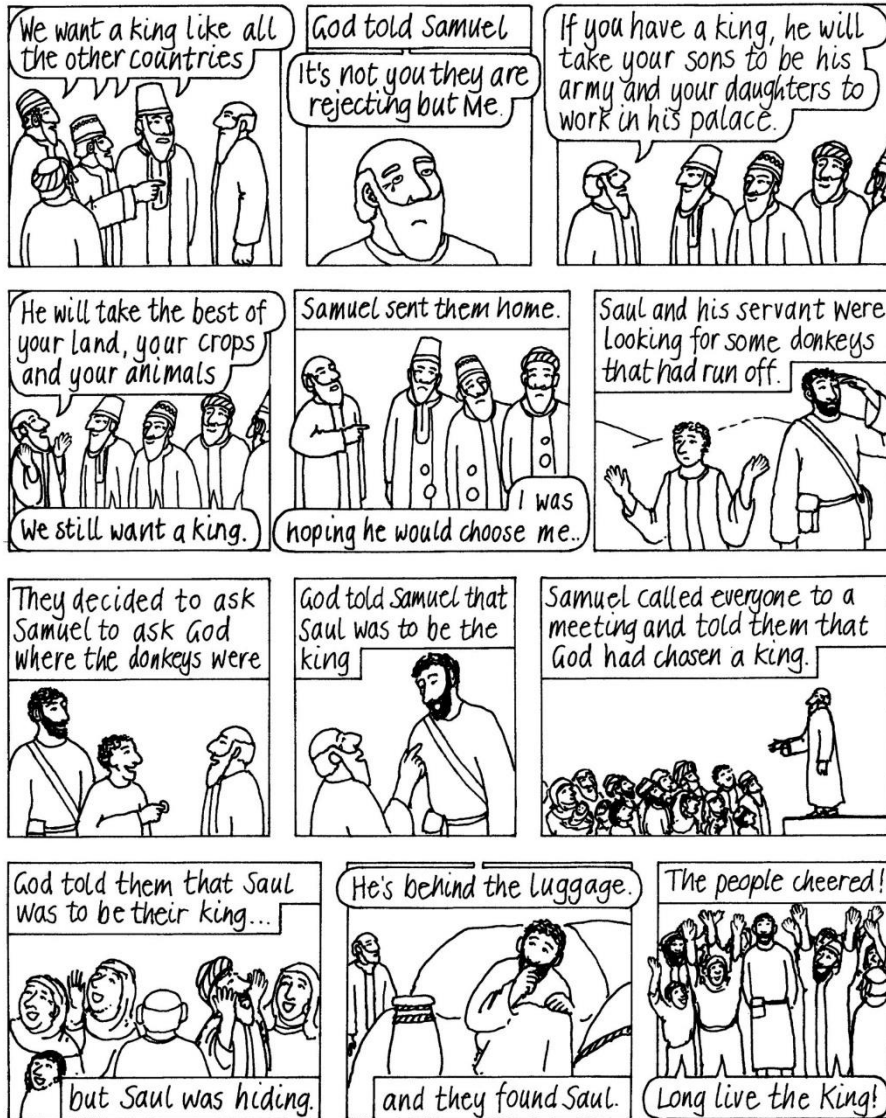
Still centuries later, during the Crimean War (1853-56) Florence Nightingale saved thousands of lives when she transformed the field hospitals, hugely improving the standards of care for wounded and dying soldiers. In fact, Florence Nightingale deserves the credit for establishing the modern profession of nursing and its structures of training. Although of course medical science has advanced since her time, the basic ethos of nursing care remains today close to Nightingale’s vision. Nursing is frequently described as a vocation, and it is one to which many Christians are called. Nightingale wrote of being ‘called’ by God, after having had a vivid religious conversion as a teenager. Writing in February 1837, she stated: “God has spoken to me and called me to

Bible Bite

A short story from the Bible

It can be read in the Bible in
Samuel 8:1-10:1, 17-24

Samuel had been a good leader of Israel but he was now old. The leaders of the twelve tribes came to talk to him...



