

Vicar and Curate's Musings

*and any other information we found interesting,
funny or a need to share!*

Curate's Musings

Many of us (though not all) have more time on our hands at the moment. I've read newspapers from cover to cover! I've done some sewing just for the fun of it, not because I had to. I've had time.

Tell that to those who are still working full time! – or to some who are performing caring roles they're not trained for - or to those looking after school-age children, with an onslaught of requirements from their schools. I've got a bit of time on my hands, but it's not so for others, and it seems the contrasts and inequalities in our lives are more accentuated than ever.

We aren't all 'in the same boat', because for each of us, there's a unique set of circumstances and we must beware of making assumptions - making judgements about people, without knowing what they're going through. I'll never forget the Alan Bennett 'Talking Head' where a lady sat at her window and watched the young couple opposite go out each evening, leaving their child at home alone. She was appalled and, full of righteous indignation, wrote to the authorities But she'd misread the situation I shan't spoil the story for you, as I understand those short monologues are going to be produced again – but I remember that story, when I've jumped to an uncharitable opinion about someone, without thinking about their situation.

Christ didn't do that. He seemed to have the knack of being in each person's shoes. He could empathise with vertically-challenged Zacchaeus, and morally-suspect Mary Magdalene and a cheeky foreign woman at a well. He could challenge an authoritative Pharisee, a distraught Roman soldier and even his own bewildered mother – and all as if he understood their predicament, and didn't condemn them.

There's a wonderful hymn (which I'm adding to the long list for our next Songs of Praise – look out, Colin!) 'There's a wideness in God's mercy

It was written by the Rev. Frederick Faber, a friend of John Henry Newman. Like Newman, he converted to Roman Catholicism and at Newman's request founded the Oratory which became the famous Brompton Oratory, in London. He was a great preacher and a very likeable, charming man – but he was dissatisfied that the Protestants had all the good hymns, written by people like Newman himself and the Wesleys, so he set about writing his own hymns. He wrote 150 before his death in 1863 – and 'There's a wideness in God's mercy' is one of them.

When next you feel judgmental about someone's lifestyle or what they say or do – consider these simple, beautiful, true words:

*There's a wideness in God's mercy
like the wideness of the sea;
there's a kindness in His justice
which is more than liberty.
There is no place where earth's sorrows
are more felt than up in heav'n;
there is no place where earth's failings
have such kindly judgement giv'n.*

Faber goes on to say:

*We make His love too narrow
by false limits of our own;
and we magnify His strictness
with a zeal He will not own.....*

And he concludes with the conviction:

*For the love of God is broader
than the scope of human mind,
and the heart of the Eternal
is most wonderfully kind.
If our love were but more simple,
we should take Him at his word
and our hearts would find assurance
in the promise of the Lord.*

Poem

I'll tell you a tale, that's been recently written
of a powerful army, so Great it saved Britain!

They didn't have bombs and they didn't have planes,
they fought with their hearts and they fought with their brains.
They didn't have bullets - armed just with a mask,
we sent them to war, with one simple task:
to show us the way, to lead and inspire us,
to protect us from harm and fight off the virus.
It couldn't be stopped by our bullet-proof vests,
an invisible enemy, invaded our chests.

So we called on our weapon, our soldiers in Blue,
"All Doctors, All Nurses, Your Country needs you!"
We clapped in our streets, hearts bursting with pride,
as they went off to war, while we stayed inside.
They struggled at first, as they searched for supplies,
but they stared down the virus, in the whites of its eyes;
they leaped from the trenches and didn't think twice,
some never came back - the ultimate price.

So tired, so weary, yet still they fought on,
as the virus was beaten and the battle was won.
The many of us, owe so much, to so few -
the brave and the bold, our heroes in Blue.
So let's line the streets and remember our debt.
We love you, our heroes!
Lest we forget.

Matt Kelly 2020

‘Virus Ditty’

We're sitting in to dodge the bugs –
But, oh, how much we miss the hugs
of family and all our friends
For 12 more weeks?
It never ends!

We need to shop, but can't do that.
There's nowt to eat for dog or cat.
We need to learn – be of no doubt –
to eat things up,
not throw them out.

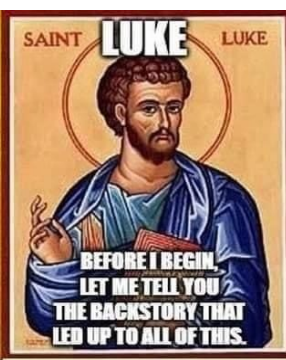
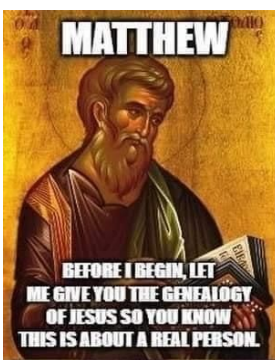
Think of the folks in World War Two
who lived in fear – and hardship too.
They had no WhatsApp, Skype or Sky
but kept their FAITH
and spirits high.

I hope we take away from this –
it is not Tesco that we miss
but neighbours 'bobbing in' – what bliss!
A brew with friends ...
a grandson's kiss ...

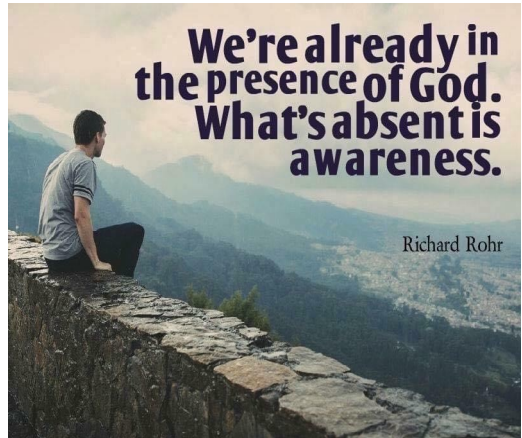
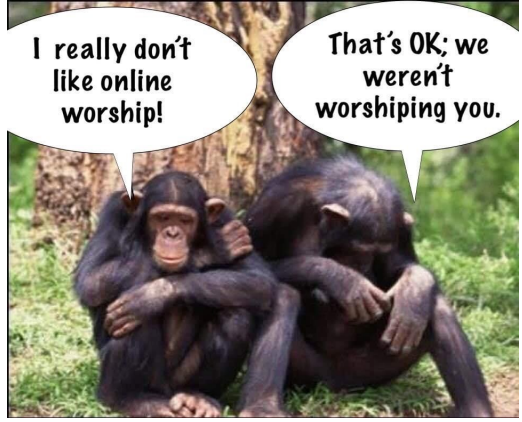
So let us bring our quiet prayers
unto our God, who we know cares:
teach us, for our Father's sake,
to learn to LOVE and GIVE ...
not take.

