

July 2020

# Rushen Parish Magazine

He leads me  
beside peaceful waters,  
He restores my soul. Ps 23:2

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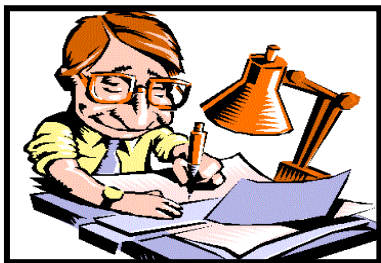
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More contact details on the inside of the back cover



Following the coronavirus outbreak I have read a number of articles about how worship in church might have changed during the months of lockdown. Here **Terry Warburton** speculates on what the future holds for our churches

### The reasons for going to church

Strange times we are living through. The future consequences of coronavirus are going to be challenging, to say the least. How will our churches fare when our buildings are allowed to re-open?

One could say that the reasons for churchgoing can be put into three slots, 'Culture', 'Faith' and 'Community'. Many churchgoers would probably recognise in themselves elements of more than one.

**Culture** is for those who feel comfortable in church. They like the history, the language, the buildings, the liturgy and the music, which have probably been a part of their lives since they were children. All hold comforting memories.

**Faith** is a link with the meaning of life and its eternal promise, somewhere to seek guidance through worship and sacrament, and on which to lean in times of trouble. A belief in the words of Jesus that they are not on their own, even if sometimes it feels like it in this world.

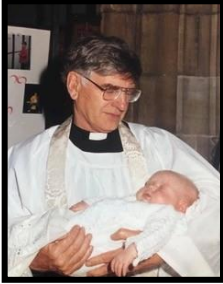
**Community** is for those who like coming to church or being associated with it as a flying buttress (a phrase of Winston Churchill, who described himself as someone who supports the church from the outside). They don't have to have a commitment to the faith of the Church but are sympathetic and don't mind being with those who do.

It is likely that the 'old normality' will not be the 'new normality' and this provokes a few thoughts:

- \* How many people, now out of the habit of regular community worship, will wish to return to it?
- \* How many people on the periphery of church life, will come back to it, at least in the short term?
- \* How many of those who have had a regular commitment to the church, for example by serving at the altar or in its refectories, singing in choirs, doing flowers, ringing bells and polishing brasses will feel that this is a good time to make a break and do something different?

As church people, we must consider where we go from here. The Church, everywhere in the infected world, will need to know our answer to its call. To thrive, it needs us back.

## From a Distance



'From a distance,' we saw the coffin,  
Gently lowered to the soil.  
Soil ready to receive his body,  
After years of Christian toil.

Quietly, friends kept their distance –  
Paid respect at his release;  
From a tumultuous, fragile world,  
To one of eternal peace.

'From a distance,' we knew a kind man;  
With timely words, for all.  
As linguist, priest and educator,  
He was ever 'standing tall.'

'From a distance,' his golfing buddies,  
On the Port St Mary green,  
Will miss his wit and sense of humour;  
Joyful in the sporting scene.

'From a distance,' may family members,  
In their grief and sense of loss,  
Be reassured of true redemption,  
In the glory of the cross.

Now, never far from love's perfection;  
Never far from His dear face,  
Salute! a witness to Salvation,  
And the Holy Spirit's grace.

*John 14 : 19 ' - - - because I live,  
you also will live'. NIV*

### **Margaret Couper**

At the graveside of the  
Rev. Brian Shephard during the coronavirus  
pandemic 18/5/20 I.O.M.

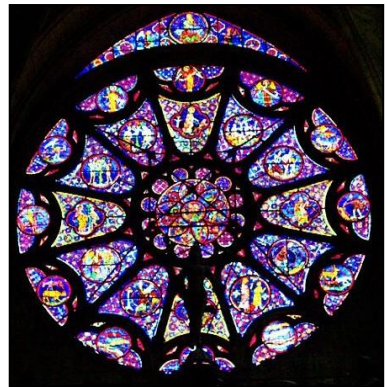
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*"Dear Friends of Rushen Parish,*

*Helen Shephard, Jennifer, and Judith,  
wish to thank all our friends in each of  
the churches for all the love, prayers,  
cards and messages they have received  
following the loss of Brian. We are very  
conscious of the support we have had.*

*We wish God's blessing on you all."*

***Judy Ewart (Brian's Daughter)***



### ***Quote of the Month***

*During the war, the rose window in the great Rheims Cathedral was shattered into bits by an indirect hit. The parishioners lovingly got down onto their hands and knees to gather together all the tiny pieces of broken glass. When the war was over, they hired the most skilled workmen available to rebuild it, piece by piece, from the gathered fragments. Today's rose window in Rheims is more beautiful than it ever was. So God can take our broken lives and reshape them as we pray, 'Lord, please forgive my mistakes of this day.' - Reuben Youngdahl*



## Rushen Roamers

Rushen Roamers usually meet on a Wednesday morning and then go on a walk during which they can have fellowship and enjoy each other's company. Because of lockdown restrictions the group has been unable to meet, nor has it been able to enjoy welcome refreshments at the end of the walk in St Catherine's Church Hall. During the lockdown, members have been telephoning parishioners and shopping for those who have been vulnerable during

the pandemic. Instead of walking the group have also commenced meeting virtually for weekly coffee mornings via Zoom, the online application. The first of these virtual meetings took place on 27<sup>th</sup> May and it was good to see church members whose faces have not been seen since the lockdown began. Should any of you wish to join these virtual meetings please contact the curate, Rev Liz Hull. Details of how you can do this are on the inside of the front cover of the parish magazine.

