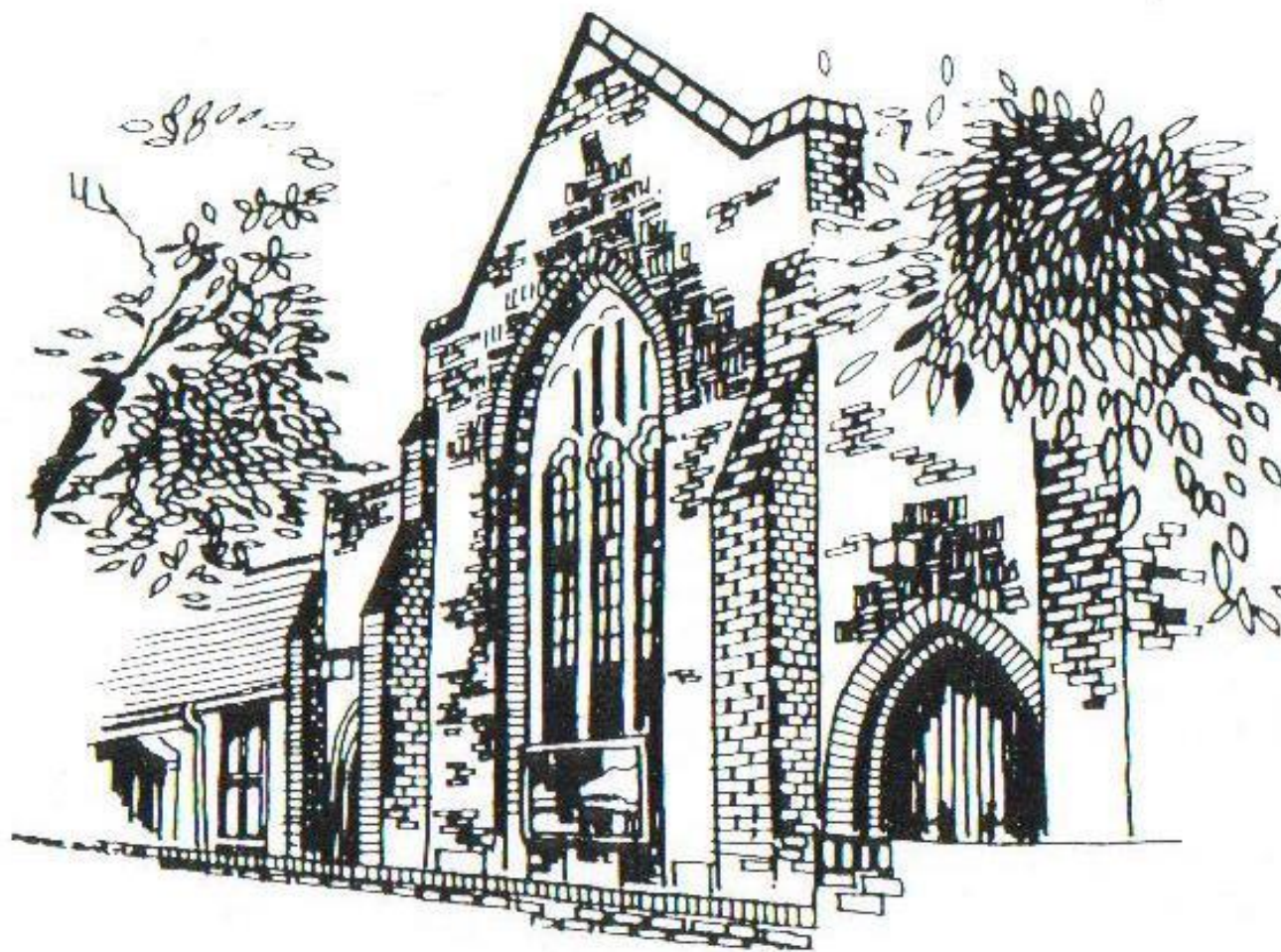




*The Magazine*  
*of*  
**Highams Park Baptist  
Church**

Cavendish Road, E.4.



**APRIL / MAY 2020**



## CHURCH PROGRAMME

PLEASE NOTE THAT THERE WILL BE NO SERVICES OR GROUPS UNTIL THE COVID 19 (CORONA VIRUS) RESTRICTIONS ALLOW...

**SUNDAY SERVICES:** 10.00 a.m. Morning Worship (including a crèche and groups for children and young people).

Holy Communion is conducted regularly within the Services. We invite all who believe in Jesus as Lord and Saviour to eat and drink in Communion. Please see the Church Diary (at the back of the magazine) for details.

### Monday

Gathered Prayer 11.00 – 12.00 am at the home of Margaret Norris.

An opportunity to pray for the life and work of the Church and for the local community.

### Friday:

Boys Brigade and Girls Association:  
Anchors (For boys and girls in school years 1-3)  
combined with

Juniors (For boys and girls in school years 4-6)  
6.30 - 8:00 pm  
Company Section 6.30 - 8.30pm.

