

ST MICHAEL'S COMMUNITY UPDATE

No 29: 17.6.20

INTRODUCTION

- During the present situation we intend to send out an email letter with news, a thought for the day, medical advice and an 'always look on the bright side' item.
- If you want to be removed from this mailing list please let me know.
- If you have a friend or neighbour who would like to receive this please forward their details.
- If you are able and willing to print these and deliver to someone living nearby without email can you please let me have their names so that I know they are included.
- I also invite you to send in items, especially humorous ones!
- For all correspondence please use office@stmbsands.org

REOPENING OF ST MICHAEL'S

We are opening the doors of our church for a 'THANKSGIVING WEEKEND' on **Friday 19th – Sunday 21st June!**

There will be 15 stations to visit, based on a variety of subjects which have affected us during lockdown. This will give us an opportunity to **Reflect, to Remember and Rejoice.**

Would you like to contribute towards the displays? We would love to have flower arrangements (in marked vases), poems, jokes, art and crafts delivered to the main door between 9am and 12noon on Friday morning.

Opening Times:

FRIDAY 1.00pm - 7.00pm

SATURDAY 9.00am - 7.00pm

SUNDAY 1.00pm - 7.00pm

3 people/families are invited to be inside at any one time. It is possible that you may need to wait outside, either in the fresh air or in the car.

Food and money donations for South Sefton Food Bank are welcomed.

If you would like to contribute something creative, or have any questions please send an email to neil.short@stmbsands.org or ring me on 0151 378 0332

Please remember: If you are shielding or not comfortable going inside a public building, no matter how safe and clean we make it, this is still an enclosed space and will have some associated risk. We will create a 'virtual visit' in video and pictures to share with everyone who has to stay home.

ZOOM QUIZ

On Friday 19th June at **7.30** pm we are holding another Quiz Night by Zoom. This should be good fun and a great way to keep in touch. The whole event will last only 40 minutes, the length of a Zoom meeting.

Richard Kemp is our quizmaster and he will be setting 15 general knowledge questions. There will be a prize for a person playing on their own, and another for those in groups of 2 and above. Clearly there can be no use of phones, Google or books, we will just be trusting each other.

Past winners will be handicapped by 2 points, so it gives everyone more of a chance.

If you want to take part send an Email to Richard at: blundellsands@icloud.com

He will send you an email explaining how to set up ZOOM and on Friday will send another email which will be an invitation to the Quiz.

Don't be afraid to have a go - we are all learning together. Get yourself a drink, a few nibbles and enjoy the occasion.

THE GARDENING TEAM HAVE BEEN HARD AT WORK



A big thank you to our brilliant gardening team who make the grounds of St Michael's always look so beautiful. Recently they placed begonias in the new planters.

INTERVIEW

Recently Neil interviewed Kate Lucy:

Neil: You and John have just moved into Blundellsands, how are you settling in at this strange time?

Kate: Really well. John and I originally came from this area and are returning after many years. The neighbours have all been very welcoming from a safe distance.

Neil: What do you do for a job?

Kate: For many years I have worked for the NHS. Three years ago I retrained as a hypnotherapist and counsellor. I'm really enjoying supporting people 1-1.

Neil: Some people have now been locked down for 3 months. What are some of the emotional pressures people are facing because of being isolated?

Kate: Everyone is having their own unique experience of the Covid crisis. For extraverts it is particularly difficult not seeing friends and family and I'm concerned about people feeling isolated.

Now that the lockdown measures are being gradually lifted people will have to make decisions based on their health and circumstances about how much they want to mix with people again. If in doubt, it's always worth checking with your GP.

Neil: Are there any things we can do to help keep us emotionally fit and healthy?

Kate: Yes! There's lots you can do. As our mental and physical health is deeply connected, anything which keeps you physically fit is likely to be good for our emotional health. Also, it's important to notice how we are feeling and if you're having a bad day, reach out and talk to someone. Your honesty might be helpful to them too.

Neil: Anything else you would like to add?

Kate: Just look after yourself and do the things which make you happy. Look out for your friends and family as helping others is a good way to feel better yourself. This too will pass, and let's hope we can take some positives forward into the future.

Neil: Many thanks Kate for this advice and every blessing to you and John as you continue to settle into our community.

QUIZ

FAMOUS WOMEN: Each answer is the name of a famous woman of Fact or Fiction

1. Lived to be 100 – did she get a telegram? (9, 5-4)
2. Patrol Ace had her babies in a brace. (9)
3. A secret diary she did write, only coming out at night. (4,5)
4. A mixed-up tiny blonde writer is still favoured by the little ones. (4,6)
5. A purveyor of exotic fruit loved by a regal cavalier. (4,6)
6. Mrs Arthur Miller thought, 'Some like it hot' (7,6)
7. She famously blew the wind southerly. (8,7)
8. A short prayer, my love, achieved a watery solution in 1838. (5,7)
9. A writer of mysteries with her own mysterious episode. (6,8)
10. Add a feather wrap to a dice and a staunch British lady should appear. (8)
11. Avid Godly design for a selfless equestrienne. (4,6)
12. An Italian city and Berkley Square for the sick she did care. (8,11)
13. Known as the 'Forces Sweetheart'. (4,4)
14. Bony Leanne arranged a walk round the Bloody Tower. (4,6)
15. Fact or Fiction? A merry greenwood maid. (6)
16. From Grocer's shop to rooftop, she achieved a first in 1979. (8,8)
17. Bother dotty boy keeping order in the house. (5,9)
18. Isabella Mary – sounds like she kept whisking when married. (3,6)
19. Voices led her to heroism over the Channel many years ago. (4,2,3)
20. She chiselled a reputation finally in Cornwall. (7,8)

THOUGHT FOR THE DAY by Sister Anne Darwin, Salesian Sister from Dowhills Rd.

