

JESUS Risen and Ascended Lord

Rushen Parish Magazine
May 2020

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Obituary

Canon John Sheen 1932 - 2020

With sadness for a life passing but also with thanksgiving to God for the service of a faithful priest we announce the death of Canon John Harold Sheen on 14 April 2020, aged 87.

Canon Sheen was educated at The Stationer's Company School, Queens' College Cambridge, and Cuddesdon Theological College prior to being ordained deacon in 1958 and priest in 1959. John was curate at St Dunstan's, Stepney in London and served subsequently as Vicar of St John the Baptist, Tottenham (1962-68), and St Michael's, Wood Green (1968-78), both also in the Diocese of London.

John moved to the Isle of Man in 1978 upon appointment as Rector of Bride, a role which from 1980 also incorporated the care of St Olave's, North Ramsey. He served the Diocese faithfully in numerous other roles including Chaplain of Ramsey Cottage Hospital, Rural Dean of Ramsey, Director of Mission, and Diocesan Director of Ordinands, a post he held until 2001, having retired from parish ministry in 1998. John's ministry was recognised with the appointment as Canon of St Columba at the Cathedral of St German in Peel in 1991. John took great pride in his education and became a member of the Worshipful Company of Stationers & Newspaper Makers in 2006, a Freeman of the City of London.

Last year at the Cathedral a large gathering of friends and family came together, giving thanks for John's 60 years of service to God in priestly ministry.

John leaves behind his wife Elizabeth, their three children Edward, Jenifer and Henry and grandchildren Peter, Jessica, Katharina, and Isabel.

Bishop Peter writes: *'John Sheen's life was earthed in faithfulness and service. He was a priest for 60 years, loving husband to Elizabeth for 58 years, and in everything a deeply loyal and generous and gracious person. I only came to know Canon John in these last years, but it was clear to me that his life and ministry were marked by the deep gifts of what it means to be human. These qualities were demonstrated too in his work for the wider Church and world, notably through USPG and Christian Aid and World Development. Our diocese was blessed to have John as a priest, serving and retired, for over 40 years. I pray now for the repose of his gentle soul and for the comfort of Elizabeth, Edward, Jenifer, Henry and all who mourn.'*



THE CHURCH
OF ENGLAND

New Mental Health Reflections published by the Church of England

A series of reflections on how to cope with anxiety and loneliness in the face of the coronavirus pandemic, including simple Christian meditation techniques and five tips, have been published by the Church of England.

A number of actions that could help people feeling isolated or worried, as well as those who grieve, are put forward in a new guide *Supporting Good Mental Health* and written by

Durham University academic Revd Professor Chris Cook with Ruth Rice Director of the Christian mental health charity 'Renew Wellbeing'.

The booklet gives advice ranging from putting aside time to rest and eating and sleeping well, to using the phone and the internet to reach those who may be struggling on their own. Making a list of all the good things – and people – that you miss when you are on your own and thanking God for them, can be a way of helping cope with loneliness, the guide says.

Simple prayers can be said repeatedly as a means of helping to deal with stress, the booklet says, and lighting a candle, where safe, can be a helpful form of prayer for some people. Quotations from the Bible can be a useful aide to meditation and calming fears, including writing down and repeating short passages, it suggests.

A phrase such as Psalm 18:1 'The Lord is my rock, my fortress and my deliverer' could be chosen for each week and used as background for a mobile phone as a 'go to' thought when someone is anxious.

It also suggests repeating a simple phrase from the Psalms such as Psalm 4:8 'I will both lie down and sleep in peace; for you alone, O Lord, make me lie down in safety,' to help calm the mind before sleeping.

The Rt Revd James Newcome, Bishop of Carlisle and the Church of England's lead bishop on health and social care, said: "I welcome publication of these further resources.

"For some time now the issues of loneliness and isolation have been identified as major problems within our society. The coronavirus pandemic will only create further challenges in this respect. So it is vital that we do all we can as a church to protect people's mental wellbeing.

"The reflections are beautifully presented and scripturally based, with the 'Have A Go' sections intentionally focussing on how people should be kind to themselves. That is so important at this time. My prayer is that as many people as possible are able to draw upon these new resources over the coming weeks and months."



30th May - Josephine Butler Social reformer for women

Josephine Butler is the 'saint' for anyone who believes in social justice. This remarkable 19th century clergyman's wife became a renowned campaigner for women's rights and for putting a halt to human trafficking.

Josephine was born in Northumberland in 1828, the daughter of a wealthy family of liberal politics and committed Christian faith. They had already been deeply involved in the abolition of slavery and the extension of the franchise. Such notions of equality instilled into Josephine a passionate desire to combat social injustice.

In 1852 Josephine married George Butler, the son of the Headmaster of Harrow, who shared her views. George was ordained in 1854 and they moved first to Oxford and then to Cheltenham. In 1863 tragedy struck when their daughter Eva fell to her death.

Josephine's grief found expression a few years later, when in 1865 George had become Headmaster of Liverpool College, and the couple were settling in Liverpool. Josephine was horrified at the lives of destitute women in Liverpool, and so she founded a 'home' to care for them, as well as a hostel to train them for suitable work. In 1869 she agreed to head a campaign against the Contagious Diseases Act of 1866, and by 1871 she had addressed a Royal Commission, explaining how this Act brutalised these women, already trapped in the slavery of prostitution. She got the Act rescinded.

