

# Parish News

St Peter and St Paul, Little Gaddesden

50p

April 2020



The Lord is risen indeed

**St Peter and St Paul, Little Gaddesden HP4 1NZ,  
Berkhamsted Team  
Revd John Russell**

St John's Vicarage, Pipers Hill, Great Gaddesden, HP1 3BY

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**[www.littlegaddesdenchurch.org.uk](http://www.littlegaddesdenchurch.org.uk)**

**Facebook: [stpeterstpaulittgadd](https://www.facebook.com/stpeterstpaulittgadd)**

We are in the Berkhamsted Team Ministry with Great Berkhamsted, Great Gaddesden and Nettleden with Potten End. Enquiries regarding Baptisms, Banns, Weddings, Funerals and Memorials in the Churchyard should be made to the above-mentioned email address. Messages can also be left with the Churchwardens. If the Vicarage telephone is on the answering service please leave a message. It will be attended to as soon as possible. To contact The Berkhamsted Team, please call The Parish Office on 01442 878227.

***All are welcome to our House of God. All have their place in His Kingdom  
and their part to play in His work***

Phone numbers preceded by code 01442 except Heather Tisbury and Nikki Warr

CHURCHWARDENS:	Mrs B Sheard, Golden Valley Cottage	843591
	Mr M Carver, Windyridge	842658
READERS:	Mrs G Moore	842054
	Mr A Archer	842397
	Mrs H Tisbury	01582 842807
PCC OFFICERS:	Treasurer: Mr A Webster	843157
	Secretary: Mrs N Warr	07990 503263

**SUNDAY SERVICES:**

**Normal Sunday** 9 am Sung Eucharist (with Sunday School)

6 pm Sung Evensong (not 3<sup>rd</sup> Sunday)

**2<sup>nd</sup> Sunday of month** *or sometimes switched with another Sunday for a particular occasion*

9 am Café Church or Family Service (no Sunday School)

If there is no Eucharist at 9am one will be provided at another time or in one of the other churches

**5th Sunday** 9 am Joint Sung Eucharist at one of the three churches

6 pm Sung Evensong

**WEEKDAY SERVICE: Thursday** 10am Said Eucharist

**BELL RINGING:** Sunday 8.30 am Practice: Tuesday 8.00 pm

Tower Captain – Mrs Virginia Westmacott LG 842428

**CHOIR PRACTICE:** Friday 7 pm – Mr John Leonhardt LG 843550

**LITTLE GADDESSEN** We welcome all children aged 4 – 11. Contact the Head Teacher,  
**C of E PRIMARY SCHOOL:** for more information on 01442 842464 or  
[admin@littlegaddesden.herts.sch.uk](mailto:admin@littlegaddesden.herts.sch.uk)

**PARISH NEWS EDITORS:** Mrs H Hockings, Mr D Nowell-Withers, Dr N Murray, Mr M Walsham  
See inside back page for contact details.

**SAFEGUARDING OFFICER:** Mr James Mitchell LG 842710

**WEEKLY UPDATES:** PEW SHEET distributed in church each Sunday. Items for inclusion  
should be sent to Helene Hockings, [a\\_dmin-church@outlook.com](mailto:a_dmin-church@outlook.com)  
by 9 am on each **Thursday**

**PARISH ADMINISTRATOR:** Helene Hockings on [a\\_dmin-church@outlook.com](mailto:a_dmin-church@outlook.com) or 01442 842493

Vol 43 No.04

Dear Friends,

As I write this, the sheer enormity and the implications of COVID-19 are really beginning to hit home as we are challenged to work out our lives in this alien world. The impact has been described as similar to a war, but this enemy is unseen and largely a mystery.

Our doctors and nurses are doing amazing work and we should pray for them and all who are working for us, to enable us to live in some sort of order, providing us with the necessities of life.

In all that we see, hear and read in the varying forms of media we use, there is very little mention of God - that dimension of life that goes largely unnoticed by the vast majority of our population. It appears that everything that is achieved has to be done by human effort, but how much more might be achieved if we listened a little more to the promptings of the Holy Spirit and acted accordingly?