How World War II stopped Tokyo's Olympic Games in 1940

This year's Tokyo Olympic Games have been postponed for a year because of coronavirus. But 80 years ago, the Tokyo Games scheduled for May 1940 were cancelled completely, because of World War II.

Originally rescheduled for Helsinki, they were eventually abandoned, and the Olympic cycle did not restart until 1948 in London.

The cancellation proved to be a wise decision, because by the same month, May 1940, the war had escalated dramatically. On 10th May Prime Minister Neville Chamberlain resigned and was succeeded by Winston Churchill, and between then and 28th May Germany invaded Belgium, the Netherlands and Luxembourg.

Also, on 10th May Germany dropped its first bombs on England, at Chilham and Petham, near Canterbury, and on 13th May Churchill gave his first speech in the House of Commons, saying: "I have nothing to offer but blood, toil, tears and sweat."

The next day the Home Guard – Dad's Army – was established, and by the end of the month the battle for Dunkirk was raging, with nearly 340,000 soldiers being rescued by a makeshift fleet of about 800 boats, crossing the English Channel to avoid the onrushing German army. This prompted the phrase 'Dunkirk spirit', still in frequent use today.

The voyage of HMS Beagle

Tim Lenton

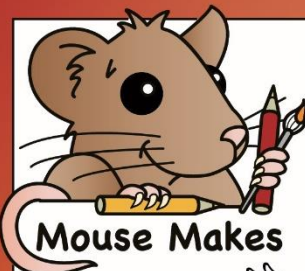
Two hundred years ago, on 11th May 1820, the British Royal Navy sloop HMS Beagle was launched. It was the ship that took Charles Darwin on the voyage around the world between 1831 and 1836 that led to his putting forward the theory of Evolution.

HMS Beagle was one of 100 ships of its class, known as coffin brigs because they handled badly and were prone to sinking. But its captain on Darwin's voyage, Robert FitzRoy, made some critical changes to its superstructure and weaponry.

This was the second voyage of the Beagle; the first had resulted in the suicide of its depressed captain. FitzRoy was able to recruit Darwin, who was intending to be a clergyman, though he had recently graduated as a naturalist, as someone of a like mind who could be relied upon to research geology and natural history ashore.

The voyage lasted five years instead of the intended two, and Darwin became famous after publishing his journal, usually known as *The Voyage of the Beagle*, which was an intriguing travelogue as well as hinting at Darwin's theories on species.

The ship itself was believed lost, but in 2004 its remains were thought to have been located beneath an Essex marsh.



Mouse Makes

"The fruit of the Spirit is
**love, joy, peace, patience,
 kindness, goodness, faithfulness,
 gentleness and self control.**

If we live by the Spirit, let us also
 behave in accordance with the Spirit"

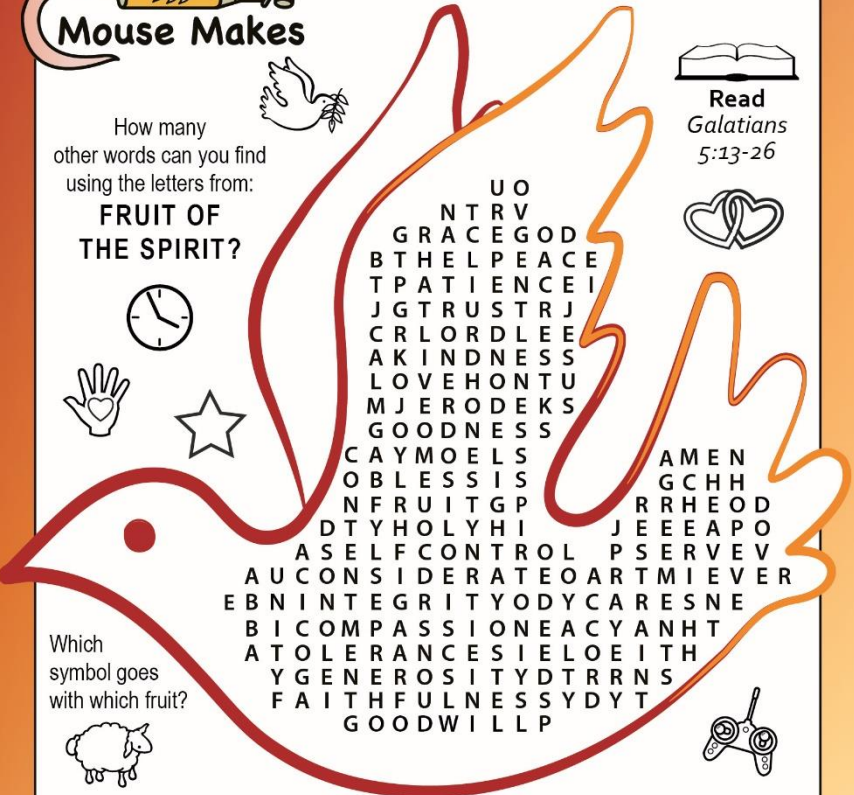
How many
other words can you find
using the letters from:


