

intouch NEWSLETTER

Benefice of Clothall, Rushden, Sandon, Wallington, and Weston



Lighting the night with hope!

We are still encouraging everyone to put a candle in their window at 7pm each Sunday night as a sign of hope, community and support for all those who are working for our health and safety.



What a week of wonderful Spring sunshine it has been and I hope you have all been able to make the most of it. I have been talking to people who have really set to in their gardens and with the spring cleaning at home. We are going to have the cleanest houses and the smartest gardens in no time! My own rockery is coming into its own and is awash with whites and purples, and cheers my heart every time I go past.

Thursday night saw people on their doorsteps clapping (and even letting off the occasional firework) in a display of support and thankfulness to all the NHS staff who are on the front line. As the number of those infected and, sadly, the number of deaths rises as we move towards the peak we should be more than grateful to the people who are working in less than ideal circumstances. Lets us keep them in our daily prayers.



Sandon Church in the glorious spring sunshine - taken by Gay Ayton

Hot-off-the press!

The Archbishop of York is taking a service on the Church of England Website at 9am tomorrow if you would like to watch online. <https://www.churchofengland.org>

A prayer for all those affected by coronavirus

Keep us, good Lord, under the shadow of your mercy. Sustain and support the anxious, be with those who care for the sick, and lift up all who are brought low; that we may find comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen.

Just an hour a day - Inderjit Singh Bhogal



TEN MINUTES: SIT IN SILENCE

Silence

This does not mean no noise. It means you sit comfortably and just listen to yourself and in all that is happening to you discern the voice and word of God. It doesn't matter if your mind wanders or goes off in a tangent. Note what comes into your mind.



TEN MINUTES: WRITE

Write

Write down some of your thoughts from the moments of silence, or other words. Just write. This is not to share with others, it is for you.



TEN MINUTES: READ

Read

Read something. It could be a few pages of a book...your Newspaper...



TEN MINUTES: REFLECT & PRAY

Pray

Read a short passage from the Bible. It could just be one verse. Reflect on this. What does this portion of scripture say to you? You may wish to write down a sentence or two to capture your reflection. Pause for a prayer. This could simply be to say the "Lord's Prayer" with full attention.



TEN MINUTES: LISTEN TO MUSIC

Music

Listen to your favourite music. Or tune in to your favourite music station.



TEN MINUTES: GARDENING

Gardening

Just ten minutes to complete this special hour. A bit of weeding. Or as Jesus suggested, "consider the flowers and the birds" in your Garden. If you don't have a Garden, tend indoor plants, or just "consider" them.

Construct one hour a day like this. This is your hour. After this, you can spend time as you wish to, and with others to support them. Eat and drink in moderation. Reduce consumption generally.

Live radiantly



From my window!

By Sandra Jordan
(St Mary the Virgin, Clothall)

It is a strange experience to be living our lives almost entirely within the confines of our home.

I live in a block of retirement apartments which is now eerily silent as all social gatherings have ceased and the communal lounge is closed.

I am truly blessed. I am on the 2nd floor in a lovely apartment that looks out over the main street so the view from my window keeps me in touch with the outside world. I have a large bay window which floods my lounge with sunshine from first thing in the

morning to late afternoon and it has a 2½ft wide windowsill which is full of my orchids, covered in blossom, and lots of family photos. I have to give thanks, don't I?!

I'm sorry that I am so far from the benefice, but I think there is a purpose for me here, supporting our elderly, frightened, isolated residents. I am trying to organise a story-writing project to keep folk occupied and amused!

'Til we meet again, you are all very much in my thoughts and prayers.

Sandra

1st April Fooling Around

by Canon David Winter

I was about six when I began to enjoy April Fool's Day. My older brother was very clever at appropriate hoaxes, not only deceiving me but also mum and dad. On the whole my childish efforts were encouraged. The day was full of laughs, even at school, where the teachers would try to trick us and all day long no one quite believed anything they were told. So it went on, year after year, though I think it all seems as a bit unsophisticated for the modern generation.

You couldn't say that, though, about probably the most famous April Fool's effort of all time. In the 1960's BBC TV broadcast a feature on the spaghetti farms of Italy. Even those of us who bought our spaghetti in the supermarket from the pasta shelves began to wonder if we'd been wrong. Italian farmers explained their work and the progress of the spaghetti plants was carefully filmed, from planting to reaping. And all in the BBC's most serious documentary manner. It took a while to appreciate that this was Aunty playing games. Whatever next!

The odd thing is that no one is quite sure of the origin of this very British tradition. Most attribute it to changes in Britain's calendar in the 1700s, when New Year's Day moved from March 25th to January 1st. Not surprisingly, the change caused a lot of confusion and mistakes around the start of April. Others look further back, to the ancient Roman feast of Hilaria, when the goddess Cybele was celebrated with pranks and jokes around the spring equinox, March 25th. Either way a touch of hilarity at the end of Lent does not seem amiss. Go to Greece, where the resurrection of Jesus is celebrated with fireworks and parties to see how it might work.



"I think I've finally become fully accepted here. After 25 years, the villagers have stopped calling me, 'The new incumbent!'"

Over to you!

Thanks to Sandra for the view from her window and Gay for the photo of Sandon Church. What is going on with you? Do you have a favourite hymn you could share with us, a photo, something about how you are dealing with the current crisis or what you would like to see in In Touch. I would love to hear from you so that we can share new around the benefice.

*Please send anything to me at
fkwheatley@gmail.com.*