By 1882, when George had become a Residentiary Canon of Winchester Cathedral, Josephine had not only founded a refuge for recovering prostitutes in Winchester, but she had also begun to fight sex trafficking across the world. This included freeing British girls from Belgian brothels. By 1885 Josephine had exposed the white slave trade in London, and had got Parliament to increase the age of consent for girls from 13 to 16, and to penalise those engaged in the transport of women for profit.

In 1890 George died, but Josephine continued her work until retirement to Northumberland, where she died in 1906.

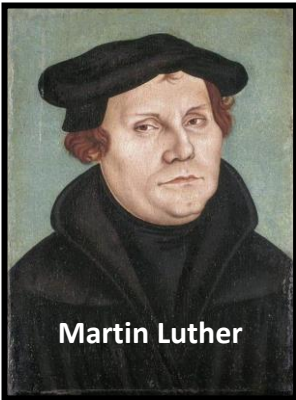
All in all, Josephine Butler's deep Christian compassion transformed the lives of many tens of thousands of suffering women. She has been described as one of the most important early members of the feminist movement.

Parish Pump

Lesson

All of us could take a lesson from the weather. It pays no attention to criticism.

Life in Quarantine



Martin Luther

Full marks to Jamie Oliver for his Channel 4 series, 'Keep Cooking and Carry On'. He showed us how to make tasty meals with basic ingredients and a minimum of fuss.

The pandemic prompted other encouraging responses. One mother in the 'at risk' category said her adult children thought she was immortal until now. Now they ring her every day to see how she's getting on. An elderly clergyman had offers to shop from two new neighbours

whom he hardly knew. The whole nation stopped taking the National Health Service for granted and started showing gratitude. Telephone, television, the internet and email prevented many from going stir-crazy. Some even tried the cryptic crossword, though newcomers should be warned it takes years to learn its secrets!

The isolation was tough for many. Isolated families had to get used to each other's company and foibles for long periods, away from the park or beach. Couples were parted from each other by distance or illness. Those living alone were cut off from visitors and communal activities. Churchgoers missed Holy Communion at Easter for the first time. That should help us identify with millions of Christians across the world who have to pray in secret because their neighbours would persecute them if they did so publicly.

Alone-ness, rather than loneliness, can be productive. Albert Einstein valued time alone, when he could "go for long walks on the beach so that I can listen to what is going on inside my head." Isaac Newton's greatest discoveries began when he escaped the effects of the bubonic plague, by returning home to the family farm in Lincolnshire. He had time to observe what was going on around him and, yes, that did include watching the famous apple fall.

When the bubonic plague was at its peak, the Reformer Martin Luther wrote: *"I shall ask God mercifully to protect us. Then I shall fumigate, help purify the air, administer medicine and take it. I shall avoid places and persons where my presence is not needed in order not to become contaminated and thus perchance inflict and pollute others and so cause their death as a result of my negligence. If God should wish to take me, He will surely find me and I have done what He has expected of me, and so I am not responsible for either my own death or the death of others."*

Ven. John Barton

Worth remembering.

A man felt he was overloaded in the 'trouble shooting department' of his office, until he found this memo on his desk. "Be thankful for the problems, for if they were less difficult, someone with less ability would have your job."



“Unseen”

(Corona virus pandemic April 2020)



Unseen, the corona virus,
Is lurking all around –
Silently, perniciously,
Staking out healthy ground.
Repeat! Repeat! With sombre tone,
“Keep your distance” “Stay at home.”

Unseen, the dread disease extends,
Throughout Earth’s living scope.
Thereby depriving human kind,
Of energy and hope.
Hope meanwhile is constantly there;
Believe! Yield not to despair.

Unseen, except by the spirit,
Hope’s prompting us to pray.
Guiding and revealing to us,
The right God-given way.
Strength there is and power at hand,
Rejoice anew! Understand.

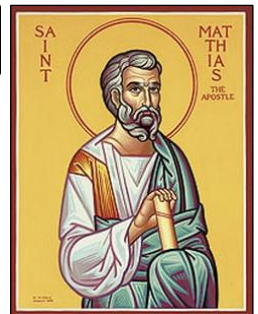
Unseen, is One still in control;
This fragile world his own.
Although mortals have to suffer,
God remains on the throne.
His promises are deeply sown –
Never will we be alone.

Hebrews 13:5 NIV
*“Never will I leave you;
Never will I forsake you.”*

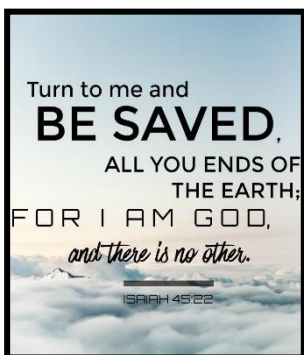
Margaret Couper

15th May - Matthias the Apostle, called by lots

Have you ever happened to be in the right place at the right time, with certain qualifications, and suddenly realise that God is singling you out for a special task? If so, Matthias is a good patron saint for you! In Acts 1 (15 – 26) the apostles had a task to do: Judas had betrayed Jesus and died, and so a new apostle needed to be chosen. He had to have been a follower of Christ from the Baptism to the Ascension, and also a witness of the Resurrection in order to qualify. In the event, the choice fell to one of two: Joseph Barsabas and Matthias.



Lots were drawn, and Matthias was chosen. How confident he must have felt in his calling: what encouragement that would be when the going got rough in later years! Matthias is thought to have ministered in Cappadocia and even Ethiopia. His emblem is usually an axe or halberd, regarded as the instrument of his martyrdom. His supposed relics were translated from Jerusalem to Rome by the empress Helena.