**FRUIT OF
THE SPIRIT?**

U O
N T R V
G R A C E G O D
B T H E L P E A C E
T P A T I E N C E I
J G T R U S T R J
C R L O R D L E E
A K I N D N E S S
L O V E H O N T U
M J E R O D E K S
G O O D N E S S
C A Y M O E L S
O B L E S S I S
N F R U I T G P
D T Y H O L Y H I
A S E L F C O N T R O L
A U C O N S I D E R A T E O A R T M I E V E R
E B N I N T E G R I T Y O D Y C A R E S N E
B I C O M P A S S I O N E A C Y A N H T
A T O L E R A N C E S I E L O E I T H
Y G E N E R O S I T Y D T R R N S
F A I T H F U L N E S S Y D Y T
G O O D W I L L P

Read
Galatians
5:13-26

Which
symbol goes
with which fruit?





**LOVE • CARE • CHERISH • JOY • DELIGHT • PEACE • ACCORD
 AGREEMENT • UNITY • CALM • CONTENTMENT • REST
 PATIENCE • TOLERANCE • KINDNESS • COMPASSION • HELP
 GOODWILL • GENEROSITY • GOODNESS • HONESTY • INTEGRITY
 FAITHFULNESS • LOYALTY • TRUST • GENTLENESS • CONSIDERATE
 SELF CONTROL • RESTRAINT • FRUIT • SPIRIT • LIVE • SERVE**

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Leave your Dandelions alone



When mowing your lawn, avoid cutting your dandelions. That is the advice of the president of the British Ecological Society, Prof Jane Memmott. It will help to save the bees.

She explains: “Dandelions are a fantastic source of pollen and nectar for the early pollinators in particular. If they were rare, people would be fighting over them, but because they’re common, people pull them out and spray them with all sorts of horrible things when they should just let them flower. If you leave the lawn to three or four inches, then dandelions, clover and daisies can flower and then you end with something like a tapestry, and it’s much nicer to sit there and watch the insects buzzing about.”

Prof Memmott encourages everyone to get a bee hotel for their garden. “There’s nothing nicer than being sat in a chair with a glass of wine and watching the bees going in and out of your own personal little beehive. Even just a potted plant on a doorstep will provide lunch for a bee or a fly or a butterfly.”

Grow your lawns: The Royal Horticultural Society (RHS) has called on people to allow flowers to grow on their lawns, instead of insisting on smooth green surfaces. The reason is because nearly 7.5million acres of meadows and pastures rich in wildflowers have been lost since the Thirties, thus removing a vital source of food for pollinators, many of whom are now in steep decline. The nation’s 15 million gardens could help a lot in supporting bees, butterflies and other bugs looking for nectar.

17th May – Rogation Sunday (Sunday before Ascension)

Rogation means an asking of God – for blessing on the seed and land for the year ahead. It is appropriate in any emergency, war, plague, drought or foul weather.