God is there to support and uphold us and to guide in all that we do. It is our God-given gifts that will ultimately bring us through this crisis and the God-given gifts of wisdom and knowledge which will lead scientists to an understanding of this super virulent virus and how to truly combat it and render it harmless.

I hope and pray that we will take this time and use it as an opportunity to rethink and reshape our lives for the good. I truly believe that in the many disasters people have faced throughout history, God has ultimately brought change for the better.

There are those who have tried to play down this pandemic and are refusing to cooperate with authority but Jesus reminds us that we should render to Caesar that which is Caesar's and to God that which is God's, a lesson well learned.

As we approach Holy Week and Easter with our plans for meeting family, taking holidays, getting married, having our children baptised, all thrown to the wind, let us recall our faith.

Our trust in God, which may have grown dim through apathy and through years of relative ease in our lives, when so much has been taken for granted can be rekindled. This is a call to faith, our chance to turn to the living God who came to earth in human form, for our sake, who died on the cross and rose again on Easter Day. God is here, now, this minute and ready to listen to our pleas, our cries for help and to enter our hearts and lives afresh.

I am not sure when we shall be able to meet again to worship freely as we have always done, but when we do, I hope and pray we will truly celebrate and give thanks for our deliverance.

I am yours in Christ,  
John.



### EASTER LILIES

Every year at Easter the Church is decorated with lilies in memory of a loved one. If you would like to participate, please would you let me know as soon as possible on 842780 or email [anneisherwood@btinternet.com](mailto:anneisherwood@btinternet.com) as the lilies have to be ordered in good time for Easter. The cost is £3 per lily, which you can give to me or Virginia Westmacott. Please make any cheques payable to **PCC of Little Gaddesden Parish**. The book for your dedication is in the Church. Thank you.

Anne Isherwood

## THE HEALING POWER OF NATURE

Nature makes no promises, you comfort her in vain,  
nature makes no judgements, for nature feels no pain.

Those scarlet poppies bloom, shameless, on fresh turned earth,  
care not for monetary value nor for heroism's worth.

But healing comes. From new grass scent warmed by golden sun,  
and lit by simple daisies where carefree rabbits run.

At woodland's edge pale orchids tremble, with no hint of sorrow,  
they have no memory of yesterday, nor fear for new tomorrow.

Stop and watch the butterflies as in free and careless flight,  
they seem to flirt and flutter in spontaneous delight.

The joyous song of skylark is sweetness in the air,  
to lift any heart made heavy by sadness or despair.

For the oak will stand proud, as it's always stood,  
wren's call will ever echo through the sunlit wood.

And those darkest fears will have no place,  
in the healing summertime of nature's grace.

Josie Jeffrey

### *From the Registers:*

5th March	Memorial Service and Burial of Ashes	Peggy Heron
16th March	Eucharist and Burial	Brian Saunders (Priest)

We thought that you would be interested in reading the **letter sent to all Church of England clergy on 17th March 2020 regarding the suspension of all church services to the public**. We realise that some of the detail (ie the day of prayer and action on Mothering Sunday, 22nd March) will be out of date by the time you read this, but the Editors didn't think that they could change the letter at all, so that has been left in. (Please see over page)



# THE CHURCH OF ENGLAND

Dear Brothers and Sisters in Christ

We wanted to write to you today to offer you advice and encouragement at this very difficult time for the whole of our country. Please find attached to this letter some careful guidance. We write this letter having consulted with the bishops across the Church of England and are grateful to them for their wisdom and help.

Thank you for all that you do and will continue to do as disciples of Jesus Christ and ministers of the Gospel. We recognise what a very unusual and painful time this is for everyone and we want to stress that we are praying for you all and are very grateful for all that you are doing.

It has always been the historic vocation of the Church of England to be the church for everyone. William Temple, one of the great Archbishops of Canterbury and York of the last century, is often quoted as saying that we are the one organisation which exists for the benefit of its 'non- members'. As the challenge of the coronavirus grips the world, and as the Government asks every individual and every organisation to rethink its life, we are now asking the Church of England in all its parishes, chaplaincies and ministries to serve all people in a new way. Public worship will have to stop for a season. Our usual pattern of Sunday services and other mid-week gatherings must be put on hold. But this does not mean that the Church of England has shut up shop. Far from it.