**Cell Groups:** The cell groups are small groups of people that meet together for friendship, support, Bible study / application. It would be great if you wanted to try one of the groups.

Friday 'Praise, Prayer and Worship'  
Monthly 7.00 -8.00pm at the Church.  
Contact Muneyi Antoniou or Peter Burke for details.

Tuesdays, weekly at 8.00 pm  
at Sarah and Paul Raymond's House.

The deadline for items for the next edition is Sunday 24th May 2020  
Editors: Dave & Jacquie Lyus, 020 8527 1505 Email: [magazine@hpbco.uk](mailto:magazine@hpbco.uk)





## **Cavendish Road, London E4 9NG**

### **April / May 2020**

<p><b><i>Minister:</i></b></p> <p><b><i>Rev. Rosemary Eaton</i></b> <b><i>21, Warboys Crescent,</i></b> <b><i>Highams Park,</i></b> <b><i>London, E4 9HR</i></b></p> <p><b>☎ 020 8523 5056</b></p>	<p><b><i>Church Secretary:</i></b></p> <p><b><i>Ruth Underhay,</i></b> <b><i>249, The Avenue,</i></b> <b><i>Highams Park,</i></b> <b><i>London E4 9SE</i></b></p> <p><b>☎ 07593 421214</b></p>
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### **That Morning In The Garden**

That morning in the garden? I remember it as if it were yesterday. The emptiness of the garden and the desolation I felt as I made my way there. That sinking feeling when I saw the stone had been removed. The cold of the tomb and the light within. The joy of seeing Jesus again. After all these years I can still feel it all as if for the first time. Of course, it was only the beginning. Life after that morning was never the same again. Suddenly I had a new sense of purpose...a calling, I suppose. 'Go and tell', Jesus said that morning in the garden. And that's what I've been doing ever since.

I'm sure you know the story. Just before dawn, on the day after the Sabbath I went to find the tomb. We'd heard that Pilate had let Joseph of Arimathea and Nicodemus take Jesus' body for burial. By the time they had permission it was close to sunset so they had to hurry to get to the tomb before the Sabbath began. All the next day I fretted, worried that they had not been able to prepare the body properly...what do men like them know of such things? So as soon as I could I went to see to it myself.

My heart sank when I saw the open tomb. I assumed someone – Pilate or maybe Caiaphas – had decided to move the body. I remember thinking how cruel people can be...couldn't they leave him alone even when he was dead? In my distress I didn't think to look inside...silly me. Peter and John were more practical. They saw the abandoned grave clothes...no sign of the body...and concluded this wasn't the work of either the authorities or of grave robbers.

They hurried off, apparently needing no further proof, but I lingered. And I am so glad I did. I saw angels for the only time in my life and it was then that it began to dawn on me that God was at work, right there in that place of sorrow and grief. I was struggling to put the pieces together, still tearful and full of grief, when a man appeared. Perhaps he would know where Jesus' body had gone? I still can't believe I didn't recognise my Lord right then and there...

In the end, it was the sound of his voice that broke through my confusion. 'Mary', he said, and suddenly I understood. Calm and gentle, the voice that had stilled storms and cast out demons. The voice of my Jesus, somehow not dead but alive...what a wonder...what joy.

It was just a moment...a special, private moment that changed everything. He told me not to hold onto him there but to go and tell the others what I had seen. To say that he was ascending to God.



That didn't make sense then...why would he come back and then leave again? In time we saw for ourselves but right then the fact Jesus was back with us was enough for me.

Those words of his - go and tell - have stayed with me through my life. A woman's voice is not always heard but those who later wrote the story down made sure mine was not silenced. For that, and much else beside, I give thanks each year as with other believers I remember that amazing morning, there in the garden.

Rosemary

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### *Prayers for our Church Family*

***Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Philippians 4:6***

COVID-19 is affecting everyone in Britain at this time. Those who are part of our church community are no exception. The challenges of daily life are different for us all but no-one is unaffected. As Christians we have the privilege of coming to God with our prayers and concerns for each other. As part of the Body of Christ in this world our members are involved in all aspects of community life. The suggestions below may help as you pray for our work and witness in the current situation.

**Healthcare** - Pray for all medical staff and mental health working in the NHS. Give thanks for the care they provide in these difficult times. Remember support staff, many of whom are now working from home.

**Care homes** - Pray for staff and residents in local care homes. Give thanks for the care and support offered to our elderly relatives and friends. Remember families with elderly relatives that they are unable to visit at this time.

**Community care and support** - Pray for all affected by the closure of day care centres. Give thanks for all who work with people with special needs. Remember Christian ministers as they conduct funerals and support grieving families.

**Education** - Pray for pupils and staff following the closure of local schools. Give thanks for the childcare now provided by schools to the children of key-workers. Remember parents as they care for their children at home.

**Self-Isolation** - Pray for those self-isolating due to health concerns or older age. Give thanks for the neighbours and friends who offer support to those living alone. Remember everyone currently at home due to possible contact with COVID-19.