The practice began with the Romans, who invoked the help of the gods Terminus and Ambarvalia. In those days a crowd moved in procession around the cornfields, singing and dancing, sacrificing animals, and driving away Winter with sticks. They wanted to rid the cornfields of evil. In about 465 the Western world was suffering from earthquake, storm and epidemic. So Mamertius, Bishop of Vienne, aware of the popular pagan custom, ordered that prayers should be said in the ruined or neglected fields on the days leading up to Ascension. With his decision, ‘beating the bounds’ became a Christian ceremonial. Rogation-tide arrived in England early in the eighth century and became a fixed and perennial asking for help of the Christian God. On Rogation-tide, a little party would set out to trace the boundaries of the parish. At the head marched the bishop or the priest, with a minor official bearing a Cross, and after them the people of the parish, with school-boys and their master trailing along. Most of them held slender wands of willow. At certain points along the route – at well-known landmarks like a bridge or stile or ancient tree, the Cross halted, the party gathered about the priest, and a litany or rogation is said, imploring God to send seasonable wealth, keep the corn and roots and boughs in good health, and bring them to an ample harvest. At some point beer and cheese would be waiting. In the days when maps were neither common nor accurate, there was much to be said for ‘beating the bounds.’ It was still very common as late as the reign of Queen Victoria. Certainly, parish boundaries rarely came into dispute, for everyone knew them. (Do you know yours today?)

21st May Ascension Day – 40 days with the Risen Christ

40 days after Easter comes Ascension Day. These are the 40 days during which the Risen Christ appeared again and again to His disciples, following His death and resurrection. (*Matthew 28; Mark 16; Luke 24; and John 20.*)

The Gospels give us little of Christ’s teachings and deeds during those 40 days. Jesus was seen by numerous of His disciples: on the road to Emmaus, by the Sea of Galilee, in houses, etc. He strengthened and encouraged His disciples, and at last opened their eyes to all that the Scriptures had promised about the Messiah. Jesus also told them that as the Father had sent Him, He was now going to send them – to all corners of the earth, as His witnesses.

Surely the most tender, moving ‘farewell’ in history took place on Ascension Day. Luke records the story with great poignancy: ‘When Jesus had led them out to the vicinity of Bethany, He lifted up His hands – and blessed them.’

As Christmas began the story of Jesus’ life on earth, so Ascension Day completes it, with His return to His Father in heaven. Jesus’ last act on earth was to bless His disciples. He and they had a bond as close as could be: they had just lived through three tumultuous years of public ministry and miracles – persecution and death – and resurrection! Just as we part from our nearest and dearest by still looking at them with love and memories in our eyes, so exactly did Jesus: ‘While He was blessing them, He left them and was taken up into heaven.’ (Luke 24:50-1) He was not forsaking them, but merely going on ahead to a kingdom which would also be theirs one day: ‘I am ascending to my Father and to your Father, to my God and your God...’ (John 20:17)



**By Roger Carswell,
10Publishing, various prices**

This is a very helpful evangelistic tract you can bulk-order to share around, or you can download it free in an A4 pdf at: <https://www.10ofthose.com/uk/products/26464/hope-beyond-coronavirus#summary>

Crossword and Wordsearch answers

S	T	O	P	C	A	L	L	U	P	O	N	
T	R	C	B	L	U	O						
R	E	G	U	L	A	R	O	C	T	E	T	
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I	N	N	E	R	H	U	D	S	O	N		
G			I	A	L	I						
H	O	L	Y	C	O	M	M	U	N	I	O	N
T	A	S	S	N								
M	Y	S	E	L	F	S	E	E	T	O		
B	D	N	A	H	N	C						
A	B	O	U	T	I	T	E	R	A	T	E	
L	W	E	T	R	C	N						
M	O	N	A	R	C	H	Y	S	T	E	T	