We need to look at new ways of serving everyone:

1. Where you can and where it is prudent, we encourage all clergy to continue their pattern of daily prayer and, if it is your practice and can be done within the constraints as set out, a daily Eucharist. It is vital to observe strictly the protocols of hygiene and, where necessary, self-isolation and social distancing. This will not be public worship that everyone can attend, but an offering of prayer and praise for the nation and for the world. Please do of course keep the church buildings open for private prayer wherever possible as we know so many do all the time.
2. If churches and worshipping communities have the resources to live stream then they should do so. This will enable the people of God and anyone and everyone who looks to God for support and meaning in this time of crisis to participate in the life of

worship at home. At the same time, both nationally and in our dioceses, we will produce and provide resources for prayer and worship in the home. This will be especially important for those who are self-isolating, but also for the benefit of everyone.

3. Many people are going to suffer during these coming months as the coronavirus reaches its peak. Tragically there will be deaths and so many will be grieving and fearful. We, the Church of Jesus Christ, with our sisters and brothers from other Christian churches, must be in the forefront of providing practical care and support for the most poor and the most vulnerable, and we offer our services to all those who are beginning to think through how best to provide for those in need.

Being a part of the Church of England is going to look very different in the days ahead. Our life is going to be less characterised by attendance at church on Sunday, and more characterised by the prayer and service we offer each day. We may not be able to pray with people in the ways that we are used to, but we can certainly pray for people. And we can certainly offer practical care and support. Please do carry on supporting the local foodbank and buy extra provisions for it. Ensure the night shelters wherever possible are kept open. There are many very encouraging schemes happening right across our country in communities to focus on caring for the most vulnerable, so do continue to play your part in those.

Then by our service, and by our love, Jesus Christ will be made known, and the hope of the gospel – a hope that will counter fear and isolation - will spread across our land. We have called, along with our fellow church leaders, for a day of prayer and action this coming Sunday - Mothering Sunday (22nd March). Mothering Sunday has always been both a day of celebration for many and a sensitive and emotional day for some. Wherever you are this Sunday please do join in this day of prayer and action and remember especially those who are sick or anxious, and all involved in our Health Service. As one action, we are calling on everyone to place a lighted candle in their window at 7.00 p.m. as a sign of solidarity and hope in the light of Christ that can never be extinguished.

This is a defining moment for the Church of England. Are we truly a church for all, or just the church for ourselves? We urge you sisters and brothers to become a different sort of church in these coming months: hopeful and rooted in the offering of prayer and praise and overflowing in service to the world.

Please, therefore, join us in this great challenge; and pray for our Government and nation, for each other, and especially for those who work in our health and emergency services.

With every blessing,

+Justin Cantuar

+Sentamu Eboracensis

## SPRING – HOPEFULLY DEFINED

Perhaps it's just me, but Spring this year seems to have snuck in without the usual markers whilst I was looking elsewhere. I hate that, as, without some real Winter weather, frost, ice and snow, there is no divider which takes away the pleasure of having something to look forward to. Just week after week of interminable rain, draining the colour, even the normal winter monochrome from our world, just fun-sapping, heavy leaden leaking skies and careless, damaging gales. Then, as if they are trying to slip by us, you notice a shrub and hedge are sprouting little green buds and the graceful willows sort of blush greenly; and you realise that since the early snowdrops delighted, there were crocuses and now there are primroses and daffodils, which we may have been too preoccupied to appreciate. Breath is still being held however for, as TS Eliot said, "April is the cruellest month".