**Employment** - Pray for those facing financial hardship while they are unable to work. Give thanks for those still working to provide essential services. Remember those under pressure to keep services running with fewer staff.

***Everyone who calls on the name of the Lord shall be saved. But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? Romans 10:13-14***

*From the HPBC Sunday Supplement*



*We thank Rosemary, Ray, Ruth and Robert for preparing and distributing this welcome addition to our Church outreach during the present crisis when no services or groups are being held. The following is taken from the first issue. Current updates of our Church family which appeared in the Supplement are to be found in the Cavendish Circular.*



## *The Sunday Supplement*

Dear Friends,

The Sunday Supplement has been set up on the website ([www.hpbc.co.uk](http://www.hpbc.co.uk)) to help bridge the gap while we are unable to worship together on a Sunday morning. Each week the bible readings and prayers will be posted. Links will allow you to listen to worship songs and to view Rosemary's blog. In the audio folder you will find recordings of the bible reading, a reflection and the sermon from the Mothering Sunday Service last year. When you log on to the website, look for The Sunday Supplement tab at the top of the screen. Click the tab to see the list of resources available.

Written copies of the prayers, readings and reflections have been delivered this afternoon to those we are aware of who do not have access to the internet. Enormous thanks to Rosemary and Ray for putting this together and to Robert for his help with the audio. Their hard work has made it possible to have these resources available to us at this challenging time.

Please pray for those within our fellowship who feel vulnerable, alone and isolated, for those with children and child care issues, for anyone worried about the impact of the corona virus on both their finances and their life and for each other during these challenging times.

May God be with you all and protect you in the coming week.

Rosemary and Ruth





## *Cavendish Circular*

**A message from your Editors:** When I wrote in the last "Cavendish Circular" about the importance of maintaining contact with each other by all available means of communication, I had no idea of how life would be changing for us all. It has been great to receive the inspiring reflections and messages of love and prayers from those in our Church family via the HPBS website: ([www.hpbc.co.uk](http://www.hpbc.co.uk)). Dave and I must remain in Nottinghamshire for the foreseeable future and are somewhat surprised to discover that we are part of the 'at risk' group because of our age! We miss our family, home and friends in Highams Park very much but have our daughter and family here to support us and are blessed in many ways. We plan to continue producing the magazine so please email any items for the next issue over on: [davelyus@yahoo.co.uk](mailto:davelyus@yahoo.co.uk). The Magazine will be available on the Church web site and by post as normal and we also hope to be able to deliver it to those without internet access. The Sunday Supplement, keeping us up to date with news of our fellowship, together with worship, readings, prayers and audio material, together with Rosemary's blog, inspire and support us during this unprecedented crisis, and we are grateful to all who have prepared and distributed these. Technology has allowed many of us to stay in touch despite the miles separating us but a traditional phone-call is always welcome and especially important in these days of self-isolation.

**News of our Church family:** Please continue to pray for Dorothy and Cliff Tayler. We understand that Dorothy is gaining strength daily and, after consultation with her Consultant, has decided to delay her radiotherapy treatment for two months, reviewing this in relation to the Coronavirus at that time. Both she and Cliff are doing well and are at peace with this decision.

Your prayers are also requested for Margaret and Marina Enaholo. Margaret tested positive for Covid-19 but did not require ventilation and is now home from hospital. She is up and down but able to engage with Marina from time to time and they are taking one day at a time.

We remember those who are frail in health or normally house-bound, including Mavis Grint, Doris Thorndyke, Joan Ashley, Margaret Norris, Joan Meunier and June Tresarden. May all those reliant on others for their daily needs continue to receive this care despite the current restrictions. We thank all who have volunteered to help those in need by shopping, collecting medical supplies or generally keeping in touch.

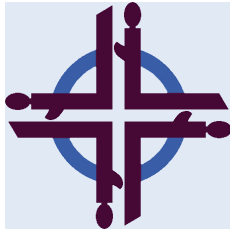


Finally, on a much happier note, we send our warmest congratulations to Wendy and Phil Slaney who were married in January. They are currently self-isolating due to ongoing medical issues but we wish them every happiness in their future life together and look forward to seeing them again soon! We include a picture of the newly-weds on their honeymoon.

*Jacquie*



## World Day of Prayer Service, 2020.



This year it was arranged by the women of the World Day of Prayer Zimbabwe Committee and the theme was,

***Rise! Take your mat and walk. John 5:2-9.***

1. **Rise** means we can stand up, being on an equal level with others.
2. **Take your mat** means we are ready to be part of the working world and community.
3. **Walk** means we must be ready to take steps of faith which can lead to personal and social transformation.

The morning of Friday the 6th of March dawned fair. There was no rain for a change so that was most welcome to me. The service was at All Saints Church and we small band from the Highams Park churches gathered at 10am. The table was laid in the Zimbabwean colours, green, yellow, red, black and white. Mary Burgoyne managed to borrow a Zimbabwean flag and that was displayed on the table top.