Meg Bailey – April 2020

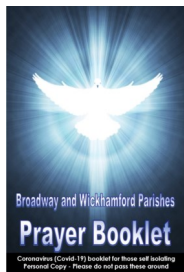




**Do not
call the police
about suspicious people
in your neighborhood!
These are your neighbors
without hair-coloring,
make-up,
and
hair extensions.**



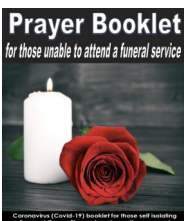
Coronavirus / Covid 19 update



Prayer Booklet

Prayer Booklet for May

www.shelliem.wordpress.com/2020/04/28/prayer-booklet-for-may-during-covid-19/



This prayer booklet is for people unable to attend a funeral

<https://shelliem.wordpress.com/2020/03/29/prayer-booklet-for-those-unable-to-attend-a-funeral/>

Go to church this Sunday (virtually)

You can watch (and rewatch) the Church of England's virtual Sunday services:

<https://www.churchofengland.org/more/media-centre/church-online>

Radio 3—Choral Evensong 3pm

Radio 4—Morning worship 8am

BBC radio—Hereford and Worcester—8am

Just to let you know that Churches Together in Broadway are fundraising for Christian Aid week, and they'd really appreciate your support. We cannot go door to door as we usually do so giving online through Just giving page is the way we can donate and help them.

You can donate to their JustGiving page by clicking here: [https://](https://www.justgiving.com/fundraising/broadwayctib?utm_source=Sharethis&utm_medium=fundraising&utm_content=broadwayctib&utm_campaign=pfp-email&utm_term=eb1f318eb474498a8ce926e25e2b021e)

[www.justgiving.com/fundraising/broadwayctib?](https://www.justgiving.com/fundraising/broadwayctib?utm_source=Sharethis&utm_medium=fundraising&utm_content=broadwayctib&utm_campaign=pfp-email&utm_term=eb1f318eb474498a8ce926e25e2b021e)

[utm_source=Sharethis&utm_medium=fundraising&utm_content=broadwayctib&utm_campaign=pfp-](https://www.justgiving.com/fundraising/broadwayctib?utm_source=Sharethis&utm_medium=fundraising&utm_content=broadwayctib&utm_campaign=pfp-email&utm_term=eb1f318eb474498a8ce926e25e2b021e)

[email&utm_term=eb1f318eb474498a8ce926e25e2b021e.](https://www.justgiving.com/fundraising/broadwayctib?utm_source=Sharethis&utm_medium=fundraising&utm_content=broadwayctib&utm_campaign=pfp-email&utm_term=eb1f318eb474498a8ce926e25e2b021e)

Donating through JustGiving is simple, fast and totally secure.

Once you donate, they'll send your money directly to Christian Aid, so it's the most efficient way to give - saving time and cutting costs for the charity.

Thank you,

Shellie



Broadway Coronavirus Support Network

There is a group of people who have formed a group with many volunteers—The Broadway Coronavirus Support Network—
<https://www.facebook.com/broadwaycoronasupportnetwork>

This is updated regularly on Facebook.

(UPDATED 7pm SAT 21/03) To all residents in the Parish of Broadway

We are so far a very small group of villagers working together with the Parish Council as we would like to provide help to our fellow residents during the current Coronavirus pandemic.

We are in the process of setting this page and network up so please bear with us whilst we pull together the relevant parties to assist.

This FREE service is available to residents within the Parish of Broadway who are self-isolating, vulnerable or have underlying health issues that prevent them from going to public places.

Please contact us if you require assistance with local shopping, prescription collections, posting letters or anything else you are struggling with, or if you would simply like a friendly chat over the phone:

Contact:

Tel: Revd Michelle (Shellie)Ward - 07780002565.

E-mail: broadwayvillagenetwork@gmail.com

One of our coordinators will then put you in touch with a helper who lives near to you.

*PLEASE NOTE - we will also aim to provide all of the details on leaflets and posters so that those who do not use online services can easily access the same help.

Please do not feel isolated or that you shouldn't be asking for help. We are all here for each other during this difficult time! Your contact details will only be shared with your designated Broadway Helper. We won't keep records, or publicise your details or ask you for money.

This free service will be available until the British government / W.H.O. has declared that the pandemic is no longer a threat.

*PLEASE NOTE

** We cannot provide medical advice / assistance or lifts to medical appointments or elsewhere. If you require this type of help please contact Cotswold Friends, a local charity:

Telephone 01608 651415 info@cotswoldsfriends.org

We will aim to work with our local stores provide delivery services.
The following Broadway businesses offer local delivery, and you can place your orders over the phone and pay with your bank card: We will add to this list as we go;

UPDATED FRIDAY 3RD APRIL

BROADWAY FOOD / MEALS / SHOPPING DELIVERIES

COLLINS OF BROADWAY BUTCHERS

01386 852061 for any orders big or small.

WAYSIDE FARM SHOP can take orders, payment and deliver to door as well as collection; Wayside also doing roast **01386 830 546**

CO OP - offering food orders online between 10am -1pm on Tues, Weds,Thurs. Call order and pay on **01386 842870** and they will organise the food.

For those self- isolating due to illness, or those vulnerable / elderly you can then call us when you have made payment and we will arrange delivery **07780 002565**.

NISA LOCAL - BIBSWORTH AVENUE

Set up for online payment and delivery. If you wish to place an order please phone **01386 859218** before 2pm.

Also offering a drive through service - phone with order, pull up outside and it goes in the boot.

THE BROADWAY DELI – Call the boys on **07483 404497** for Deli food, letter posting, newspapers ... whatever you need :)

THE BROADWAY WINE COMPANY

Call **01386 852 501** to order your Wine, minimum of 6 bottles for home delivery.