I had been noticing fewer owls this soggy season. I've heard no barn owls and no tawny since Autumn – but guess what, the other day at dusk I heard an unfamiliar bird call from the big old oak in the field behind the TWBG and there, silhouetted against the evening sky and yelling his head off – a little owl. Oh, goody! During March the hardworking robins and occasional song thrush were joined in their oh-so-cheering sing songs by dunnocks and chaffinches. (Great, as they have been decimated by disease in recent years). Then wrens, goldfinches and blackbirds and, in the third week, a chiff chaff. Not, it must be said, the most melodic singer, but good news as most of them are summer visitors, so it could be one that has made it here, although some, along with a few blackcaps, are sensible enough to hang out with us the year round. Especially as blackcaps in particular are prized by a lawless element, including Russian Mafia as amuse bouche in certain Cypriot tavernas. So, nice things to listen and look out for, along with the thought of warm dry weather.

Some good news: Our local provider, Affinity Water, have stated that they probably won't have to bring in hosepipe bans this summer. Also, the fact is, whatever rubbish stuff we have to get through and deal with, nature will survive, flowers will bloom, bees will do their thing, birds will nest, breed, poo on your washing and sing their little hearts out. Trees will green up and look magnificent and swallows, martins and wonderful swifts will come back to us. Let us enjoy, take pleasure and solace from the wonderful gift that is nature.



## **Vestry@50 – Thomas Field Hall**

The month started very well. On Monday, March 2<sup>nd</sup> the archaeological survey of the site was carried out. This was an official requirement. We were very uncertain about what would be found both in terms of type and quantity of remains. We had been advised by the Diocese that recent building projects had reported findings very much in excess of what had been anticipated, so we were very anxious. We had already agreed the depth to which the excavation would be made so there was no uncertainty there, and no question of progress being held up while decisions were made after the state of the site was revealed. To our great relief, therefore, the ground has proved to be totally free of remains, apart from a small brick enclosure buried just below the surface. This was recorded and removed. The work was completed within a day.

The archaeologist will return when the deeper excavations are done for the walls, so there may be something revealed then. We will have to wait and see.

Since then, everything has changed. The builder is not able to start the wall excavations this Monday because his sub-contractor is unable to work due to the Covid-19 outbreak. We will be holding discussions with the builder to work out a way to either progress the works or to hold them until the situation becomes clearer or more stable. This is very frustrating, but the good thing is that at least we haven't started the main works and the present vestry building is not vulnerable in any way.

Barbara Sheard

## **DENS Appeal**



Please don't forget that we have not stopped collecting food for DENS Food Bank. It is still very much needed. There are two boxes, one at the back of the church by the font and one on the cross aisle which are emptied as soon as the contents are sufficient to make a trip to

Hemel. During this difficult time, it is sobering to remember that some people are much worse off than us.

Food must be non-perishable with long use-by dates. There is a list of suggested items by the boxes. Thank you very much.

## **Church Procedures**

Dear Friends,

Whilst all public acts of worship have stopped and churches closed, we must continue to 'be church', functioning albeit in an unprecedented form.

At my Induction Service as Team Rector of the Berkhamsted Team, Bishop Michael, Bishop of Hertford, challenged us to find new ways to be the church in these extraordinary and unprecedented times; to find new ways and means to be 'generous, joyful, imaginative and courageous', in all our actions. The time has come when we must ask ourselves what our Christianity actually means to us.

I shall continue to say my Daily Prayers and as Michael Ramsey once wrote, will be praying with the prayers of the people on my heart – that is one of the vital roles of a priest in God's church, but I simply ask you to do the same.

Do please refer to the Little Gaddesden church website which will be updated frequently to reflect the latest news from the church.

I can be contacted by email ([vicar@littlegaddesdenchurch.org](mailto:vicar@littlegaddesdenchurch.org)) or by phone or text (01442 214898 / 07950 105802).

We also have three Licensed Readers who are part of our leadership team and will support in any way they can:

Anthony Archer	(01442 842397)
Gill Moore	(01442 842054)
Heather Tisbury	(01582 842507)

In the meantime, do please continue to keep in touch with one another over the coming weeks and months, by phone and electronic means - it's amazing how uplifting a 10 minute chat with somebody can be over the phone.

Please pray for me and all my ministry colleagues. Rest assured that you are in our thoughts and prayers as we endeavour to mirror the love God shows for each and every one of us. We journey on together in the light and power of the Holy Spirit through these unprecedented times, hoping and believing we will soon be delivered from these dark times.