Severed from routine and obliged to fashion new habits

Imagine a world where everything familiar has gone, the capital city's most famous religious landmark has been destroyed, you have been transported to a foreign country, and have no idea when or if you will be permitted to go home. That's roughly what happened to the Jewish people in what is called the Babylonian Captivity more than 500 years BC. Jerusalem and its Temple had been obliterated.

In exile, the Jews weren't treated too badly, but they were bereft of the land they believed God had given them and where they felt Him to be present. When their captors, innocently, asked them to sing one of their religious songs, they bristled, "How can we sing the Lord's song in a strange land?" But their faith matured in the 70-year exile. Scribes consolidated the Scriptures, new kinds of congregations, called synagogues, sprang up where they could worship and teach the faith. Their somewhat provincial view of God actually got bigger - not only did they find Israel's God accessible in their foreign surroundings, but their prophets began to see that God was for all people. Here's part of Isaiah, Chapter 45

*"Turn to me and be saved, all you ends of the earth;
for I am God, and there is no other. By myself I have sworn,
my mouth has uttered in all integrity a word that will not be revoked:
Before me every knee will bow; by me every tongue will swear.
They will say of me, 'In the LORD alone are deliverance and strength.'"*

Finally, and after many of the original exiles had died, the Persians conquered Babylon, and gave the exiles the option to go home, which many did.

There must be a lesson here for many people round the world who, because of Covid-19, suddenly found themselves severed from routine and obliged to fashion new habits for an unspecified period. Regular worshippers were banished from their churches. The observance of Holy Week and Easter had to be in a makeshift fashion. Special events were cancelled.

At the same time, on the first Sunday of this 'exile' the Church of England attracted its largest 'congregation' ever. A recorded service led by the Archbishop of Canterbury, Justin Welby, is estimated to have been seen or heard by around five million people. Nearly 30 per cent of those watching online were under the age of 34.

It's too soon to say what the long-term impact will be. But while we cogitate on that, don't forget to send your usual weekly offering to the Church Treasurer!

Ven John Barton

Sudoku May 2020

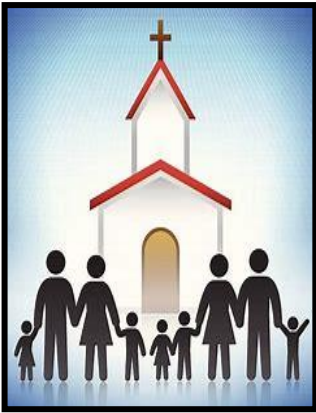
8				4				5
5		7			8		6	
	4			5			2	
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1				7				9

Sudoku Solution April 2020

3	5	2	1	6	4	8	7	9
7	8	1	9	5	2	4	3	6
6	4	9	7	8	3	1	2	5
8	6	7	4	9	1	2	5	3
9	2	5	6	3	8	7	1	4
4	1	3	2	7	5	6	9	8
5	3	6	8	2	7	9	4	1
1	7	8	3	4	9	5	6	2
2	9	4	5	1	6	3	8	7

Crossword Solution April 2020

C	O	S	M	I	C		T	H	O	M	A	S
L	C		S				O		O		P	
I	N	H	I	S		D	E	L	A	I	A	H
F		O		U		E		Y		S		E
F	A	L	W	E	L			W	A	T	E	R
S		A				I		A				E
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P					A		E				E	S
S	I	D	O	N			R	A	D	I	A	N
Y		A		D		E		E		C		O
C	E	N	T	A	U	R			B	R	O	I
H		C		C				A		N		E
E	L	E	V	E	N			P	R	I	S	O



Reflected Faith: the Gathered Church

*Editor: **The Rev Dr Jo White** continues her series on symbols in our churches. This began in March and will run for the rest of 2020.*

Doesn't the simple pleasure of going to church and exchanging the peace at Sunday worship seem long ago now? These days, we are not even allowed into our churches!

But we can take comfort when we think back to the Apostles who were commissioned to build God's Church. After the first Pentecost, what did they do? They didn't rush out and build church buildings. No! Rather the people gathered together, in their own homes.

Clearly, we can't physically 'gather' just now, but we have the technology to 'gather' together, both in real time and at a later time. And it is important to do so. There is something powerful when we pray together rather than alone. Try phoning a friend with the same written prayer and saying it together. How does that feel? Any different from saying it on your own?

So, THE Church, which is alive and well in you and me, will find new ways to be together. After all, the early Christians had the added complication of being persecuted, often to death, for their faith. And yet they persisted.

Perhaps we could each sit at our dining table at a set time, with one or two items before us, such as a small glass of wine, a lit candle, stones, and a cross. Indeed, anything that reminds us of our Risen Saviour. We could then 'share' this time in praying the same prayers and knowing that we are part of an eternal fellowship that is only temporarily divided.

This month: What will you use to reflect and encourage your faith? What items naturally around your home would bring others to your mind, help you to concentrate and allow your spirit to fly with the Holy Spirit? Who will you be connecting with to pray?

Good view

At his wife's insistence, a man purchased a home on a hilltop in a very exclusive section of the community. "I'll bet there is quite a view from way up there," said his friend enviously.

"Yes," replied the homeowner in a resigned manner. "On a clear day you can see the bank that holds the mortgage."



From 'live' in the pulpit to virtual and streaming

Not being able to go to church is causing an awful lot of people to 'go' to church.