JOHN BARLEYCORN

Selection of quality local beers, ciders, wines, loads of gins & other spirits from small British distilleries, jams, honey etc. Free delivery (on orders over £20) in Broadway and to the local area, up to 5 miles. Any orders outside this area might be subject to a delivery fee. **01386 854938** only between 9am-2pm Tuesday-Saturday with your order.

THE BAKEHOUSE

Offering fresh, daily prepped Bake@Home ready meals delivered to door. Weds – Saturday. Details on website, Telephone **01386 852277**.

www.thebakehousebroadway.co.uk/bakeathome

**** If you need a volunteer to pick up a few urgent essentials for you from the local shops please ensure you have some cash at home or a cheque book. All cash should be placed in an envelope.**

We're here to help!

Other Useful Information **found on Facebook or other places online**

Barn Close Surgery

COVID-19 Coronavirus

1st April 2020 Update

Lockdown continues. Please, for your own safety and for that of others, stay at home.

The NHS is incredibly busy, we are incredibly busy.

If you have your medication dispensed by the surgery, please bear with us, and please be kind and polite to our staff who are working so hard.

Dispensary opening times have changed. We are open 10:00 - 13:00 and 14:00 - 18:00 Monday to Friday

Please allow 7 working days before collecting your medication.

Thank you

23rd April 2020 Update

There is much confusion regarding "Shielded" patients who are "extremely vulnerable" if exposed to Covid-19. These patients should have received a letter from NHSE informing them of this.

There are other "less" vulnerable patients who do not qualify for this "Shielding" list but who should also be undertaking strict Social Distancing Measures.

There is an excellent FAQ from the NHS regarding this. Please click link below:

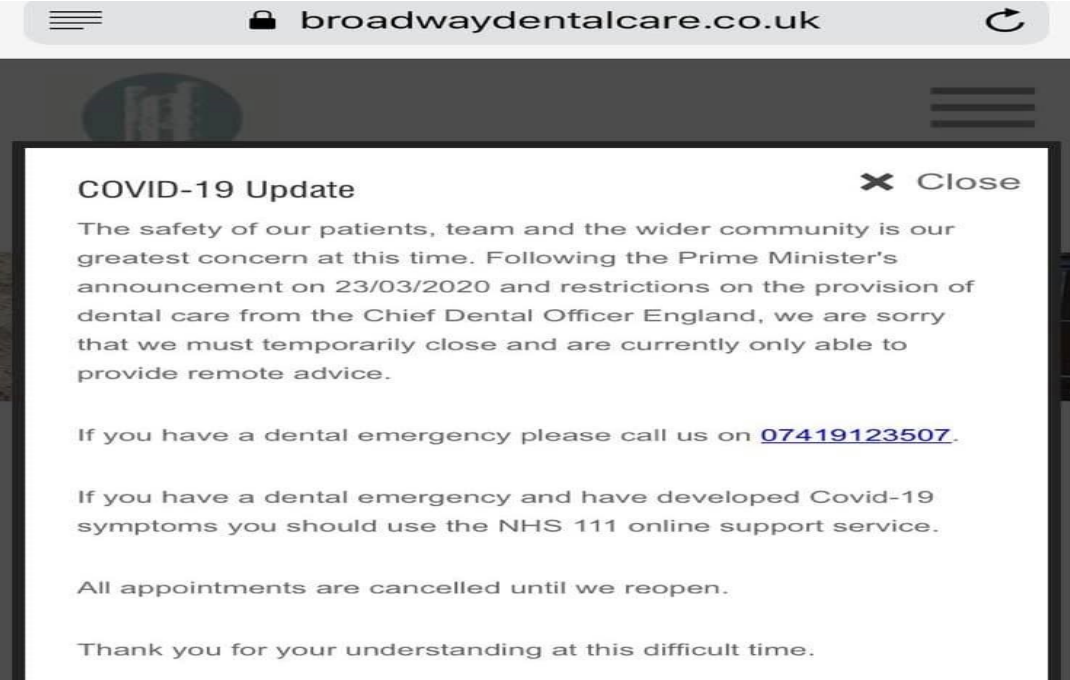
(The link from the post is attached with this musings separately.)

Broadway Dental Care

BROADWAY DENTAL UPDATE

Please read below and Phone Mark Howe, the Dentists in Broadway on 07419 123507 for urgent prescription enquiries.

The Broadway Support Network can collect and deliver as required for those Self isolating due to illness / Vulnerable / Shielding / Elderly.



The screenshot shows a web browser with the address bar displaying "broadwaydentalcare.co.uk". The website has a dark header with a logo on the left and a menu icon on the right. A "COVID-19 Update" message is displayed in a white box with a "Close" button in the top right corner. The message states that the practice is temporarily closed due to COVID-19 and provides contact information for dental emergencies.

COVID-19 Update ✕ Close

The safety of our patients, team and the wider community is our greatest concern at this time. Following the Prime Minister's announcement on 23/03/2020 and restrictions on the provision of dental care from the Chief Dental Officer England, we are sorry that we must temporarily close and are currently only able to provide remote advice.

If you have a dental emergency please call us on [07419123507](tel:07419123507).

If you have a dental emergency and have developed Covid-19 symptoms you should use the NHS 111 online support service.

All appointments are cancelled until we reopen.

Thank you for your understanding at this difficult time.

THE BRIDAL ROOM

Broadway

Taking bookings now for the future
Join us in making wonderful plans for
when things are better

www.thebridalroombroadway.co.uk



The image shows a white sign for "RUSSELLS FISH & CHIPS". A purple notice is posted on the sign, stating that the business will be opening on Tuesday to Saturday from 4:30pm to 8pm, starting on Tuesday 5th of May for takeaway. The sign also features a large black arrow pointing left.

RUSSELLS
FISH & CHIPS

We will be
opening Tuesday
to Saturday,
4:30pm - 8pm
starting on
Tuesday 5th of
May for takeaway.

←

Information from the Diocese

Live Streaming of services

You can follow the links to these churches online via the diocesan page: <https://www.cofe-worcester.org.uk/news/2020/03/16/coronavirus-latest-information/>
I have chosen, for now, to offer a WhatsApp group where we can pray, share and communicate as a benefice—if you wish to join the group please send me your mobile number and download the app. There is always the prayer booklet on our churches website and a hard copy is in church.