I am yours in Christ,

John.

# CHILDREN'S PAGE

Here is a picture showing Jesus washing the feet of one of his disciples. He did this at the Last Supper, the last meal he ate with his disciples the day before Good Friday. We call this day **MAUNDY THURSDAY**.



## Here is the story:

*you can read it in the Bible in Saint John's Gospel, chapter 13 verses 1 to 17.*

The evening meal was being served when Jesus got up and wrapped a towel around his waist. He poured water into a basin and began to wash his disciples' feet, drying them with the towel. He came to Peter who said "No, you shall never wash my feet." Jesus said, "you will understand later what I am doing." When he had finished, Jesus said to his disciples, "I, who am your teacher, have washed your feet as an example to you. You should now wash one another's feet. Everyone is a servant to everyone else."

## TO PRAY

*Teach me good Lord,  
to serve you as you deserve;  
To give and not to count the cost,  
To labour and not to ask for rest;  
To toil and not to seek for any reward  
Save that of knowing that I do your will.  
Amen*

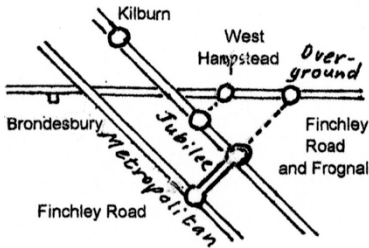
## WORDSEARCH

*Find the words underlined in the story.*

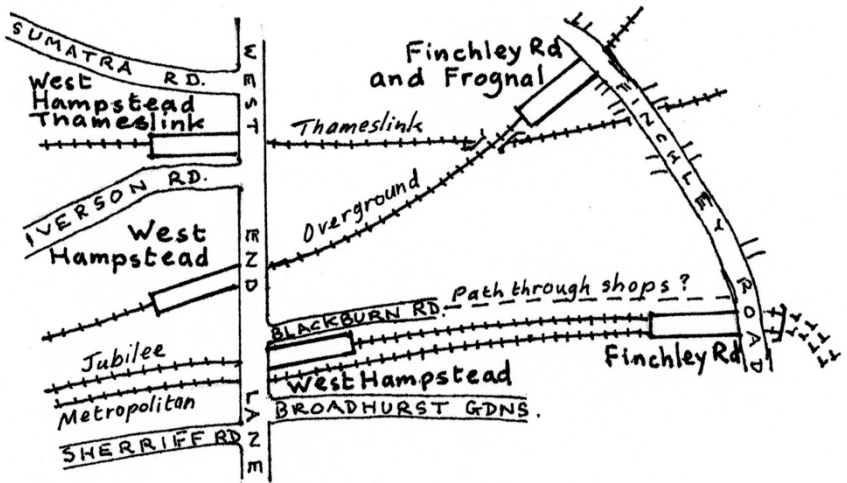
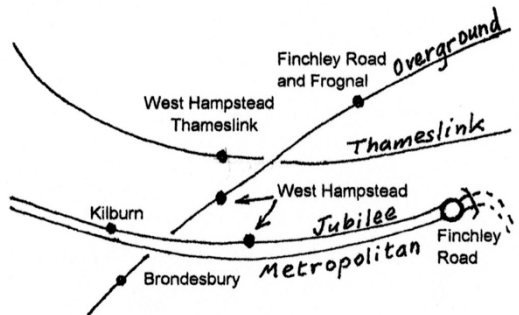
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T	M	O	J	H	I	R	F	R	M
H	D	G	E	N	C	H	A	V	O
O	W	O	D	V	I	A	X	A	L
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K	C	T	F	A	K	U	Z	T	P
S	I	L	E	W	O	T	H	E	F

## UNDERGROUND OVERGROUND No.7 West Hampstead

DIAGRAM on the latest Tube map



More realistic map with the Thameslink Line added



Four lines pass very close to each other here, though two of them are on parallel tracks. These two are the Metropolitan and Jubilee Lines, The others are the London Overground and the Thameslink Lines. The latter is not shown on the pocket-sized Tube maps. There is no proper interchange station except between the Jubilee and Metropolitan at Finchley Road.