It started in late March, when the Archbishop kicked off with the first ever national virtual service, recorded in the crypt chapel of Lambeth Palace. It was seen or heard by an estimated five million people. That figure included one million streaming on Facebook, and about two million tuned in to the 39 BBC local radio station broadcasts and BBC Radio 4 Sunday Worship combined. The Facebook post had a further reach of two million and nearly 30 per cent of those watching online were under the age of 34.

That compares with average of 871,000 people attending services and acts of worship each week in 2018, the latest figures that are available.

And the Archbishop was not alone – for on the same morning hundreds of churches and cathedrals that also had their first try at livestreaming services. Some attracted several thousand viewers on the stream and playback. As a spokesperson for the Church of England said: “The Archbishops said that church would have to be reimagined. Across the country, local congregations did just that.”

The second virtual national worship service (29th March) was led by the Archbishop of York, Dr John Sentamu and recorded on an iPad in the drawing room of Bishopthorpe Palace. After opening with a traditional Ugandan call to prayer, which he delivered on drums, the Archbishop turned to Ezekiel, encouraging everyone to trust God in our current situation.

In a reference to the passage in Ezekiel – which recounts the prophet's vision of a valley of dry bones, the Archbishop told the virtual congregation: “At this present time of COVID-19 we are, as it were, set in death in exile.

“I believe the Sovereign Lord who knows it all by the Spirit who raised Jesus from the dead to life eternal, the life creating power of God will bring us out of exile – out of the valley of death. Sovereign Lord we look to you to deliver us.”

Water

The Bishop was coming to speak at Deanery Synod and everything that could be done to make the evening a success had been done. There were fresh flowers on the table, and coffee and cakes prepared. When the Bishop arrived, however, he was in a crabby frame of mind. Looking around, he beckoned a nervous vicar over. “I would like to have a glass of water in front of me on the table, if you please,” he said. “To drink?” was the vicar's idiotic question. “Oh no,” was the sarcastic reply. “When I've been speaking half an hour about parish shares, I do a high dive.”

**Keep safe and keep sane by
immersing yourself in the garden**

By Perfectplants.co.uk: an on-line shop offering delivery to your door: garden plants, house plants, gifts and accessories. Tel: 01323 833479.



Never have gardens been so important. Staying at home has affected so many, and those who cope best are the people who are able to immerse themselves in growing and tending to plants. Even a window box or some pots outside the door prove beneficial to mental health and general wellbeing.

There are few other activities that offer so much at this time. Not only does gardening keep people active, but it provides stimulating experiences and opportunities to engage with nature. Remember to seek out and notice tiny things: an artistically unfurling leaf; a bright ladybird; a blue tit building a nest; the sound of the breeze through leaves; beautiful shadows. Tune in and allow yourself to become enthralled. Your garden can become your patch of paradise.

Tasks for these unusual times

Which garden tasks can you focus on during these difficult times when everyone is trying to do the right thing and reduce the spread of the pandemic?

- Firstly, plant up some pots and hanging baskets with colourful annuals. As they grow and begin to bloom you will gain so much pleasure from the cheerful flowers. There are many nurseries that are offering home deliveries. Just be aware that delivery times will be longer than usual. Use the best compost you can find as this will need to feed those plants for many weeks to come. Also give them regular feed, either in the form of slow-release pellets or liquid feed.
- Consider growing soft fruit in pots too. There's a wide range of suitable candidates if you lack space in your garden. Strawberries, blackberries, blackcurrants, blueberries and raspberries are ideal candidates. Bear in mind that some support will be required for the latter. Blueberries require acid soil, so use ericaceous compost for these. You'll need to water regularly, also provide regular feed.

- If you haven't yet joined the 'grow your own' brigade, have a go at growing some easy vegetables. Some of the simplest are runner beans, French beans, cucumber, courgette, beetroot and potatoes. Don't forget herbs too – these can even be grown on a sunny windowsill.
- Make a little pond, if your garden doesn't have one already. It's one of the easiest and quickest ways to introduce biodiversity. Site your new pond in dappled shade, if possible, but avoid putting it under trees as the leaves will clog it up during autumn. If it's in full sun, plant some taller perennials nearby in order to shade part of the water. Put in plenty of hiding places for small creatures and also ensure to provide an escape or transition route in the form of stones or something that leads from the pond to dry ground. Buy a few pond plants or beg some from a friendly neighbour who has too many. Avoid anything that can be invasive. Use rainwater to fill the pond, if possible. You will be amazed how quickly wildlife find the new habitat. From snails and insects through to frogs and newts, a whole new world will emerge.
- Cover your fences, using climbers such as Clematis, passion flowers, jasmine, honeysuckle, and evergreens such as Trachelospermum jasminoides. The area occupied by a small garden can more than double if you take into account the vertical aspect. This is a great time to plant because the soil is warming and they will establish quickly. Always be sure to water anything newly planted throughout its first season. Once again, there are many different on-line nurseries that are still operating during the pandemic, but allow for slower than usual delivery times.
- Make space and a place for birds. Even if you don't want to feed the birds because of the cost and perhaps the mess, you can make your garden bird-friendly. Provide nesting places, perching spots and shelter. Birds will repay you with song, colour and interest.
- Be sure to take a dose of Vitamin G every day. G is for gardening. Whatever the weather, it's good for you. Studies have shown that 'nature deficit disorder' is an actual thing. Being indoors or within built-up areas for extended periods of time negatively impacts upon the brain, often resulting in anxiety, depression and low mood. Break the cycle. Green is good. Even the soil itself is said to be beneficial. Microbes within the ground can help to improve the immune system. Some theories suggest that our human microbiome has evolved alongside microbes in the ground and through this it learns to fight infection whilst tolerating harmless substances. Some microbes even have antibiotic properties. We are old friends.