The following churches will be live streaming. Please do point people to these if you're not able to stream worship yourself.

Worcester Cathedral will be streaming their 8.30am service each morning on the Cathedral Facebook page. (From Sunday 22 March)

All Saints in Worcester are streaming 11am morning prayer and 10pm Compline as well as a Sunday service at 10.30am on YouTube.

Holy Trinity Church, Old Hill will be streaming their Sunday service at 10.45am on YouTube.

Malvern Link with Cowleigh parish will be streaming a 9.45am Eucharist and 11.15am Contemporary Worship on Sundays on their Facebook page.

Christ Church, Lye will be streaming prayers and a sermon at 11am on Sunday morning on their Facebook page.

East Vale and Avon benefice are putting together a series of online services which can be accessed through their website.

Holy Trinity & St Matthew, Ronkswood, Worcester will be live streaming worship via Zoom on Sunday at 10am and 6pm. Details about how to join in are on the parish website.

St Mary, Old Swinford, Stourbridge is live streaming services on Thursdays at 10.30am and Sunday at 10am. More details on the parish website

St Peter, Cradley is live streaming daily morning prayer at 8.30am and Compline in the late afternoon through their Facebook page

Hagley and Clent are offering Sunday worship at 10.30am via Zoom and all are welcome to join them. Contact the Rector, Richard Newton for more details.

Morning Prayer from Worcester Cathedral

Watch Morning Prayer from Worcester Cathedral. This is one way in which we are linking members of the Cathedral community as well as the wider public to the Cathedral's daily offering of praise and prayer.

<https://www.facebook.com/watch/WorcesterCathedral/>



The Church of England

Yesterday at 12:30 ·



Paula Gooder leads this week's national service, with contributions from key workers.

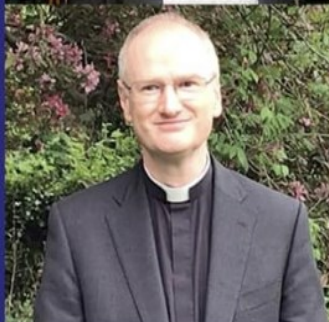
To celebrate Vocations Sunday, hear how faith helps those on the frontline.

Follow our page to stay up to date with our weekly services.



THE CHURCH
OF ENGLAND

Join us for our
weekly service from
9am on Sunday
on Facebook and
YouTube





We are sorry that we have to close face to face contact & Social Groups at the moment. We will support you via Email edmhss@btconnect.com or marketingpr.edmhss@btconnect.com, Twitter @edmhss and Facebook messenger. We will do everything we can to be there for you. We will keep you informed.

For those suffering **domestic abuse**, isolation will be a terrifying prospect and **significantly increase the risk of harm.**

If you, or anyone you know is **in need of help**, please reach out to Women's Aid, us, a trusted friend or family member and consider using a code word to communicate safely.

National Domestic Abuse Helpline: **0808 2000 247**



www.fb.com/groups/wearethemotherload

SORRY

WE ARE CLOSED

DUE TO CORONAVIRUS GUIDELINES

Mental health

The Church of England has produced some mental health reflections to help you in this time of uncertainty. You can access them at: cofe.io/MentalHealth.

The Mental Health Foundation has also produced some useful resources, which can be found at: <https://www.mentalhealth.org.uk/coronavirus>

You can find a host of other mental health resources from a variety of different organisations and charities. <https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues/>

Some helpful books and resources are also available from Sacristy Press at <https://www.sacristy.co.uk/books/coronavirus-church-resources#>

LET YOURSELF REST

If you're exhausted, rest.

If you don't feel like starting a new project, don't.

If you don't feel the urge to make something new, just rest in the beauty of the old, the familiar, the known.

If you don't feel like talking, stay silent.

If you're fed up with the news, turn it off.

If you want to postpone something until tomorrow, do it.

If you want to do nothing, let yourself do nothing today.

Feel the fullness of the emptiness, the vastness of the silence, the sheer life in your unproductive moments.

Time does not always need to be filled.

You are enough, simply in your being.

Jeff Foster





Evesham & District Mental Health Support Services

Yesterday at 08:25 · 🌐

Friday- You aren't alone with your mental health problems, we are here to support you ,please don't feel you have no one to talk to ,ring us on 07495896695 (9am-9pm 7 days a week) 😊

The Two Sides Of Mental Illness

The side when you're around people and pretend like nothing is wrong. Acting like you have everything together by smiling when deep down you're hurting

The side when you feel all alone. You think it can't get better, you don't understand why you're going through this alone and wish you had somebody to tell you problems to.



@RealDepressionProject



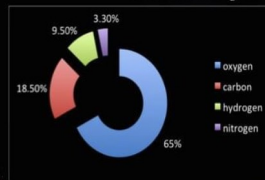
Contemplative Monk

Yesterday at 17:11 · 🌐

"You are formed of stardust quickened with the breath of God."

~Bob Holmes #dailygrace

There are about 7,000,000,000,000,000,000,000,000,000 atoms in your body.



All are billions of years old.

At the deepest level YOU are the Universe in human form.



Contemplative Monk

Yesterday at 02:16 · 🌐

May the raindrops fall lightly on your brow,
May the soft winds freshen your spirit,
May the sunshine brighten your heart,
May the burdens of the day rest lightly upon you
And may God enfold you in the mantle of his love.

~Traditional Gaelic blessing



"Don't walk behind me;
I may not lead.
Don't walk in front of me;
I may not follow.
Just walk beside me
and be my friend."



I hope you're hanging on!



it's okay if you need to
let go for a bit too.



you'll make it back up!

chibird.com

The Mountain

If the mountain seems too big today
then climb a hill instead.
If the morning brings you sadness
it's ok to stay in bed.
If the day ahead weighs heavy
and your plans feel like a curse,
there's no shame in rearranging,
don't make yourself feel worse.
If a shower stings like needles
and a bath feels like you'll drown,
if you haven't washed your hair for days,
don't throw away your crown.
A day is not a lifetime
a rest is not defeat,
don't think of it as failure,
just a quiet, kind retreat.
It's ok to take a moment
from an anxious, fractured mind,
the world will not stop turning
while you get realigned.
The mountain will still be there
when you want to try again,
you can climb it in your own time,
just love yourself til then.