G	E	N	T	F	N	E	L	W	E	E	A
I	A	F	L	A	M	E	C	M	O	O	R
L	E	T	N	K	R	R	E	Y	A	R	P
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S	N	R	F	W	R	I	E	I	A	N	L
T	E	R	N	A	T	N	P	S	I	E	N
J	C	J	O	Y	T	S	O	L	S	O	E
T	S	K	C	S	I	H	W	S	E	T	L
L	A	N	G	U	A	G	E	S	E	S	I
R	T	E	W	B	W	D	R	O	P	F	L

Peter gave the first ever sermon of the Christian Church that morning, proclaiming Jesus was the Messiah. His boldness in the face of possible death was in marked contrast to the man who had denied Jesus 50 days before. And 3,000 people responded, were converted, and were baptised. How's that for fast church growth!

Of course, Pentecost was not the first time the Holy Spirit had acted in this world. All through the Old Testament there are accounts of how God's Spirit guided people and strengthened them. But now, because of Christ's death and resurrection, He could INDWELL them. From now on, every Christian could have the confidence that Jesus was with them constantly, through the indwelling of His Holy Spirit.

The disciples were surely the most favoured folk in history. Imagine being one of the last few people on earth to be face to face with Jesus, and have Him look on you with love. No wonder then that Luke goes on: 'they worshipped Him, and returned to Jerusalem with great joy. And they stayed continually at the temple, praising God.' (Luke 24:52,53)

No wonder they praised God! They knew they would see Jesus again one day! 'I am going to prepare a place for you... I will come back and take you to be with me that you also may be where I am.' (John 14:2,3) In the meantime, Jesus had work for them to do: to take the Gospel to every nation on earth.

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5		7			8		6	
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9				1				7
4		1	7					
	8			9			7	
	7		2			5		6
1				7				9

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Sudoku

1	6	4	5	7	3	2	8	9
3	7	9	2	8	1	5	4	6
2	8	5	6	9	4	1	7	3
4	2	1	7	3	5	6	9	8
9	3	6	8	1	2	4	5	7
7	5	8	4	6	9	3	1	2
6	4	3	9	5	7	8	2	1
5	1	7	3	2	8	9	6	4
8	9	2	1	4	6	7	3	5

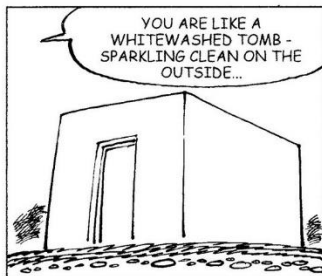
8			6	5			4	
				7	4	3	2	
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	8	6	4	3				
	9			8	6			1

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Sudoku

3	9	2	7	8	6	4	5	1
1	8	6	4	3	5	7	9	2
4	7	5	2	9	1	8	6	3
9	1	8	3	6	2	5	7	4
2	6	7	5	4	8	1	3	9
5	4	3	9	1	7	2	8	6
7	3	4	8	2	9	6	1	5
6	5	9	1	7	4	3	2	8
8	2	1	6	5	3	9	4	7

"Some tough talking"



JESUS DID NOT LIKE PEOPLE WHO MADE IT HARD TO FOLLOW GOD. See Matthew 23.23-27

31st May – Day of Pentecost (Whit Sunday)

Pentecost took place on the well-established Jewish festival of Firstfruits, which was observed at the beginning of the wheat harvest. It was seven weeks after Easter, or 50 days including Easter.

A feast day to celebrate the country's wheat harvest does not sound exactly world-changing, but that year, it became one of the most important days in world history. For Pentecost was the day that Jesus sent the Holy Spirit – the day the Church was born.

Jesus had told His disciples that something big was going to happen, and that they were to wait for it in Jerusalem, instead of returning to Galilee. Jesus had plans for His disciples, but He knew they could not do the work themselves. They would need His help.

And so, they waited in Jerusalem, praying together with His other followers, for many days. And then on that fateful morning there was suddenly the sound as of a mighty rushing wind. Tongues of flame flickered on their heads, and they began to praise God in many tongues, to the astonishment of those who heard them. The curse of Babel (Genesis 11: 1- 9) was dramatically reversed that morning.