The walking links between the Jubilee, Overground and Thameslink are easy to see on my map. The stations are only 100 yards apart. If you are getting off at the Jubilee or the Thameslink stations remember to turn right as you come out on to the road, West End Lane, whichever line you are heading for.

If you are coming from the Overground turn left for the Thameslink or right for the Jubilee.

The Metropolitan Line is different because the trains do not stop at West Hampstead. You can change on to the Jubilee directly at Finchley Road. To reach the Overground Line's Finchley Road and Frognal station, turn left and walk along Finchley Road for about a quarter mile.

To get between Finchley Road and West Hampstead Thameslink you have a walk of somewhat over half a mile, but as you will be walking past the Jubilee Line station you might prefer to take the train for this leg and walk the last 200 yards north up West End Lane. There is probably a path from Finchley Road to West Hampstead (Jubilee) through the grounds of a supermarket on the north side of the tracks, coming out through Blackburn Road, but this is not a route I have checked on the ground. At this point you would turn right on to West End Lane to reach the Thameslink station.

John Leonhardt

### **The Prayer Group**

In this time when many may wish to have specific prayers said for people in the village or for their families, we publish details of The Prayer Group again for your information. Please contact anyone on the list if you wish to ask for prayers for someone. We have two new members of the group and the details are shown below.

All requests are completely confidential.

Alternatively, please always feel able to contact the Vicar directly. Please keep us up-to-date regarding the progress of those for whom we are praying, so that our prayers remain relevant.

John Russell (Vicar)	01442 214898
Helene Hockings (co-ordinator)	01442 842493
Jane Dickson	07795 348938
Barbara Day	01442 842407
Louise Archer	01442 842397
Gill Moore	01442 842054
Gayle Storey	01582 662132 or 07940 544124
David Nowell-Withers	01442 842225
Heather Tisbury	01582 842807
Julie Leonhardt	01442 843550

## **Support & advice for residents during the pandemic outbreak**

This is the time when we all need to look out for our neighbours. We have had a tremendous response from villagers willing to volunteer to support their neighbours during the pandemic. Hopefully you will already have received an 'Hello' card through your letter box with the contact details for a volunteer or team of volunteers who would be willing to collect shopping/ prescriptions etc if you need to self-isolate at any time.

They are also more than happy to be phoned for a friendly chat.

If you are in an at risk group or have symptoms of the virus you will need to self-isolate for the period recommended by the government. We appreciate this advice is changing weekly so would suggest you refer to the government website [www.gov.uk](http://www.gov.uk) Coronavirus (COVID-19).

By the time you receive this magazine, we will have 30 volunteer groups, each covering a small area of the Parish to help support those of you in need of practical help.

It may be useful for you to have some Paracetamol at home in case you become unwell (Ibuprofen/ inflammatory drugs are currently not advised). If you need medical advice you can either contact 111 or request a phone consultation from your GP. A useful website for this is [www.nhs.uk](http://www.nhs.uk) Coronavirus (COVID-19).

Our village shop has offered to take telephone orders for shopping which they can deliver and have started a food bank of non perishable items for residents in need, so please do donate if you can. Contact them on 842448.

Some of your neighbours may not use social media so please keep them updated on any information you receive from within the village and just check they are managing. When using social media (as this is in the public domain) please do respect your neighbour's privacy; you can say they are self-isolating but no further medical information without their permission. Also be cautious about mentioning if they live alone.

This is a village-wide initiative; contact us if there are areas of support that have been overlooked or skills you can offer.

Wendy & Sarah

Wendy Molloy : [wendymolloy@icloud.com](mailto:wendymolloy@icloud.com)

Sarah Gall: [sarahgaddesden@aol.com](mailto:sarahgaddesden@aol.com)

(Community First Responders)

## Plague Reading Matter

Many of us now find ourselves with rather more time on our hands than is usual, and a number of books have suddenly sounded quite relevant. Here are three worth having a look at:

**The Diary of Samuel Pepys:** Pepys (1633 - 1703) was famous in his lifetime as a great naval administrator and amateur man of letters. His wonderfully readable and entertaining Diary, covering the period 1<sup>st</sup> January 1660 - 31<sup>st</sup> May 1669, was only published in 1825. He vividly describes life at the centre of the action in London from the first cases of bubonic plague in early 1665, through the peak in late summer until, greatly helped by the Great Fire of London in 1666, it subsided with the last few cases in 1667.