Meow

"What is your kitty's name, James?" asked the visitor.

"Ben Hur," said James.

"That's a funny name for a cat. Why did you name it that?"

"Well, we just called him Ben - until he had kittens."



All in the month of May



200 years ago, on 11th May 1820 the British Royal Navy sloop HMS Beagle was launched. This was the ship that took the naturalist Charles Darwin on his scientific voyage around the world (1831-36). **Also on 12th May 1820** Florence Nightingale was born. This Italian-born British social reformer and statistician saved thousands of lives and became the founder of modern nursing.

175 years ago, on 12th May 1845, Gabriel Faure, the French composer was born.

125 years ago, on 20th May 1895, R J Mitchell was born. This British aeronautical engineer designed the iconic Supermarine Spitfire fighter plane as well as several racing seaplanes.

100 years ago, on 17th May 1920, the Dutch national airline KLM's first flight took place, from London to Amsterdam. Scheduled services began in 1921.

90 years ago, on 24th May 1930, British aviator Amy Johnson became the first woman to fly solo from England to Australia.

80 years ago, on 2nd May 1940, the 1940 Olympic Games in Tokyo, Japan, were cancelled, due to World War II. **Also 80 years ago 1940 (World War 11) 10th May**, Prime Minister Neville Chamberlain resigned after losing the support of many Conservatives in the House of Commons. Succeeded by Winston Churchill. **10th-28th May**, it was what was called Case Yellow, Germany invaded Belgium, the Netherlands and Luxembourg. **10th May**, Germany dropped its first bombs on England, at Chilham and Petham in Kent. **13th May**, Winston Churchill gave his first speech in the House of Commons, saying: "I have nothing to offer but blood, toil, tears and sweat." **14th May**, The Home Guard was established, nicknamed Dad's Army as it was comprised of volunteers who were ineligible for military service, usually because of their age. **26th May-4th June**, The Battle of Dunkirk. Allied forces launched a massive evacuation of troops from Dunkirk, France, across the English Channel to England after they were cut off by approaching German forces. Nearly 340,000 soldiers were rescued in a hastily assembled fleet of 800 boats.

75 years ago 1940 (World War 11) 2nd May, The Battle of Berlin ended. Allied victory which led to the surrender of all German forces by 8th/9th May, and the end of the war in Europe. **8th May**, VE Day (Victory in Europe) – celebrated as a public holiday. **28th May**, British-born Nazi propaganda broadcaster Lord Haw-Haw (William Joyce) was captured by the British Army and taken to Britain to face trial. (He was convicted of treason and sentenced to death on 19th September and hanged on 3rd January 1946.)

70 years ago, on 13th May 1950, the first Formula One World Championship race was held, at Silverstone in England. (This race is also known as the 1950 British Grand Prix.)cont'd

Continued from Page 14.....

60 years ago, on 23rd May 1960, Israel announced that Nazi Adolf Eichmann had been captured in Argentina. He was responsible for organising the mass extermination of Jews in WWII. He was tried, sentenced to death and executed in June 1962.

50 years ago, on 8th May 1970, the Beatles released their final album, *Let it Be*. **Also 50 years ago, on 22nd May 1970**, the song 'In the Summertime' by Mungo Jerry was released. By June it had reached Number One on dozens of record charts around the world.

40 years ago, on 5th May 1980, Operation Nimrod took place, when the British SAS stormed the Iranian Embassy in London after a six-day siege.

30 years ago, on 22nd May 1990, Max Wall, British music hall, stage, film and TV comedian, and actor died. Acclaimed for his serious roles as well as his comic talents.

20 years ago, on 3rd May 2000, Ken Livingstone was elected as the first Mayor of London. **Also 20 years ago, on 12th May 2000**, the Tate Modern art gallery was opened in London.

10 years ago, on 6th May 2010, the British General Election ended in a hung parliament. A coalition government was formed by the Conservative Party and the Liberal Democrats, with Conservative Party Leader David Cameron as Prime Minister and Liberal Democrat Nick Clegg as Deputy Prime Minister.

'Florence Nightingale – the founder of modern nursing' by Tim Lenton

Florence Nightingale was born 200 years ago, on 12th May 1820. Best known as the Lady with the Lamp who saved many lives in the hospitals of the Crimean War, she was also a social reformer, a statistician and the founder of modern nursing.

She was named after the Italian city of her birth, but the family moved back to England the following year, and she was brought up in Derbyshire. Here – and elsewhere – she had several experiences that she believed were calls from God to devote her life to the service of others.

She never married, but among her several close friends was Sidney Herbert, who became Secretary of War and helped to make her work in the Crimea possible. Some claim that she reduced the death rate in hospitals there from 42% to 2%. She introduced hand-washing and other hygiene improvements, but she never claimed personal credit for reducing the death rate.

Her work inspired nurses in the American Civil War, and in 1883 she became the first recipient of the Royal Red Cross. In 1907, she was the first woman to be awarded the Order of Merit. She died in 1910. Her image appeared on the reverse of £10 banknotes issued by the Bank of England from 1975 until 1994.

It is a fitting tribute to her that the emergency hospital just opened at the ExCel Centre in London is called the NHS Nightingale Hospital.