There were three candles: red for love, white for peace and yellow for reconciliation.

There was also a sisal mat and a Flame Lily which is the national flower of Zimbabwe and means 'full of glory.'

At 10.30 we started the service and I made a stab at greeting everyone in the language of the Shona and Ndebele people. The service was undertaken by Mary, Dianne Kendrick, Jan Dent and me and seemed to go quite well. Only sixteen attended but a collection of £103 was taken up which I thought was very generous.

We were asked to write, on a small card, our commitments to support our community with love, peace and reconciliation, and both Dianne and I thought kindness and a smile would go a long way.

Hazel Ansell (HPBC Representative)



We are a group of local residents who are getting together to help out in the community during this time of crisis.

**You are not  
on your own**

**Together we can  
help each other**

- Talk to your neighbours
- Look out for one another
- Volunteer to help
- Call us on **07424 807 762**  
or email

**HighamsParkCovid19@gmail.com**



Don't worry, we washed our hands before delivering these!







Are you unable or worried to leave your home because of the coronavirus?

Do you need someone to run errands, do your shopping or pick up a prescription?

Or do you just need someone to chat to on the phone to break up your day?

We are a group of local residents who are getting together to help out in the community during this time of crisis. We don't want anything in return and we don't ask for money.

- We are local residents who have offered our time because we care about our neighbours.
- We cannot offer any medical advice or casework assistance. If this is what you need please call NHS on **111** or Citizen's Advice.
- For up-to-date governmental guidance please check GOV.uk and the NHS website.
- No one will ever enter your home.
- Any donations will be left on your doorstep after prior arrangement with you. You will know the name of the person coming.
- **DO NOT** give any money, bank cards or any other items of value to people you don't know.
- Many pharmacies can deliver – liaise with your GP or local chemist if you have concerns.



# Something ventured

Monday, 24 February 2020

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## Forty days and forty nights

Given the weather in Britain so far this year the forty days and forty nights of Lent seem more likely to resemble the Days of Noah than to mirror the Wilderness experience of Jesus.



Widespread rain and high winds have made this February the wettest on record for over 250 years. Daily news reports show both the damage done and the distress of those for whom this current inundation is not their first experience of flooding. Having made what preparations they can, they now watch and wait in fear of what will come next.

The ancient story of Noah tells of a similar experience. Noah, his family and an assortment of animals sat on the ark and watched as the flood waters rose around them. But the waiting wasn't over when the rain finally stopped. It took months for the waters to subside and even longer before it was safe to leave the ark. Eventually, life on the outside was once again possible. A rainbow appeared and a new covenant between God and humanity was established. Noah and his family gave thanks to God and began the task of starting over. Noah's story is one of challenge and change.

We cannot know how long it will take for the floods to subside in the worst affected parts of Britain. Like those living through this challenging time we watch, we wait, we hope and we pray for a change in the weather. And perhaps, as we begin our Lenten reflection on the lives we live as people of faith, God will challenge us to consider how changes in our lives might contribute to creating a world in which life without fear of flood is possible.

*Ed's note: This is one of a series of Blogs begun by Rosemary at the beginning of Lent. Subsequent events have brought forth new and completely unforeseen challenges to our faith and way of life.*



# Mothering Sunday

In those seemingly far off days when you could wander as you liked I came across a Blue Plaque erected to Constance Penswick-Smith. Not a name that immediately rings bells but somebody who was important in keeping alive the traditions of Mothering Sunday.



The plaque is on the side of a building near to Newark-on-Trent's market place; Constance lived in nearby Coddington where her father was the Vicar. The tradition of the Mother Church dates back to the sixteenth century when people made their way back to the church where they had been baptized, the local parish church, or the nearest cathedral (the latter being the mother church of all the parish churches in a diocese). This was commonly known as 'gone a-mothering'. It is not clear if this led to the observance of Mothering Sunday. Later Mothering Sunday became the time when domestic servants were given a day off

to visit their mother church, usually with their own mothers and other family members. It was often the only time that entire families could gather together, since on other days they were prevented from doing so by conflicting working hours. On such visits it became an opportunity to pick wild flowers to give to the church or to their own mother. This translated later to the idea of giving a gift to mothers.

As time passed the tradition began to die out, although in America Anna Jarvis had founded Mother's Day. Her own mother had stated that there should be a holiday to remember Mothers in general and Anna carried on this wish on her mother's death. Constance was aware of this and created the 'Mothering Sunday Movement,' and in 1921 she wrote a book advocating the revival of the festival; British based companies saw the commercial opportunity of the holiday and relentlessly promoted it in the UK; by the 1950s it was celebrated across all the UK.

Unfortunately, due to the Corona virus closure of Churches, we were unable to carry out the tradition of presenting small posies of daffodils to all the women in the Church. This tradition had been started a good number of years ago when it was realised that not all women were mothers or had children near enough to give them flowers. It showed that these people were not forgotten.