— Laura Ding-Edwards



Edmhss.org

Tele: 07495 896695



Evesham & District Mental Health Support
Services

Tuesday at 08:27 · 🌐

Anxiety is on the rise due to isolating. Debbie touched on these symptoms on her live video chat. Check for signs of anxiety in your behaviour so, if you need some support please ring us, as due to COVID-19 we are keeping our telephone lines open from 9am to 9pm 7 days a week 07495896695

11 WAYS TO RECOGNISE ANXIETY IN YOURSELF OR OTHERS.

1. Insomnia
2. Panic attacks
3. Needing reassurance
4. Lack of patience
5. Constant worrying
6. Avoidance
7. Overthinking
8. Rapid Heartbeat
9. Sweating
10. Stomach issues
11. Headaches and pains



M MENTAL HEALTH
RECOVERY UK

HOW TO PRACTICE COMPASSION (for yourself)

Be aware of what
you tell yourself.

Practice empathy
for your choices.

Comfort
yourself.

Let go of the
past.

Own your
mistakes.

Forgive
yourself.

How would you
treat someone else?

Practice positive
and encouraging
self-talk.



BlessingManifesting

Why kindness is the theme for mental health awareness week 2020

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/why-kindness-theme>



Mark Rowland
Chief Executive

Why kindness is the theme for mental health awareness week 2020 - and why it could be the most important week we've ever run....

Last week, I waited in a socially distanced queue outside the supermarket as the rain started to fall.

One of the staff noticed we were getting wet. He scurried away to find a pile of umbrellas, carefully disinfected the handles and passed them out with a smile. To my surprise, my eyes started to well up. At a time when I felt alone, I suddenly felt connected.

If I asked you the last time you gave or experienced kindness, you would tell me stories of when you felt moved, protected, held, seen, loved. Next month we will kick off Mental Health Awareness Week (18-24 May) focusing on the power and potential of kindness. We think it could be the most important week we've hosted, not least because our own research shows that protecting our mental health is going to be central to us coping with and recovering from the coronavirus pandemic - with the psychological and social impacts likely to outlast the physical symptoms of the virus.

Why kindness?

We have chosen kindness because of its singular ability to unlock our shared humanity. Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive.

Celebrate kindness

But we also want to shine a light on the ways that kindness is already flowering at this time. We have seen it in the dancing eyes of 100-year-old Captain Tom Moore as he walked his garden to raise money for the NHS and in the mutual aid groups responding to local needs. We want that kindness to spread further in every community in the UK.

Finally, we want to use the week to explore the sort of society we would like to emerge from the coronavirus pandemic.

Kindness and Mental Health

Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference. We know from the research that kindness and our mental health are deeply connected. The research shows that kindness is an antidote to isolation and creates a sense of belonging. It helps reduce stress, brings a fresh perspective and deepens friendships. Kindness to ourselves can prevent shame from corroding our sense of identity and help boost our self-esteem. Kindness can even improve feelings of confidence and optimism.

Kindness is an act of courage

But kindness is an intrinsically risky endeavour. It can risk us looking foolish or being taken advantage of, which is why we sometimes retreat. To receive or to give kindness is an act of courage. We want to use Mental Health Awareness Week to support each other to take that brave step and harness the benefits for both giver and receiver.

A kinder society?

We have a once in a generation opportunity not only during but also following this pandemic for a reset and re-think about what kind of society we want to emerge from this crisis.

Our own reports and others such as Sir Michael Marmot's 10 years On report reveal how inequality is rising in our society and its harmful effects on our health. Life expectancy is falling for the poorest for the first time in 100 years. As child poverty rises, children and young people in the poorest parts of our country are two to three times more likely to experience poor mental health than those in the richest. After the 2008 credit crunch it was the most vulnerable in our communities who experienced the severest consequences of austerity, with devastating effects on their mental and physical health. This not the hallmark of a kind society. **We must not make the same mistakes after this pandemic.**

Applied kindness could have a transformative impact on our schools, places of work, communities and families. As the former Governor of the Bank of England, Mark Carney, has said, now is a time to put values above valuations. We must seize this time to shape a society that tips the balance in favour of good mental health, for all of us, but especially for those who are most vulnerable.

Kindness Matters – what you can do

During Mental Health Awareness Week in May, we will release new data to reveal how many of us experience kindness in the UK and a summary of the latest evidence about its important mental health benefits. There will be tips, fundraising ideas and stories that we hope will inspire you.

We know that one act of kindness can lead to many more. This is the type of community action that we need to inspire others as we discover our connection to each other and extend kindness to ourselves.

During Mental Health Awareness Week, we are asking you to do three things:

✦ Reflect on an act of kindness. Share your stories and pictures (with permission) of kindness during the week using **#KindnessMatters** and **#MentalHealthAwarenessWeek**

✦ Use our resources in your family, school, workplace and community to join with thousands in practising acts of kindness to yourself and others during the week

Share your ideas on how you think we could build a kinder society that would support our mental health using **#KindnessMatters** and **#MentalHealthAwarenessWeek**

You can tag us across social media – we would love to see what you get up to:

Facebook: [@mentalhealthfoundation](#)

Twitter: [@mentalhealth](#)

Instagram: [@mentalhealthfoundation](#)

No act of kindness is ever wasted.

Please join us this Mental Health Awareness Week and make kindness matter.

I saw this on the Leedons Park Facebook Group page and asked if I could share it.....

Isolation: Still more Wednesday

by Bryn Richards

This may be a disagreeable blog. Its one I didn't want to write but we have to be prepared for how we will cope with the worst. If we ready ourselves now we may approach the event with fortitude and in the best British spirit. I refer of course to:

CHRISTMAS IN LOCKDOWN!

We now have just 240 days to Christmas, or 0 shopping days if retailers remain closed. Many aspects of the festive season will go on as normal. Most of you I know will already have the sprouts on a gentle simmer. The powers that be are making contingency plans well in advance. I know that on the day that Her Madge filmed her Covid19 talk to the nation, she also recorded a guest appearance for Mrs Brown's Boys. Apparently Prince Andrew also appears in drag but no-one seems to know if this is a character or an attempt to avoid extradition. Television schedules are being planned with social distancing in mind and old episodes of Morecambe and Wise are always welcome. However this year Eric will appear on Christmas Day but Ernie will be on Boxing Day afternoon.