That morning the Holy Spirit came to indwell the disciples and followers of Jesus. The Church was born. The Christians were suddenly full of life and power, utterly different from their former fearful selves. The change in them was permanent.

Christian Aid Week (10-16 May)

Amanda Khozi Mukwashi, the CEO of Christian Aid, has written to all of those involved in helping with Christian Aid Week this month:

“Many of you will have been planning house-to-house collections and events. Under the current circumstances, sadly, house-to-house collections and delivery-only collections should not go ahead. In particular, along with many churches, events such as Big Brekkies or Lent lunches, where food is shared, cannot go ahead.

“We are working on alternative plans that will allow people to take part in Christian Aid Week in different, creative ways – by post, by text and online that strengthen our communities during this challenging time. Christian Aid Week is our single-most important fundraiser, so we would welcome your ideas on how we can creatively show love for our neighbours at home and abroad, as a community.”

As for the work of Christian Aid around the world, “Christian Aid and our partners already have experience of limiting the spread of infection during the Ebola crisis, and we will build on this experience. People in poorer countries are already living with reduced health resilience because of extreme poverty, or in overcrowded humanitarian camps. They also do not have good healthcare infrastructures. We will be working on the ground to help prepare communities to limit the impact of Covid-19.

More at: <https://www.christianaid.org.uk>

New Mental Health Reflections published by the Church of England

A series of reflections on how to cope with anxiety and loneliness in the face of the coronavirus pandemic, including simple Christian meditation techniques and five tips, have been published by the Church of England.

A number of actions that could help people feeling isolated or worried, as well as those who grieve, are put forward in a new guide *Supporting Good Mental Health* and written by Durham University academic Revd Professor Chris Cook with Ruth Rice Director of the Christian mental health charity ‘Renew Wellbeing’.

The booklet gives advice ranging from putting aside time to rest and eating and sleeping well, to using the phone and the internet to reach those who may be struggling on their own. Making a list of all the good things – and people – that you miss when you are on your own and thanking God for them, can be a way of helping cope with loneliness, the guide says.

Simple prayers can be said repeatedly as a means of helping to deal with stress, the booklet says, and lighting a candle, where safe, can be a helpful form of prayer for some people. Quotations from the Bible can be a useful aide to meditation and calming fears, including writing down and repeating short passages, it suggests.

A phrase such as Psalm 18:1 ‘The Lord is my rock, my fortress and my deliverer’ could be chosen for each week and used as background for a mobile phone as a ‘go to’ thought when someone is anxious.

It also suggests repeating a simple phrase from the Psalms such as Psalm 4:8 'I will both lie down and sleep in peace; for you alone, O Lord, make me lie down in safety,' to help calm the mind before sleeping.