The best that we can do is to present you with a picture of daffodils and say thank you to you all...

*DL*



**How can we keep our children busy? This is a question lots of people have asked me over the last week.** Here are a few pretty easy ideas to get you out into the fresh air as much as possible. If outside isn't an option, some can be adjusted to be done indoors too...

***How can nature help you stay positive in these uncertain times?***

***Springtime is a wonderful chance to explore nature around us. When you are outside, in the fresh air, new growth all around, birds singing... How does this make you feel?***

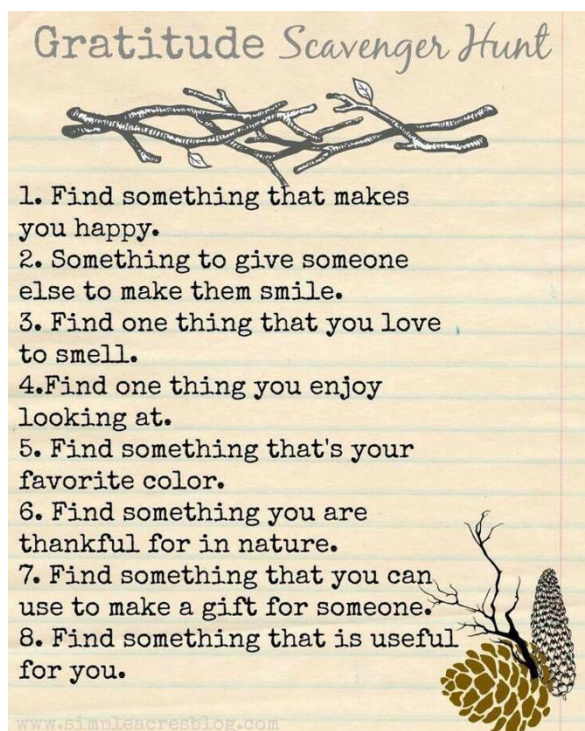
***We highly recommend boosting your immunity, switching off from technology for significant time per day, drinking lots of water and getting fresh air – trees emit immunity rich hormones!***



How about making a troll? We used air drying clay (Hobbycraft, The Works or online) you could also use playdough. Find lots of natural materials in the garden or forest and you can have lots of fun making different faces on the trees.

Get out and about in Epping Forest or Highams Park Lake, both on our doorsteps - or use your garden.

Go on a scavenger hunt - it's great fun.







**“Take your children out into nature and leave the toys behind.**

Without toys your child shifts her attention, exploring and sourcing objects of interest from the natural environment. It is this shift that opens up the world to your child; a world full of wonder, rich information, imagination and creativity, a world where play offers a two-way dialogue between your child and the natural living world that she is a part of.”

*Clare Caro, Nature Play • Artist: Vladislav Leonovich*

If the weather is dry or you're brave enough to have a wet adventure, spending free time outside just playing is great for the soul - ours and the children's. No rules, no props - just good old-fashioned fun.

If you are lucky enough to have a garden, try making a bug hotel. You don't need anything special, just whatever you can find. The bugs will soon move in. This one is a bit like The Ritz!!



If you have a tough tray or a cement mixing tray ( try Homebase or builders merchants or online) you can add soil and use real vegetables to make an exciting farm small world activity. Children love playing with real props.



Physically we all need to keep in shape.

You're never too young to start. Try out this HIIT session. You can always make up your own version using your child's favourite animals.

## KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



### FROG JUMPS

Hop, hop, back and forth like a frog



### BEAR WALK

Hands & feet on the floor, hips high - walk left and right



### GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



### STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



### CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



### CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



### ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

Children's yoga is also another fab and relaxing idea.

## GARDEN YOGA FOR KIDS



### Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



### Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



### Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



### Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



### Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



printable yoga poster





This is a great idea. You can use an old colouring book and just cut out part of the picture or draw your own if you're talented. Walk around indoors or outside to find different patterns and colours.

*Remember though that our children don't have to be "doing" all the time to be learning. Just sitting quietly being mindful is great for the body and mind. Try it yourself. Sit with all tv's, phones and radios off. Eyes shut or open whatever feels best for you and just be. Five minutes is all it takes to feel totally refreshed. Best done outside but if that's not an option indoors is fine.*



Cloud pictures. This is a favourite on Welly Wednesdays. Lay on the ground and just look up .... you'll be surprised what amazing things are hiding up there in the sky and the stories that you can make up around them.. Stay safe and healthy and we will see you all soon

Ed's note: We are very grateful to Beth Aggus and all the staff at The Village Preschool ❤️ for providing this timely information. It was received before stricter measures came into force and so some of the activities may need a little modification.



## Highams Park Baptist Church Offering

With Christmas over and winter done, I thought it would be good for you hear what we gave last year.

Our Christmas offering for 2019 was split between two parties. We raised £723.14 including Gift Aid, so both Crossroads Counselling & Jan Smithers were given £361.57. This was very well received and has gone to good use as shown below.