From the Registers

Funerals (February 2020)

Friday 6th March

Brian Trustrum (Ashes Burial)
Kirk Christ @ 11.30am

Juan Guy
Kirk Christ @ 12.45pm

Monday 9th March

Ian David Walton
Kirk Christ @ 2.00pm

Mothers' Union

Mothers' Union knows that these are very difficult times for families.

"We know that our work and experience in re-building communities and supporting family life is going to be more important than ever once the threat of COVID-19 subsides. Our members will be ready and be some of the first in line to support those around them." Until then, it welcomes people to stay connected with MU on social media.

More details at: <https://www.mothersunion.org/get-involved/our-response-covid-19>

Safeguarding

The Parish of Rushen is committed to the safeguarding, nurture and care of **everyone** within our church community. If you, or someone you know, are concerned that a child or vulnerable adult is at risk or has been harmed, or are concerned about the behaviour of someone towards children or vulnerable adults, please contact:

Rushen Parish Safeguarding Officer, Claire Jennings (Tel. 830850)

The **Diocesan Safeguarding Adviser** has now been appointed. For more details contact the diocese.

A copy of the Diocesan Safeguarding Policy is available on the Diocesan website: http://www.sodorandman.im/safeguarding_inclusion



Psalm 34



The **Revd Paul Hardingham** continues his series on the Psalms by looking at one which was written in uncertain times....

Amid the current coronavirus pandemic, we all live with fear and uncertainty. How do we deal with fear? *'I sought the Lord, and He answered me; He delivered me from all my fears.'* (Ps 34:4). In this psalm, David expresses real fears.

He was on the run from Saul, who was trying to murder him! Yet David points to three simple habits that help overcome fear.

Praising God always: 'I will extol the Lord at all times; His praise will always be on my lips.

(1). It was David's pattern of life to praise God daily, whatever his circumstances. He was acknowledging God's lordship over his life. Praise affirms that my circumstances are in His hands and He is with me in all that I am going through.

Seeking God continually: 'This poor man called, and the Lord heard him; He saved him out of all his troubles.' (6). David looked to God, who released him from all his fears. It's easy for our fears to overwhelm us and rob us of the assurance that God loves us and wants the best for us. When we seek God, He hears us and responds, as He is not powerless to act.

Finding refuge in God: 'Taste and see that the Lord is good; blessed is the one who takes refuge in Him.' (8). David's personal invitation is to taste and see that God is good. Our fears often tell us that the opposite is true for us. Fear tells us that God cannot be trusted and that He will abandon us. We can make God our secure refuge and not be afraid.

This psalm helps us to see fear from a totally different perspective: *'Fear the Lord, you His holy people, for those who fear Him lack nothing.'* (9).

Bless you?

People used to say 'bless you' if you sneezed. Nowadays they might say something ruder! We live in troubled times.

Some say that the expression started in Rome, when plague broke out. Sneezing was one of the plague's main symptoms, and Pope Gregory I suggested that a tiny prayer in the form of saying, "God bless you" after a sneeze would protect the person from death. Sadly, that does not always work, but we can still remind ourselves of Psalm 91: 4-6

*He will cover you with his feathers, and under his wings you will find refuge;
his faithfulness will be your shield and rampart.*

*You will not fear the terror of night, nor the arrow that flies by day,
nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.*

Psalm 91: 4-6

God in the Arts

Editor: **The Rev Michael Burgess** continues his series on animals and birds as seen in art and scripture... this is the fifth in the series which will run throughout 2020.

‘He gave us eyes to see them’: early Persian painting of Jonah and whale



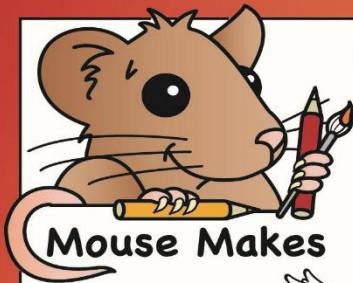
The prophet Jonah is mentioned three times in the Gospels when Jesus refers to ‘the sign of Jonah.’ In the Old Testament he was swallowed by a large fish, traditionally a whale, and in its belly for three days and three nights. It is easy to see in that sign a reference to the death and resurrection of Jesus, but the book is also a powerful allegory of life. The prophet runs away from God, only to encounter a storm and possible shipwreck. He is thrown overboard and swallowed by the whale.

We are living through difficult and anxious days with the coronavirus: we seem to be surrounded by fear and danger, like Jonah. Where, we ask, is our hope and safety amid the storm and threat of breakdown? In his distress Jonah prays to the Lord and places his trust in God. The psalm he utters ends with the words, ‘Deliverance belongs to the Lord.’ As he speaks, the whale spews him on to the safety of dry land.

The story of Jonah is depicted here in this beautiful painting from a 14th century manuscript from Persia. The whale is friendly and smiling, basking in the expanse of blue sea. Jonah is safe: his hope has triumphed, and God has delivered him from danger and possible death.

In 1988 Heathcote Williams wrote a long poem called ‘Whale Nation’ in praise of these mysterious, gifted and intelligent creatures. We hunt them, we plunder the seas for them. But they are also our friends and guides, and it is easy to neglect those truths. The book ends with examples of whales and dolphins guiding ships and saving human lives. So, we, in the midst of all that worries and perplexes us, can give thanks to God our guide and Saviour, and pray that He will bring us safely through life.

Children's Page



"The fruit of the Spirit is
love, joy, peace, patience,
kindness, goodness, faithfulness
gentleness and self control.

If we live by the Spirit, let us also
behave in accordance with the Spirit"



Read
Galatians
5:13-26

How many
other words can you find
using the letters from:

**FRUIT OF
THE SPIRIT?**



Which
symbol goes
with which fruit?