My daily walks during Covid-19 lockdown, has afforded wonderful opportunities to engage with the beautiful environment around Blundellsands. Here, where colourful wild flowers and multi textured grasses strew the wayside of the costal path, I have enjoyed the sound of crashing waves and birdsong breaking through the stillness of morning, stirring me with an awesome awareness of God's presence and bringing forth from deep within me, expressions of thanksgiving and praise.

Re-tracing my steps back home, however, my thoughts have moved out to so many of my dear brothers and sisters, who are living a different experience at this time. They are the front-line key workers struggling to save lives, the house bound, the sick and the dying as well as the many families in grief. This contrasting reality causes deep pain, giving birth to another prayer, one for mercy, peace and healing.

It can be so hard to understand and accept such striking differences in these strange times. I find my consolation in the words Jesus spoke to his friends during his last meal with them “We will come to him and make our home with him.” *John 14:23*. Herein lies God’s promise to be intimately close to us, protecting us with his love in good times and bad.

PRAYER

During these confusing days, we turn to you our loving God with deep trust in our hearts. We ask you to show your mercy on the many people who are suffering in our world today. Console them with your powerful presence and heal the sickness which holds them in pain. Strengthen us all in faithfulness as we prepare, with your help, to create a new world of peace, love, and justice when we move into a post pandemic time.
Amen



ON-LINE TALKS

I am giving a two-minute talk each Wednesday on different ways to help you read the Bible. To access the third video, click the link below.

<https://youtu.be/D9MOShRvzM8>

For those who missed last Sunday’s talk you will find it here:

<https://youtu.be/OdQi9RSASGw>

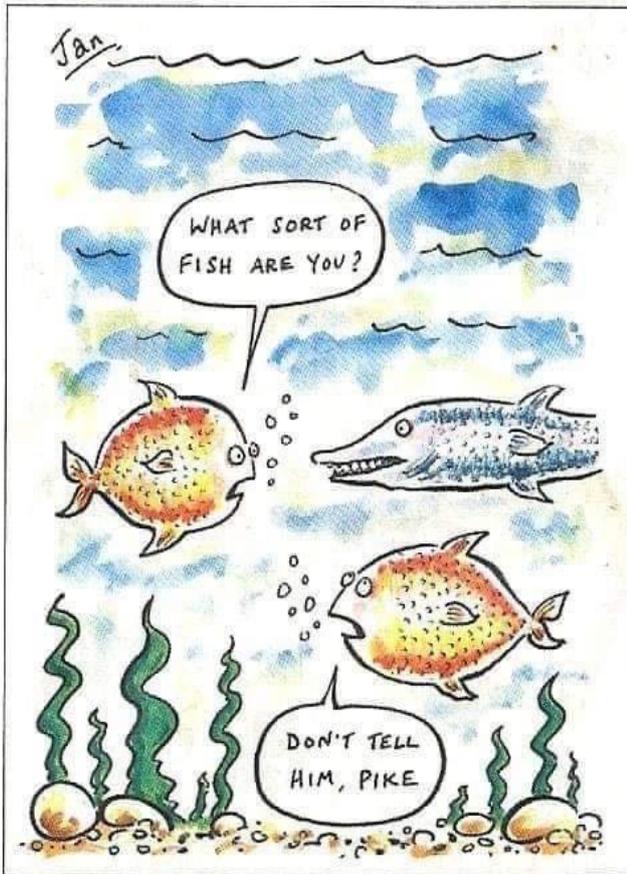
If you are new to accessing YouTube clips and need some help, just give Margaret or I a ring on 0151 378 0332 and we will help.

QUIZ ANSWERS

FAMOUS WOMEN:

- | | |
|---|--------------------------|
| 1. ELIZABETH BOWES-LYON | 11. LADY GODIVA |
| 2. CLEOPATRA | 12. FLORENCE NIGHTINGALE |
| 3. ANNE FRANK | 13. VERA LYNN |
| 4. ENID BLYTON | 14. ANN BOLEYN |
| 5. NELL GWYNN | 15. MARION |
| 6. MARILYN MONROE | 16. MARGARET THATCHER |
| 7. KATHLEEN FERRIER | 17. BETTY BOOTHROYD |
| 8. GRACE DARLING | 18. MRS BEATON |
| 9. AGATHA CHRISTIE | 19. JOAN OF ARC |
| 10. BOADICEA – (alternative spellings allowed!) | 20. BARBARA HEPWORTH |

ALWAYS LOOK ON THE BRIGHT SIDE OF LIFE



Benefits of good vocabulary!

I recently called an old Engineering buddy of mine and asked what he was working on these days. He replied that he was working on "Aqua-thermal treatment of ceramics, aluminium and steel under a constrained environment." I was impressed until, upon further inquiry, I learned that he was washing dishes with hot water under his wife's supervision.

Saying goodbye can be hard!
https://youtu.be/y_FgHb-BGzk

Together we will get through this.

Revd Neil Short

17.6.20