**Crossroads Counselling** - 'I am writing to confirm that we have received £361.57 on the 11 February 2020 from Highams Park Baptist Church as part of their Christmas 2019 giving. Please thank everyone at HPBC for their kindness and generosity, their donation is very much appreciated. We also appreciate Phil Slaney a valued member of our team here.

With kind regards Lois Collings, Manager, Crossroads Counselling, 144 Roman Road, Bethnal Green, London, E2 0RY'

**Jan Smithers** - 'I am so grateful to all those at HPB who contributed. The needs in the schools are massive and this time of visiting other schools, often in very remote areas, has been a real eye-opener. A new child centred curriculum was introduced nationwide last September. It is based very much on the UK National Curriculum, so I have become familiar with it very quickly. Teachers are struggling, as the government did not provide any resources, so hardly any school has made much of a change. Many are trying to cope with up to 90 in some primary classes, so they need desks, chairs and more classrooms first, not to mention they are to implement the curriculum as it is intended.

The donation from HPB is an answer to prayer, as I have been praying about how I can help these schools. So, I will update you with photos when I have forwarded the money.

God bless you all at HPB! And thank you again to everyone who contributed. Jan..

### **Kingdom Fund - BMS and Home Mission**

In 2019, as well as what is given weekly to HPBC and the work it does, we have given to the Kingdom Fund, Christian Aid and our Harvest Appeal.

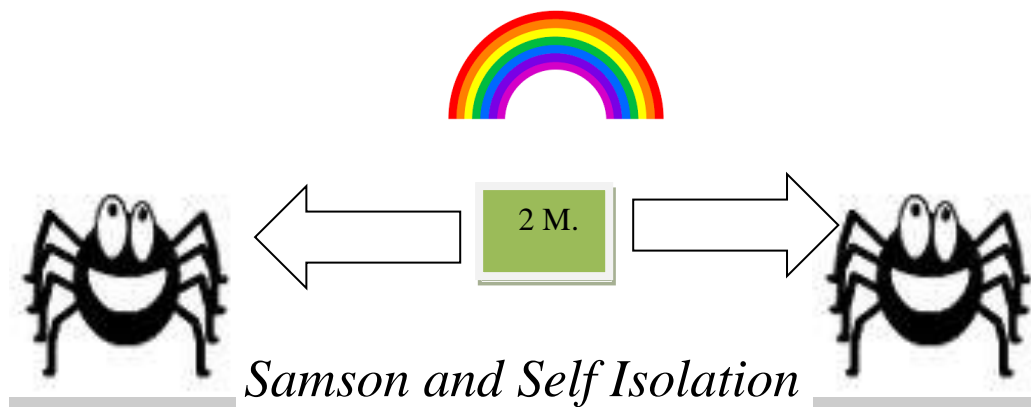
The Kingdom Fund raised £3,012.02, both BMS and Home Mission each receiving £1,506.01 for 2019.

The Harvest Appeal raised £240.50 and the Christian Aid collection raised £224.50.

We should all be pleased with the amounts HPBC raised in 2019 for these causes.

Thanks,

Jason Close (*Treasurer*)



*Hello Samson, I hope you have been self-isolating during this current Corona virus crisis?*

Well Ed, I don't know what you mean? I have been self-isolating for years in this church. No one likes spiders and some people are scared of them so I'm used to being alone.

*So Samson, have you not missed our Sunday worship services as these have been suspended for the foreseeable future?*

No Ed, you see spiders really like peace and quiet and I'm usually asleep in my web!

*Well Samson, if you ever feel the need, you can access the Sunday Supplement via the church's website. There are prayers and readings, you can listen to one of the minister's sermons and reflection and listen to songs that we would have been singing on Sunday.*

Thanks Ed, maybe I will if I can find a way of untangling my web and tuning into the churches website so I listen until normal services are resumed.

*P. T. Slaney- In the tradition of Sam the Spider by A.S. Fugler.*

*Ed's Note: Samson says he is happy to provide a reminder about the need to Social Distance and he promises to obey it - if he comes across another spider that is...*



You may have noticed on your allowed outings(!) a preponderance of rainbows appearing in windows, some with messages such as 'Be Safe'. With the magazine being our window on the world we thought we would share this symbol of hope and comfort with you all on each page... *The Eds*



*Some years ago, when our late and much missed friend Phil Brown became housebound, he filled some of his time writing what he called 'Observations'. These were essays on different aspects of faith. There follows 'Observation Number 15' which we felt was very appropriate in our current situation.*

## **A Reminder of Faith in Action.**

During a recent holiday in the Peak District we visited Eyam the 'plague Village'. I expect many readers will already know the story, but for those that do not I will briefly recount the bare bones of the tale. It tells of such self sacrifice and incredible heroism that I found it both extremely moving and still relevant to us today.