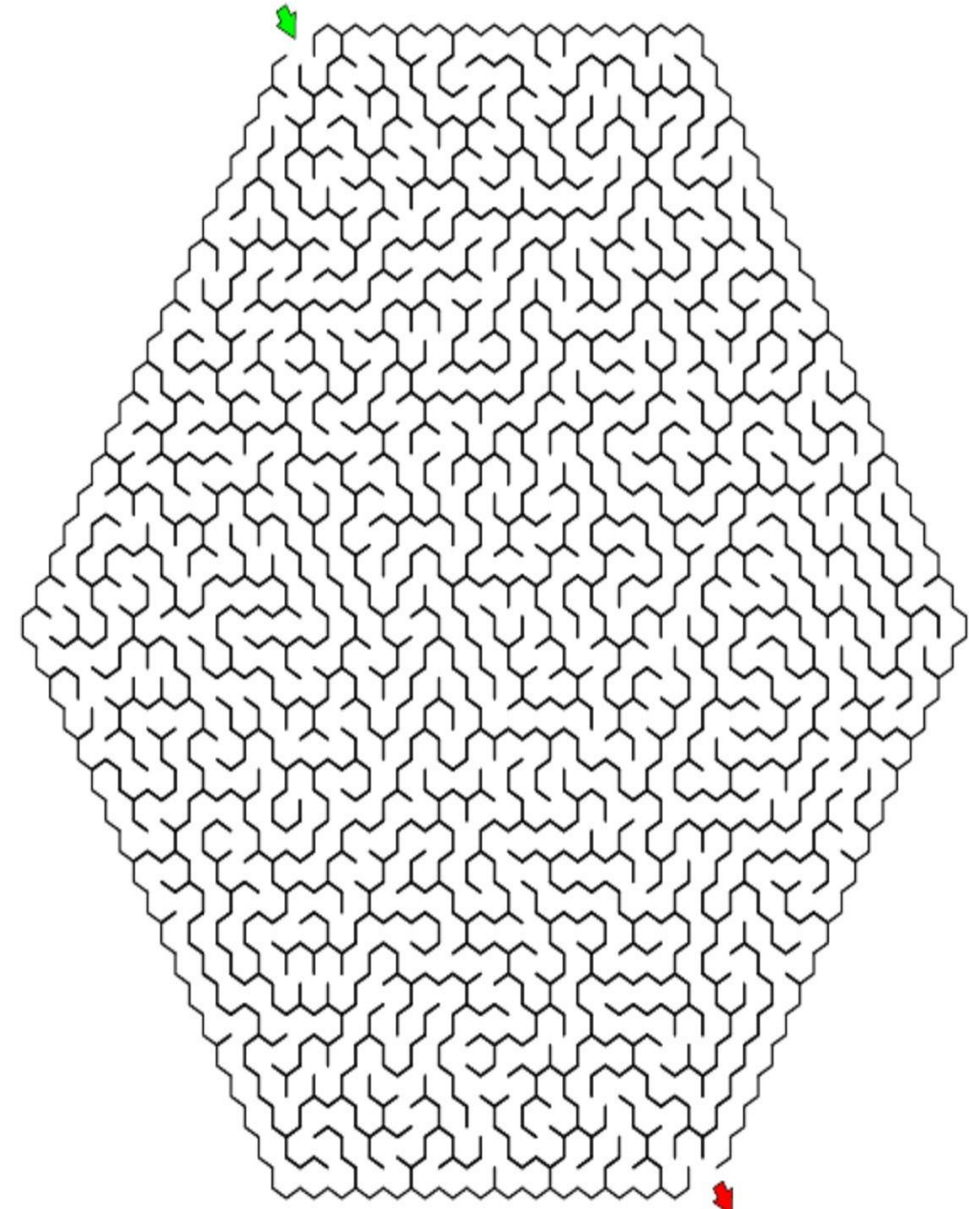
The Rt Revd James Newcome, Bishop of Carlisle and the Church of England's lead bishop on health and social care, said: "I welcome publication of these further resources.

"For some time now the issues of loneliness and isolation have been identified as major problems within our society. The coronavirus pandemic will only create further challenges in this respect. So it is vital that we do all we can as a church to protect people's mental wellbeing.

"The reflections are beautifully presented and scripturally based, with the 'Have A Go' sections intentionally focussing on how people should be kind to themselves. That is so important at this time. My prayer is that as many people as possible are able to draw upon these new resources over the coming weeks and months."

Read (or you can download the 14 page booklet in a PDF format) on the Church of England website

Maze



Wordsearch

G E N N T F N E L W E E A
 I A F L A M E C M O O R R
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This month the Church celebrates the Ascension of Jesus, the sending of the Holy Spirit at Pentecost, and the fact that our God is a Trinity: Father, Son and Holy Spirit. After the Resurrection, Jesus was seen on the road to Emmaus, by the Sea of Galilee, in houses, etc. He encouraged his disciples, and said that He was sending