Many people enjoy Christmas carols and will have no difficulties learning the new words appropriate to social distancing:

"I one King from Orient am,"

and

"On the twelfth day of Christmas
my true love sent to me:

1 Drummer Drumming

1 Piper Piping

1 Lord a Leaping

1 Lady Dancing

1 Maid a Milking." Etc

Other of course include, "Oh Come one of ye faithful" and "Whilst a shepherd watched his flock."

Christmas dinner may be a more muted affair but 2 metre long crackers will be available to enable a suitable distance to be kept. If the same is to apply to wishbones you'll need a very big bird, ostrich may be an option. Pigs in face-masks looks to be a popular addition this year. So lots to look forward to!

And as Tiny Tim might have said, "God bless us, just the one."

Supplies Well wrapped

Spirits Festive.

Competition Friday:

This spring has seen momentous events around the world, but none more so than in our own country where our PM has been blessed with yet more offspring.

No suggestions have yet come from No.10 about the naming of the child and so this is the opportunity for you to put your ideas forward.

Examples may include,

Boris McBabeface

Sixtus Dominic Boniface Christopher (suggested by J Rees Mogg)

Gaz. (500/1 outsider)

Winston (4/7on)

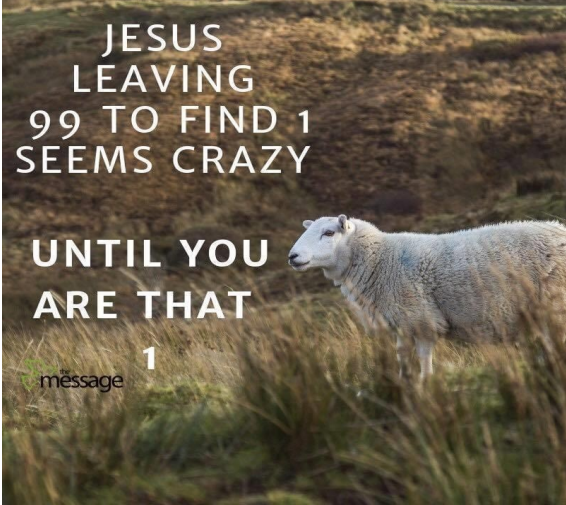
So, as ever, Over To You

Bit tricky for prizes this week, the winner may well receive a knighthood and a seat in the House of Lords but less favoured proposals could receive a late night visit and a seat in The Tower

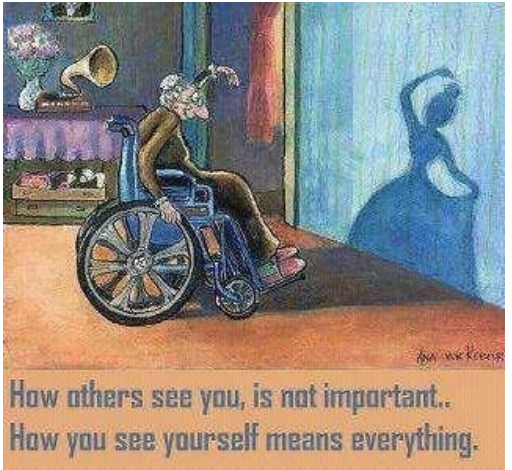
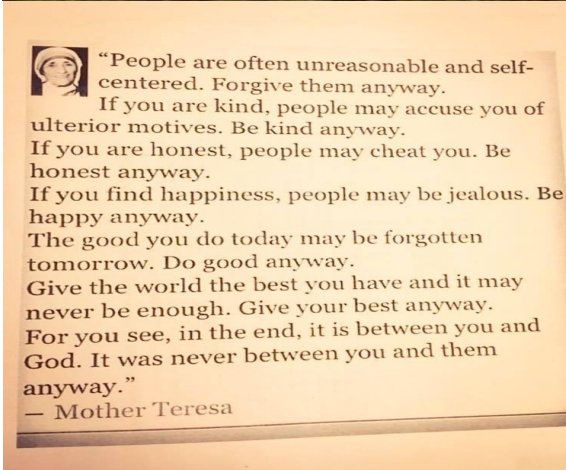


When the Pastor needs some support while filming the livestream

@EpicChristianM



@ANDY ROBB





What are you in for?

I was caught walking in the wrong direction down the grocery aisle

They asked her: "How did you persuade your child to read instead of playing with smart devices?!"

She said : "Children don't hear us, they imitate us"



Travel plans in 2020 be like :