Pepys being Pepys, the Diary of that time is much more about what he was up to than the plague itself; he describes some dreadful scenes but characteristically he admits that, for example he went out of pure curiosity to have a look at the plague pits at Moorfields, recording in just as much detail his business and social affairs that day. He was working flat out, his career was progressing and he was making his fortune while both loving his wife and having a good time with numerous other women when opportunities arose. Indeed, in the very worst days of the plague (and almost one in five Londoners died) he wrote 'everything else has conspired to my happiness and pleasure, more for these last three months than in all my life before in so little time.' At the end of 1665 he wrote 'I have never lived so merrily (besides that I never got so much) as I have done this plague-time.' We might tut but plenty of people could have written the same in the last War, and Pepys was nothing if not honest about himself.

**A Journal of the Plague Year, by Daniel Defoe:** Daniel Defoe, journalist, political pamphleteer and one-time spy, was only five years old in 1665, and this book was published in 1722. The argument continues to this day as to whether the book is primarily fiction or non-fiction, Defoe author or editor. To an extent, the same question arises about Defoe's later work, Robinson Crusoe - how much is invention and how much about the real Alexander Selkirk? Either way, 'A Journal' is a fascinating read and Defoe makes a good case for being one of the first English novelists with 'Moll Flanders', published a few years later. Defoe surely had some childhood memories of 1665 but he also

gleaned much from notes left by his uncle. The book is very different from Pepys' writing with a clear structure explaining how bubonic plague spread from street to street and area to area as the year progressed. He tells us what people looked like early in the disease and before they died, what was done to help them and to protect others, what happened to the bodies, what rich Londoners did to escape the plague, and what happened to the poor. It's all there in grim detail.

**The Plague, by Albert Camus:** Camus was a third-generation 'pied-noir', a French Algerian born in 1913 and brought up in Oran on the Mediterranean coast. As a youngster he was a promising footballer - his hopes of making it a career were dashed by TB when he was 17 though he still features regularly on University Challenge and superior pub quizzes as a literary goal-keeper! He studied philosophy at university and moved to Paris as a journalist, where he was prominent in the Resistance during the 2<sup>nd</sup> World War.

Camus was a friend of Jean-Paul Sartre, Simone de Beauvoir and their group though philosophically he rejected existentialism, regarding himself as an absurdist. 'Absurd – that which is meaningless. Thus, man's existence is absurd because his contingency finds no external justification'. He wrote a number of books including 'The Outsider', 'The Fall', and 'The Just' as well as 'The Plague' and was awarded the Nobel prize for literature in 1957 – only Kipling was a younger prize-winner in that category. He died in a car crash in 1960; some still believe he was killed by the KGB.

The Plague (La Peste, 1947) is based on an outbreak of cholera in Oran in the mid-19<sup>th</sup> century. It describes the thoughts and actions of a group of men there in the 1940s - doctors (notably Dr Rieux), fugitives and holiday-makers during a severe outbreak of disease. Despite Camus' own disagreements with Sartre it is thought of as an existentialist classic, and perhaps best regarded as an allegory for French resistance under the Nazi occupation and man's determination against the precariousness of existence.

Nick Murray



## How to survive if you're self-isolating at home

Further to Nick's suggested reading list, there are many other things that we can be doing to keep ourselves busy and stimulated during this time of self-isolation.

### Audible

This is an app which has a massive, ever-growing catalogue of books read by actors or the author. Signing up is easy: go to **audible.co.uk** to register and give your card details. There is a 30-day free trial, then for £7.99 per month you get one monthly 'credit' for a book (or two for £14.99). Keen 'readers' can boost their credits (£17 buys three extra books) and membership provides free podcasts. Your recordings appear instantly on your device.