In 1665 the plague was raging in London when a box of cloth was sent to a tailor in Eyam. It arrived wet and when he tried to dry the cloth, flea's eggs within the material hatched and brought the plague to the village. Some villagers, including the Lord of the Manor, fled or sent their children away. However the majority, led by the Rectors William Mompesson and Thomas Stanley realised that to avoid contaminating the neighbouring towns and villages, they must voluntarily place themselves in quarantine. This they did and faithfully kept to their resolution despite 260 members of 76 families dying between September 1665 and October 1666. These included Elizabeth Mompesson who stayed to help her husband with the sick. They were sustained physically during this time by people from the surrounding area, led by the Earl of Devonshire, sending in provisions. Also sustained spiritually by the fact that they never ceased their Church Services but simply moved them outdoors. I have no idea what Mompesson could have preached during the terrible 13 months but it must have been very good. Despite their daily dwindling numbers the people retained their faith and when it was over the survivors found the strength to rebuild their community and start again.

The first thing that struck me about the story was the ecumenical co-operation. The mid 17th Century was not a time for religious tolerance. The Rev. Stanley was a Non-Conformist who was appointed to the Eyam living during the Commonwealth. Upon the Restoration, he had been ejected from his post and the High Church Mompesson sent to replace him. It says volumes for both men that faced with a crisis, they were able to put their considerable differences aside and provide effective leadership to the people. They were able to cooperate in facing massive issues of life and death. Yet even today there are those who believe that doctrinal differences are more important than loving relationships and cannot even share bread and wine with fellow believers.

Then there is the question of individual faith and courage. No one knows exactly how they will react under extreme pressure. No doubt we would all like to believe that we would behave well if ever we were put to the test. However, I for one, am not sure if I would have the strength to ask all those I love most, to die with me.

In Eyam, some people lost twenty-five to thirty close relatives. For example, Elizabeth Hancock buried her husband and six children with eight days. Alone, she dug the graves, dragged each body to the graveside and buried them.





I find it difficult to imagine how I could find the courage to keep faith as I buried one by one Margaret ( his wife), my son, my daughter and my grandchildren. Yet that is why it is so important to remember the story. For a start it puts our trivial day to day difficulties in perspective. When you hear stories like this it inspires one to aim higher in one's own life. Also it is a reminder that no matter what you face, faith enables God to be there with you. To provide the strength and will to cope with anything that life can throw at you. Lastly, that he will still be with you to help pick up the pieces when the crisis is over.

Eyam today is a prosperous and well kept village with plaques everywhere. It is obvious how proud they are of their heritage. The heritage of us all is a Lord who gave his life for us and taught us to love our neighbours as ourselves. Eyam is a practical example of that in action.

*Ed's note: It is to be hoped that we too have the strength to meet the need to 'self isolate'. An area like that around Eyam was probably fairly well self supporting and people did not need to travel far to work. Many of us throw up our hands in horror at the thought of the changes that we are required to make but with belief and God's help we will get through this, our crisis and possibly come out even stronger...*





**“Pray in the Spirit, on all occasions, with all kinds of prayers and requests...” - Ephesians 6:18**

## **Help Me To Pray!**

*Sarah Raymond writes:* I wanted to share with you all some resources that I have been using and have found really helpful in my hope to discover more of God and become more enthusiastic to meet with God in prayer. Having been bought up to believe that a daily quiet time (time to read the Bible and pray) as a Christian is essential. I have found this increasingly difficult to maintain over the last years and wanted a new way to read the Bible and hopefully meet with God. I felt that my prayer life was drifting and did not resemble anything like what I hoped it would do! Over the last years I have been discovering different ways to pray, meditate and try to sit in silence and so I thought I would share some of the resources in case they are useful to anyone else.

One resource that we have been using on Tuesdays in our home group recently is appropriately named **“The Prayer Course”** which is written by Pete Grieb - founder of 24-7 Prayer and the author of a number of books. It has been an encouraging and inspiring course so far which uses short films of him discussing different aspects of prayer. He uses visual aids for example, praying in a small steps rather than starting off with a massive request which he describes as being like setting up dominoes. Each domino is a prayer and each prayer/ domino has a knock on effect and builds on the next prayer, I have found this helpful when I don’t know how to start praying about something – try starting with a small step. Another picture that I found helpful was how we often have a tendency to look at our issues/ difficulties as if through a microscope - we focus on all the details and get caught up in them - Pete reminds us that we only see a part and how God sees the wider bigger picture – as if he is not looking through a microscope but instead through a telescope. He also tackles the difficulties of unanswered prayer (we haven’t yet got to this session), and has many real life examples from past and present. It has been really encouraging to do this course with others and share our questions, experiences, frustrations and hopes and also to pray for one another, our church and what is in our hearts.

As we are not able to meet at present you can see the videos and access the resources via YouTube at the following link: <https://prayercourse.org/>. Another resource that I am finding helpful (also from 24-7 Prayer) is the **Lectio365** app which you can download for free! It gives you short Bible readings, reflections and prayers each day and you can either listen to someone reading the devotional (which I find most helpful) or read it yourself. Here is a link: [www.24-7prayer.com/dailydevotional](http://www.24-7prayer.com/dailydevotional) or find it in your phones app store. It would be great to continue encouraging each other as we share what is on our hearts and pray together and experience God at work in our lives, in our community and even in the world...