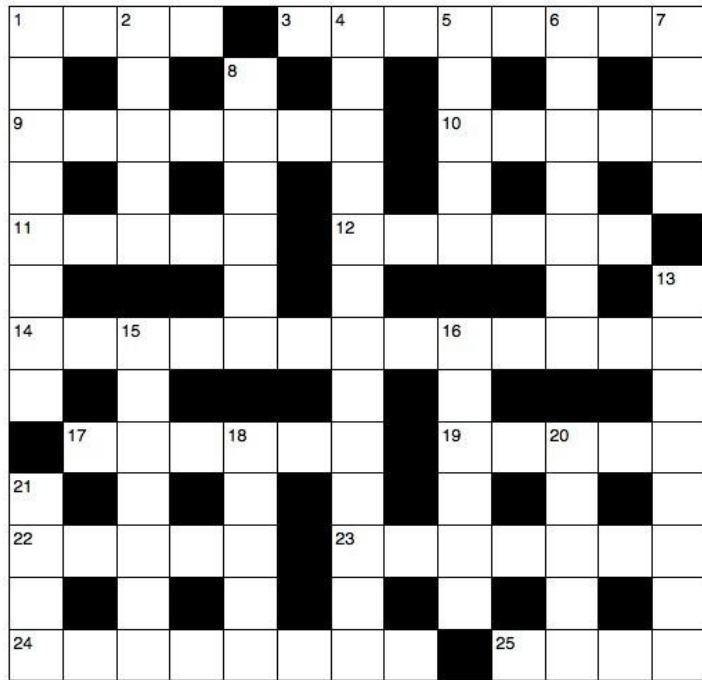
them to all corners of the earth, as his witnesses. 40 days after Easter, Jesus ascended into heaven; his work on earth was done. The disciples returned to Jerusalem, and on the fateful morning of Pentecost, there was suddenly the sound as of a mighty rushing wind. Tongues of flame flickered on their heads, and they began to praise God in many tongues – to the astonishment of those who heard them. That morning the Holy Spirit came to indwell all those who believed in Jesus: the Church was born. And so we have a triune God: Father, Son and Holy Spirit.

Ascension	Blessed	Taken	Jerusalem	Wait
Prayer	Power	One	Room	Disciples
Tongues	Flame	Joy	Praise	Confusion
Languages	Earth	Peter	Holy	Spirit
Trinity	Father	Son	triune	

Colouring page



Crossword



Across

- 1 'Therefore let us — passing judgment on one another' (Romans 14:13) (4)
 3 'I — — these persons here present' (Marriage service) (4,4)
 9 According to a prearranged timetable (Numbers 28:3) (7)
 10 Group of eight (5)
 11 The cell into which the Philippian jailer put Paul and Silas (Acts 16:24) (5)
 12 — Taylor, pioneer missionary to China (6)
 14 Otherwise known as the Eucharist, Breaking of Bread, the Lord's Table (4,9)
 17 'So that after I have preached to others, I — will not be disqualified for the prize' (1 Corinthians 9:27) (6)

- 19 Attend to (3,2)
 22 Approximately (Acts 4:4) (5)
 23 Tea rite (anag.) (7)
 24 Rule of sovereign (8)
 25 Test (anag.) (4)

Down

- 1 The name of the street where Judas lived in Damascus and where Saul of Tarsus stayed (Acts 9:11) (8)
 2 'The playing of the merry — , sweet singing in the choir' (5)
 4 'We have been saying that — — was credited to him as righteous' (Romans 4:9) (8,5)
 5 Dr Martyn — Jones, famous for his ministry at Westminster Chapel (5)
 6 Port at which Paul landed on his way to Rome (Acts 28:13) (7)
 7 Observe (Ruth 3:4) (4)
 8 Minister of religion (6)
 13 'I am — of this man's blood. It is your responsibility' (Matthew 27:24) (8)
 15 'Greater love has no one than this, that he — — his life for his friends' (John 15:13) (3,4)
 16 Archbishop who calculated that the world began in 4004BC (6)
 18 'No one can — the kingdom of God unless he is born of water and the Spirit' (John 3:5) (5)
 20 Establish by law (5)
 21 Product of Gilead noted for its healing properties (Jeremiah 46:11) (4)