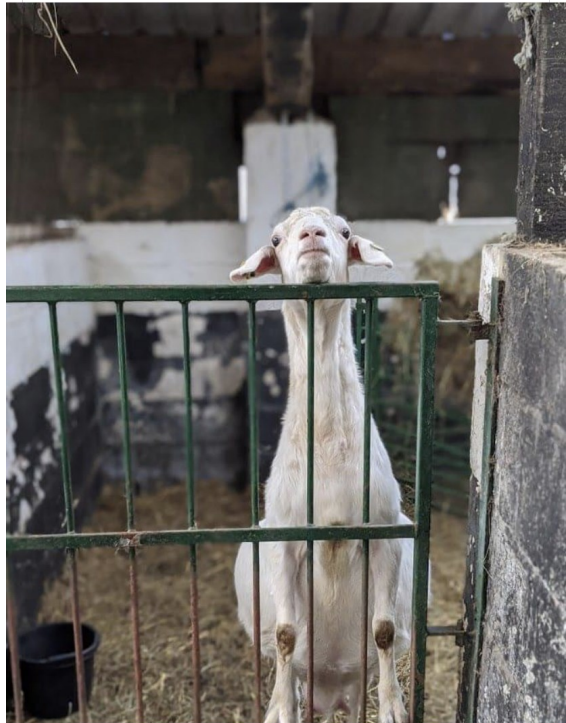


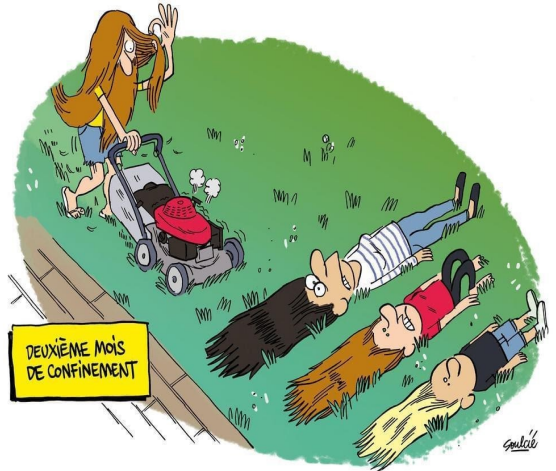
Cronkshaw Fold Farm and Study Centre

Yesterday at 18:47 · 🌐



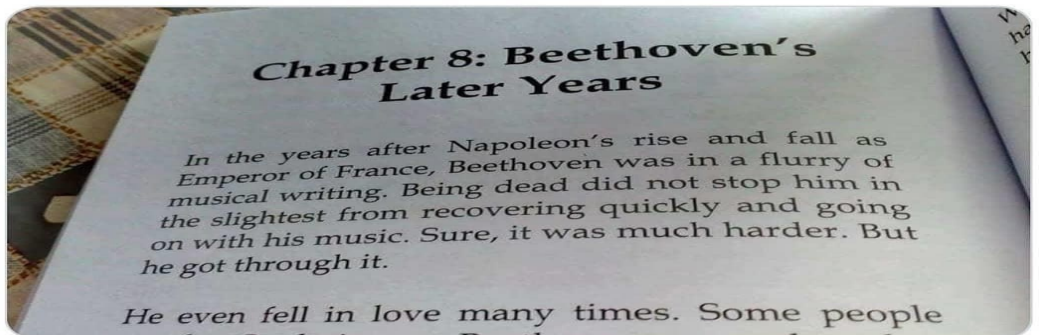
Bored with Zoom meetings? Add a Goat to spice things up 🐐 You can now hire one of our goats to join your next group video call! The perfect way to ascertain if your co-workers are paying attention ;) Only £5! <https://www.cronkshawfoldfarm.co.uk/goatsonzoom>





Polly Smith
@plantypal

Best typo 2017



Now that I've lived through the time of plague, I totally understand why Italian Renaissance paintings are of naked fat people laying on a couch.

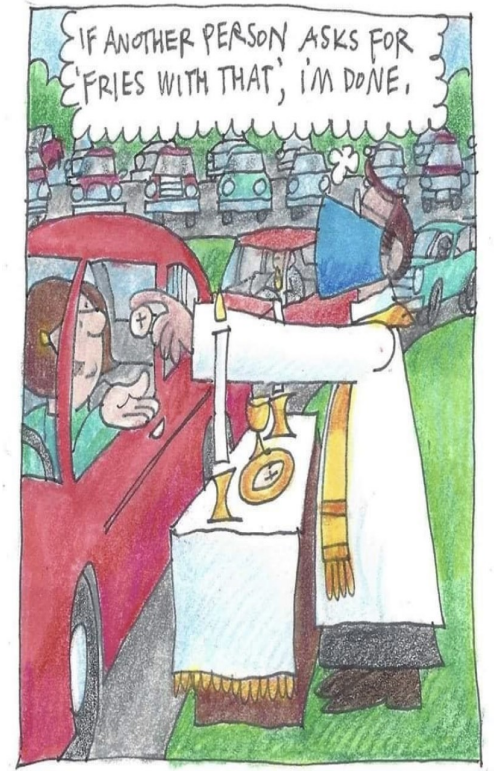


My sheep listen to my voice; I know them, and they follow me.
- JOHN 10:27 NIV

 Episcopal Church Memes

Wednesday at 13:25 · 🌐

Is anyone doing drive-through Eucharists in the church parking lot? (Cartoon by the Rev. Jay Sidebotham)



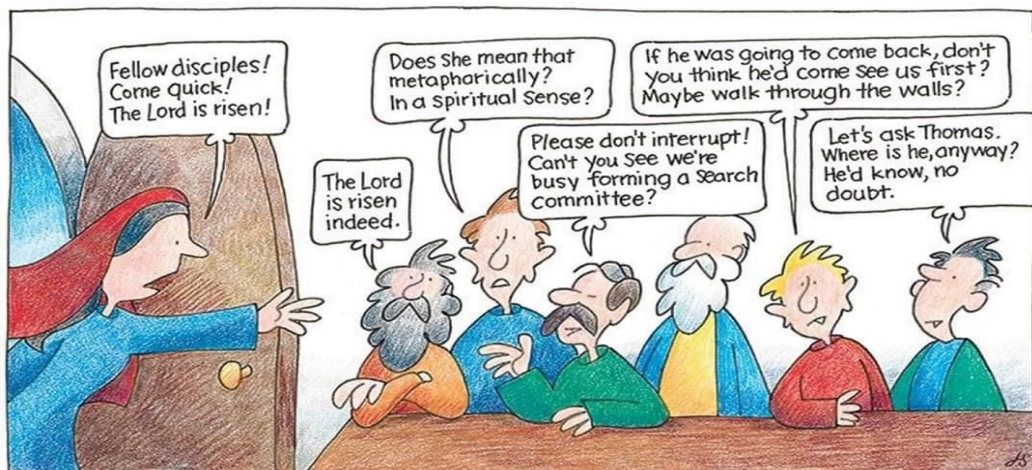


THE PRIEST CARVES OUT SACRED SPACE AT HOME IN ORDER TO RECORD LITURGY FOR SUNDAY.