**“ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, <sup>21</sup> to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. “**  
Ephesians 3:20





## Traditions at Easter

Although it seems unlikely that we will be able to indulge in some of the things we usually do at Easter time it might be interesting to check back on why we do them...

### **Maundy money:**



The origins of this are lost in the mists of time but it is known that Henry the Fourth started the practice of relating the number of recipients to the sovereign's age.

The ceremony is held on the Thursday (Maundy Thursday) before Easter, each man or woman receiving the gift is given two purses

- one of red contains money given in lieu of food or clothing, the other white purse contains silver coins which make up the same number of pence as the sovereign's age.

### **Hot Cross Buns:**

Although we now think of these representing Easter they earlier had a different meaning. In Pagan religious belief they came to mean the sun wheel which symbolised the perfect balance of the Spring Equinox. Queen Elizabeth the First had a law passed which linked it firmly to Christianity. This meant that they could only be consumed at religious ceremonies such as Easter, Christmas or funerals. I wonder if the supermarkets are aware of this?



### **Easter Egg Hunts:**



Again something whose origins are lost in those mists of time. However it is known that Queen Victoria and Prince Albert's children enjoyed hunting for eggs. Not the chocolate eggs we know now but decorated hard boiled eggs. Prince Albert was usually the one who hid the eggs round and about the palace. Their hunts would normally take place on Maundy Thursday (it is assumed after the Queen had distributed the Maundy Money).

We look forward to being able to resume these traditions very soon...

*DL*



We thank our resident Quiz 'Meister'\* the renowned Mr David Kendrick for the following Brain Exercise:

## EASTER FREE WORD-SEARCH PUZZLE

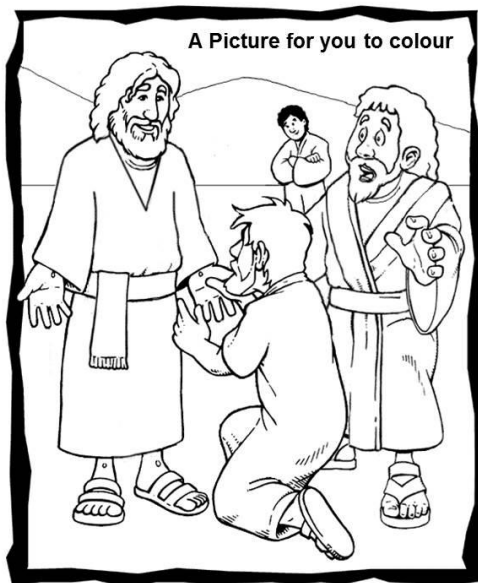


- RISEN
- JESUS CHRIST
- TOMB
- RESURRECTION
- STONE
- CROSS
- GOOD FRIDAY
- CRUCIFIED
- EASTER
- EASTER SUNDAY
- EASTER MONDAY
- DISCIPLES

- LINEN
- ANGEL
- GOD
- SOLDIERS
- MARY MAGDALENE
- CENTURION
- PONTIUS PILATE
- PHARISEE
- MARY
- JAMES
- JUDAS ISCARIOT

- GETHSEMANE
- BETRAYED
- DENIED
- JERUSALEM
- SON OF GOD
- PETER
- COCK CROWS
- HE IS RISEN
- EMPTY TOMB
- LORD'S SUPPER
- PASSOVER
- LAMB OF GOD

\* Meister is not a typing error but gives an added frisson to his title! As the dictionary would have it the meaning is: denoting a person skilled or prominent in a specified area of activity



Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance.  
John 20:1 (NIV)

Re-arrange the letters to make a word to do with the Easter story then find the answer:

DRAK

TIRSF

KEWE

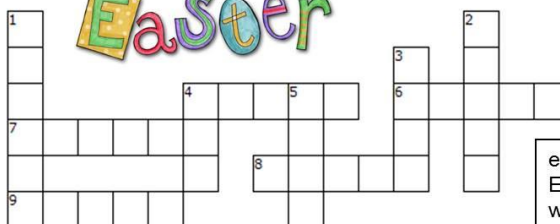
WMOAN

ANSWER:

## The Easter Story

Luke 24:36-48

Happy Easter



empty Mary  
Easter cloth  
white stone  
alive tomb  
angels cry

### ACROSS

4. A piece of fabric made by weaving cotton, wool, or other fibres
6. Not dead
7. The day we celebrate Jesus' resurrection
8. To have nothing inside
9. What was used to cover the entrance to Jesus' tomb

### DOWN

1. Messengers from heaven
2. The colour of snow; the opposite of black
3. The woman who found the stone rolled away from Jesus' tomb
4. To produce tears; to weep
5. A grave or a room where someone is buried



Ed's note: A final rainbow created by our grandchildren for us to put in our window.