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

**LOVE • CARE • CHERISH • JOY • DELIGHT • PEACE • ACCORD
AGREEMENT • UNITY • CALM • CONTENTMENT • REST
PATIENCE • TOLERANCE • KINDNESS • COMPASSION • HELP
GOODWILL • GENEROSTITY • GOODNESS • HONESTY • INTEGRITY
FAITHFULNESS • LOYALTY • TRUST • GENTLENESS • CONSIDERATE
SELF CONTROL • RESTRAINT • FRUIT • SPIRIT • LIVE • SERVE**

The Story Behind the Hymn



Michael Saward

Christ triumphant, ever reigning

Christ triumphant, ever reigning,
Saviour, Master, King!
Lord of Heaven, our lives sustaining,
hear us as we sing:
*Yours the glory and the crown,
the high renown, the eternal name.*

Word incarnate, truth revealing,
Son of Man on Earth!
Power and majesty concealing
by your humble birth.
Yours the glory...

Suffering Servant, scorned, ill-treated,
victim crucified!
Death is through the cross defeated,
sinners justified:
Yours the glory...

Priestly King, enthroned for ever
high in Heaven above!
Sin and death and Hell shall never
stifle hymns of love:
Yours the glory...

So, our hearts and voices raising
through the ages long,
ceaselessly upon you gazing,
this shall be our song:
Yours the glory...

Spacious words with a spacious tune seem to sketch the vastness of the sky into which the disciples gazed and the perspective that enabled Jesus their companion now to relate to the whole created world. Author Michael Saward (d.2015) was an Anglican priest and one of the Jubilate Group of writers. He served on a wide range of bodies, including the Church Commissioners, the Church of England Evangelical Council, and the Hymn Society of Great Britain and Ireland. He wrote over a hundred hymns. This hymn first appeared in Youth Praise 1966 but was given a new lease of life in 1981 when the language teacher and organist John Barnard (b.1948) composed the tune 'Guiting Power'. Barnard's contribution to church music led to his being made an Associate of the Royal School of Church Music. He has written many hymn tunes and is also part of the Jubilate group of writers.

John Barnard, has been a 'Fellow of the Royal College of Organists', an 'Associate of the Royal School of Church Music' and a developer of church music as a composer, arranger, choir director. He has been organist in North West London, England, and active in helping to assemble such publications as 'Hymns for Today's Church', 'Carols for Today' and 'Psalms for Today'. He has been Director of Music at a series of high-profile churches, which include Emmanuel Church (Northwood), St Alban's Church (North Harrow), John Keble Church (Mill Hill) and St John the Evangelist Church (Stanmore). He was educated at The John Lyon School and later went up to Cambridge University to study Modern and Medieval Languages at Selwyn College followed by a PGCE at Exeter University.

Rushen Parish Prayer Diary



*Lord Jesus, open our ears and
hearts today to Your message so that
through the power of Your death and
resurrection we may walk in newness of life
in accord with the teachings
of Your Gospel
Amen*



May 2020

This is your invitation to pray day by day for:

- 1st Anyone awaiting a diagnosis from their general practitioner or the hospital
- 2nd Those involved in bringing the news to us on radio, television, or other means
- 3rd The safety of all aid workers in places of unrest
- 4th Our vicar and curate and their intervention in bringing worship to our homes
- 5th The Archdeacon and staff at the Diocese of Sodor and Man
- 6th All those affected by the coronavirus pandemic throughout the world
- 7th The work of missionaries and evangelists
- 8th Everyone who is involved in the recruitment and training of clergy
- 9th The life and witness of the Apostles
- 10th Doctors, nurses and all of the key workers during the coronavirus pandemic
- 11th All who are anxious, distressed or discouraged
- 12th All teachers of the Christian Faith
- 13th Those who may lose their livelihoods as a result of the coronavirus pandemic
- 14th Peace and stability in troubled areas of the world
- 15th Children who are hungry, orphaned or homeless throughout the world
- 16th Those who regularly read the lessons and lead our intercessions
- 17th Farmers on Rogation Day as they prepare land for a fruitful harvest
- 18th Those who have lost loved ones to the coronavirus pandemic throughout the world
- 19th People who feel lonely, isolated and frightened during the coronavirus pandemic
- 20th The financial consequences to the IOM Government, and individuals at this time
- 21st Christ's glorious ascension to heaven
- 22nd Skills given by God to surgeons as they carry out dangerous procedures
- 23rd Students having to depend on their coursework as the only means for success
- 24th Technology that has helped to link friends and family together during the pandemic
- 25th Those who intercede and read lessons in the weekly morning service podcasts
- 26th The courage to carry Christ within us and present Him wherever we go
- 27th Everyone who has, and still are, self-isolating during this difficult time
- 28th For all those hoping to be married this year and are being prevented by the pandemic
- 29th Those who live rough and who sleep out in cities throughout the United Kingdom
- 30th Good weather to compensate for those who have had to cancel their holiday plans
- 31st Mary, the Blessed Virgin, chosen to be the mother of Jesus Christ



World Health Organisation's Year of the Nurse 2020

When the World Health Organisation decided to make 2020 the Year of the Nurse and Midwife, they based it on the 200th anniversary of Florence Nightingale's birth on 12th May 1820.

But with the arrival of the coronavirus, it is a remarkably apt year to celebrate all that nurses do for us.