### Sightseeing from Home

Even though **The Natural History Museum** ([www.nhm.ac.uk](http://www.nhm.ac.uk)) is closed to the public (like many other public museums and galleries), you can still discover many things through their website. Ever wondered how to sex a dinosaur? Read the on-line pages to find out. Sections include Discovery, Oceans, Space, British wildlife and much, much more.

Visit the **Acropolis** in Greece. The website [www.acropolisvirtualtour.gr](http://www.acropolisvirtualtour.gr) can take you to the ancient ruins where you can decide which part to view.

Visit **Stonehenge** on [www.english-heritage.org.uk](http://www.english-heritage.org.uk). There is a virtual tour inside the stones.

### Things to do

Dig out that 1000 piece jigsaw which has been sitting in your cupboard for years and start putting it together.

Get out in the garden – perhaps this year will be the year that your garden will look like you always hoped it would!

Phone someone you haven't called in a while for a catch-up.

Exercise every day – outside preferably.

Take up a new hobby – painting, knitting, sewing, woodwork. Look on-line for help getting going and inspiration.

Cook something delicious.

Boxsets on the TV.

Keep smiling – hopefully this will be a short-lived inconvenience.

## **PRAYER PAGES**

### **St George, Martyr, Patron of England, c304, 23<sup>rd</sup> April**

God of hosts, who so kindled the flame of love  
in the heart of your servant George that he bore witness to the risen Lord  
by his life and by his death:  
give us the same faith and power of love  
that we who rejoice in his triumphs  
may come to share with him the fullness of the resurrection;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

**Amen**

### **A Prayer for all those affected by Coronavirus**

Lord Jesus, during your ministry on earth  
you showed your power and caring by healing people of all ages  
and walks of life from physical, mental and spiritual ailments.  
Be present now to people who need your loving touch because of COVID-19.  
May they feel your power of healing through the care of doctors and nurses,  
and the concern and compassion of their neighbours so as to bring hope in  
their time of need.

Take away fear, anxiety and feelings of isolation from people receiving  
treatment or who are under quarantine. Give them a sense of purpose in  
pursuing health and protecting others from exposure to the virus.  
Protect their families and friends and bring peace to all who love them.  
We ask this in your name.

**Amen**

Be though a bright flame before me,  
be thou a guiding star above me,  
be thou a smooth path below me,  
be thou a kindly shepherd behind me,  
today, tonight and for ever.

**Amen**

St Columba (521-597)

**A Prayer for people who are more vulnerable  
to the effects of the virus**

Loving God, the fountain of life and healing,  
we lift to you our concern for people who are more likely than others  
to become severely ill from COVID-19.  
Be their comfort at this time of fear and uncertainty,  
and enfold them in your arms of mercy,  
for the sake of your Son, our Saviour,  
Jesus Christ our Lord.

**Amen**

**A Prayer for the medical professionals, caregivers, researchers,  
and leaders responsible for decisions  
about fighting the Coronavirus**

Almighty Father, we seek your wisdom daily.  
Be with people making decisions that affect the lives and futures  
of our families, friends, communities, countries and the wider world.  
Inspire and invigorate people developing better tests to diagnose the virus,  
vaccines to prevent it,  
protocols and communication to eliminate its spread,  
and medicines to ease its effects.  
May truth and empathy be the touchstones of people  
setting policies for our protection.  
In Jesus' name, we pray.

**Amen**

Based on material from World Vision  
([www.worldvision.org/disaster-relief-news-stories/prayers-people-affected-new-coronavirus](http://www.worldvision.org/disaster-relief-news-stories/prayers-people-affected-new-coronavirus))

**Due to the Coronavirus outbreak, there will be no church services at our three Parish Churches for the foreseeable future.**

**Please see our Church websites and facebook pages for more up-to-date information.**

**[www.littlegaddesdenchurch.org.uk](http://www.littlegaddesdenchurch.org.uk)**

**Facebook: [stpeterstpaulittgadd](https://www.facebook.com/stpeterstpaulittgadd)**

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