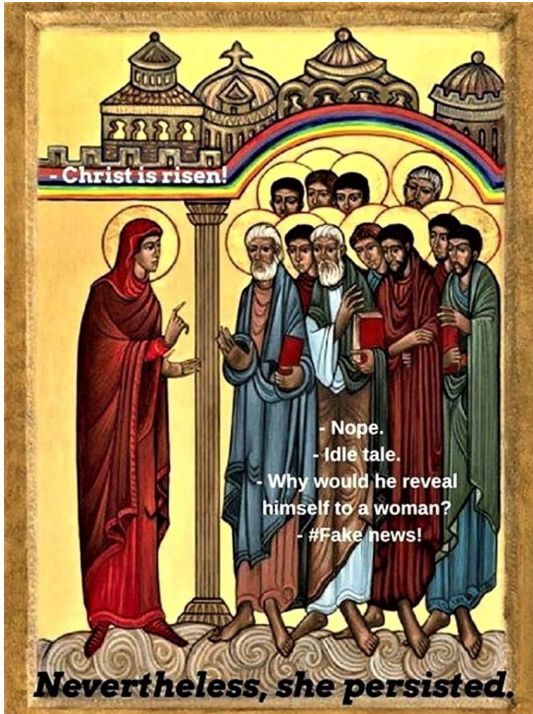
"WERE NOT OUR HEARTS BURNING WITHIN US WHILE HE TALKED WITH US ON THE ROAD?"

"IT WAS, BROTHER! MAYBE I SHOULD NOT HAVE ORDERED THE EXTRA SPICY TACOS."



RUBRICS CUBE

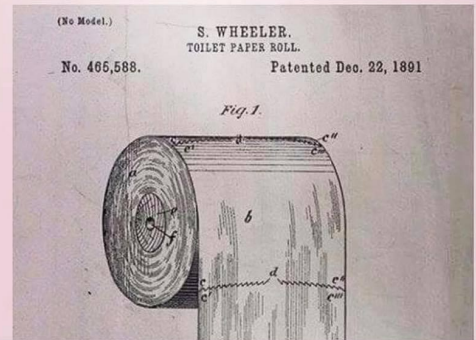




11 PEOPLE ON A ROPE

Eleven people were hanging on a rope under a helicopter, ten men and one woman. The rope was not strong enough to carry them all, so they decided that one had to leave, because otherwise they were all going to fall. They weren't able to name that person, until the woman gave a very touching speech. She said that she would voluntarily let go of the rope, because, as a woman, she was used to giving up everything for her husband and kids or for men in general, and was used to always making sacrifices with little in return. As soon as she finished her speech, all the men started clapping.

The original patent from 1891 for a toilet paper roll shows the correct rolling direction, in case you ever doubted.



IT WAS A QUIET MONDAY MORNING IN SEPTEMBER 2053, WHEN LISA AWOKE WITH A NEED TO GO TO THE BATHROOM. TO LISA THIS WASN'T JUST ANY ORDINARY DAY! THIS WAS THE DAY SHE WOULD OPEN THE LAST PACKAGE OF TOILET PAPER HER PARENTS BOUGHT IN THE YEAR 2020.

FUNNY THOUGHTS AND JOKES

MY NEIGHBOR KNOCKED ON MY DOOR AT MIDNIGHT! CAN YOU BELIEVE



FUNNY THOUGHTS AND JOKES

THAT? MIDNIGHT!? LUCKY FOR HIM-I WAS STILL UP PLAYING MY DRUMS.



**You people need
to go back to
work.**



**It's Finally
FRIDAY**

So I have to catch a mouse
with a mask??? 🤔



**GOOD MORNING!
TODAY'S GOOD MOOD**



**FUNNY THOUGHTS
AND JOKES**

**IS SPONSORED BY
COFFEE AND FRIDAY!**

**Cats trying to find a cure so
humans will go back to work**



**An Englishman,
an Irishman and
a Scotsman walk
into a bar.**

**Those were
the days...**

Isolation: Day Again Monday.

By Bryn Richards

Lockdown: The way out?

The Westminster government has not yet offered guidelines on how Lockdown may be ended and others have suggested a “grown up conversation”. Obviously we can’t predict a timescale but here’s my grown-up proposals for mature consideration.

Total sudden end of lock down. This will probably have the advantage of imposing another total LD shortly afterwards as we’ve enjoyed it so much.

Ensure clean bodies by injecting everyone with bleach as suggested by certain World Leaders. This would prevent another LD, end poverty, deal with climate change, allow wildlife to flourish in cities, bring an close to industrial disputes and all types of conflict. It would quickly bring a permanent end to the population explosion. What could possibly go wrong?

Phase the end of LD by gender, Men are allowed out on Monday, Wednesday, Friday and women on Tuesday, Thursday, and Saturday. This would allow pubs, football grounds and DIY centres to open some days whilst hairdressers, dressmakers and nailbars open on other days. Heavy drinking manicurists would need a special certificate.

Phased ending by age. Different age groups have a different day to be outside. Under 12s could run around the streets without danger of traffic. Teenagers would have so many more street corners to hang about on, practically one each. Over 60s would be less likely to be knocked over by youngsters (anyone under 45) hurrying about with their nose in a mobile phone. Over a certain age we forget what day it is anyway.

Have a public Trace and Test system, Everyone is allowed out with a certificate. Certificates can be withheld on the advice of friends and neighbours who feel there may be lingering infection. This is also the perfect means of socially distanced revenge and retribution and will lead in due course to another total Lockdown.

Discuss.

Supplies Ongoing

Spirits North westerly.

When you get in the car to go
to your essential job



and "Stayin' Alive" is
the first song that comes on.

imgflip.com

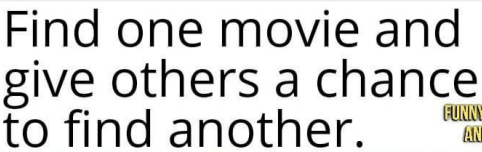
What stage of quarantine are YOU?



Yawning is contagious. Even thinking
About it can make you yawn. After reading
this fact some of you will yawn.



A close-up photograph of a white alpaca's head. The alpaca has a thick, white, shaggy mane around its face. Its eyes are dark and almond-shaped. Its nose is large and pinkish. Its mouth is slightly open, revealing its lower teeth, which appear as small, yellowish, rectangular incisors. The background is dark and out of focus.



**FUNNY THOUGHTS
AND JOKES**





PRAYER FOR CORONAVIRUS OUTBREAK

FOR THOSE WHO ARE ILL

Merciful God,
we entrust to your unfailing and
tender care,
those who are ill or in pain,
knowing that whenever danger
threatens your everlasting arms are
there to hold us safe.
Rest your healing hand upon them,
and restore them to health and strength;
through Jesus Christ our Lord.