As the ICN (International Council of Nurses) says: "All around the world, nurses are working tirelessly to provide the care and attention people need, whenever and wherever they need it. Nurses are central to the delivery of health care; nurses are making an invaluable contribution to the health of people globally."

Nursing as a vocation goes back to the Early Church. When plague struck the Roman world in the third century, it was Christians who tended the sick and dying, often at great personal cost. Their self-sacrifice made a huge impression on Roman society. Centuries later, in medieval Europe, it was the monastic orders that provided health care. Still centuries later, during the Crimean War (1853-56) Florence Nightingale saved thousands of lives when she transformed the field hospitals, hugely improving the standards of care for wounded and dying soldiers. In fact, Florence Nightingale deserves the credit for establishing the modern profession of nursing and its structures of training. Although of course medical science has advanced since her time, the basic ethos of nursing care remains today close to Nightingale's vision.

Nursing is frequently described as a vocation, and it is one to which many Christians are called. Nightingale wrote of being 'called' by God, after having had a vivid religious conversion as a teenager. Writing in February 1837, she stated: "God has spoken to me and called me to His Service." Four years before going to Crimea, she studied at a Lutheran religious community in Germany which trained deaconesses in medical skills, nursing, and theology. Many of the ideas that Nightingale adopted for her nurses came from that religious community. Thus, Nightingale's training programme was not solely devoted to secular medical sciences. Her student nurses were required to attend chapel, and her nurses read prayers on the wards.

Nightingale wrote many letters of spiritual encouragement to her students. To one, she wrote that Christ considered it an "honour to serve the poorest and the meanest... He will not give His crown except to those who have borne His cross... Enduring hardship is what He encourages and rewards." The Bishop of London, the Rt Revd Sarah Mullally trained and worked as a nurse before being appointed to senior positions in the Health Service. She was Chief Nursing Officer for England between 1999 to 2004. She says: "I became a Christian as a teenager and wanted to follow Christ with my whole life. Rather than having two careers, I have had one vocation: to follow Jesus Christ, to know Him, and to make Him known."

Certainly, of all the professions, nursing has one of the strongest claims to being rooted in the Gospel. Christian nurses implicitly witness to Christ in caring for others.

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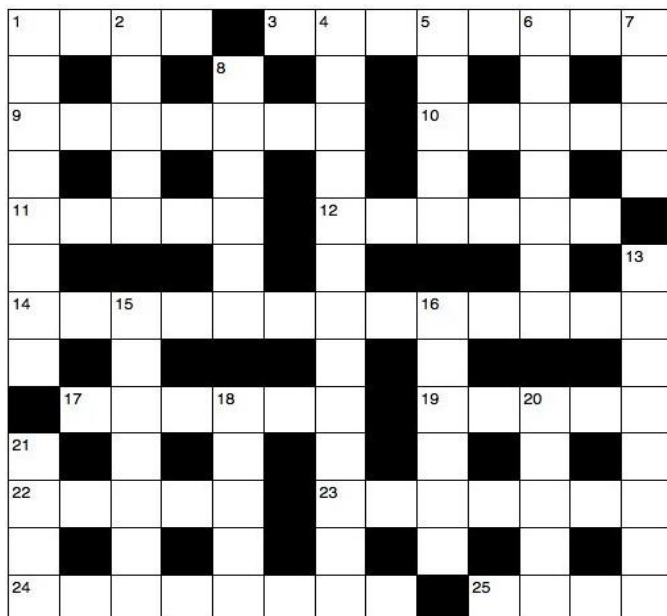
e-mail: dbow43@manx.net

Articles for the magazine should be submitted to the editor no later than 20th of each month. This arrangement is subject to change.

Mr M D Porter, 10 Fairway Drive, Rowany, Port Erin 832143

Please contact Mr Harry Dawson: 478050/835770
or Mr G Callister: 474924/834627

May 2020 Crossword



Across

- 1** 'Therefore let us — passing judgment on one another' (Romans 14:13) (4)
3 'I — — these persons here present' (Marriage service) (4,4)
9 According to a prearranged timetable (Numbers 28:3) (7)
10 Group of eight (5)
11 The cell into which the Philippian jailer put Paul and Silas (Acts 16:24) (5)
12 — Taylor, pioneer missionary to China (6)
14 Otherwise known as the Eucharist, Breaking of Bread, the Lord's Table (4,9)
17 'So that after I have preached to others, I — will not be disqualified for the prize' (1 Corinthians 9:27) (6)
19 Attend to (3,2)
22 Approximately (Acts 4:4) (5)
23 Tea rite (anag.) (7)
24 Rule of sovereign (8)
25 Test (anag.) (4)

Down

- 1** The name of the street where Judas lived in Damascus and where Saul of Tarsus stayed (Acts 9:11) (8)
2 'The playing of the merry —, sweet singing in the choir' (5)
4 'We have been saying that — — was credited to him as righteous' (Romans 4:9) (8,5)
5 Dr Martyn — Jones, famous for his ministry at Westminster Chapel (5)
6 Port at which Paul landed on his way to Rome (Acts 28:13) (7)
7 Observe (Ruth 3:4) (4)
8 Minister of religion (6)
13 'I am — of this man's blood. It is your responsibility' (Matthew 27:24) (8)
15 'Greater love has no one than this, that he — — his life for his friends' (John 15:13) (3,4)
16 Archbishop who calculated that the world began in 4004BC (6)
18 'No one can — the kingdom of God unless he is born of water and the Spirit' (John 3:5) (5)
20 Establish by law (5)
21 Product of Gilead noted for its healing properties (Jeremiah 46:11) (4)