Gerry Callister

### Psalm 46 – a psalm of comfort in anxious times

To say that we are living in uncertain times is an understatement! Psalm 46 speaks into our anxiety and fear, just as it did to Israel originally. At this time, we must focus on God, who alone can deliver us in such times.

**He is our refuge:** *'God is our refuge and strength, an ever-present help in trouble.'* (1). In the midst of our difficulties, God promises Himself to be our refuge, strength, and help. A *'refuge'* is a place of trust, where God promises to protect us. When the whole world is turned upside down, we can come to Him without fear.

**He is our resource:** *'There is a river whose streams make glad the city of God, the holy place where the Most High dwells.'* (4,5). Jerusalem was able to withstand enemy attack, because of the water that resourced it. For us, this is a picture of the presence of God's Spirit, who resources us when we are under pressure. This psalm promises that God's is with us in all our troubles on a daily basis: *'The Lord Almighty is with us...'* (7,11).

**He is our ruler:** *'He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'* (10). When we consider all that God has done in the past, we can see the way in which He has worked among us to provide, protect, and deliver us. We are called to *'cease fighting'* God and surrender our lives to God. Let's worship Him, as we let go fear and as we depend on Him in this current time of crisis.

Canon Paul Hardingham



## St Mary's Ladies Working Party



It has been 3 months now since we were last able to meet together as a group, in St Mary's Church Hall, and we do miss the fellowship and friendly company around the table. Enormous thanks and appreciation however must go to Margaret Moore who has tirelessly emailed us each and every day of this lockdown with updates and thoughts of the day. To say we appreciate all her efforts is an understatement as they brighten each morning, keep us in touch with each other, focussed on the current

situation in our parish and give us hope for the future. Thank you also to those who have contributed to Margaret's mission, with poems, photos and reminiscences.

During this pandemic we have lost some Pillars of the Parish, Canon John Sheen, Rev'd Brian Shephard, Keith Hartley, Bill Hodgett, Lois Parkhouse and Pauline Bowman. Pauline was a loyal member of the LWP who shared her lovely poems with us, and who along with David gave us support at all our events. Lois will be remembered at our Friendly Lunches in the past, along with John who always willingly helped with the raffle. We remember them all and pray for Elizabeth, Helen, Maureen, Heather, David and all their family and friends.

Times have been challenging for many charities across the island, but we have been able to disburse some funds in the last 3 months which we hope were of help to those in need: Southern Food Bank £250, Graih £250, Southern Food Bank £500 and Southern Befrienders £90. Thank you to all who have supported our fundraising events which have allowed the LWP to make these donations.

At the time of writing, we do not know when churches may be permitted to open for services or for private prayer, but we look forward to when we can all meet again. Until then, we are able to enjoy the podcast services which Joe and Liz have been organising for us each Sunday morning and for which we must say a very grateful "Thank You" to everyone who has taken part.

With love, prayers and very best wishes to everyone from the Ladies Working Party.

**Pat Thomson**

### ***New style of prayer***

*Our minister is still getting used to live streaming our church services. Last Sunday he invited us to join him digitally in prayer by saying firmly: "Let's bow our eyes and close our heads."*

## The NHS – bearing one another’s burdens

*Editor: **The Ven John Barton** writes in praise of our health service*

“Save the NHS” was the slogan chosen by the British government when the coronavirus began to spread. Meant to evoke public compassion, and compliance with emergency regulations, it sounded as though the NHS was an endangered species. In fact it was the public themselves whose lives were in jeopardy; the National Health Service existed solely for their benefit. The slogan did manage to stir gratitude for a service which had been taken for granted, as well as appreciation of its 1.5+ million staff, many of whom were now putting their own lives at greater risk.

The idea for a countrywide medical service came from the Beveridge Report, instigated by the coalition government during World War II. “Medical treatment covering all requirements will be provided for all citizens by a national health service”, is how it was defined, though it had to wait until 1948 for its implementation to begin.

It was part of a programme for reconstruction, aiming to eliminate Want, Disease, Ignorance, Squalor, and Idleness. Sir William Beveridge, who gave his name to the report, was close friends with two other social reformers: R H Tawney, and William Temple, who was to become Archbishop of Canterbury. Today’s Archbishop, Justin Welby, wrote this about the trio: “Drawing on Christian understandings of justice, generosity and human dignity, they described the kind of country that they felt reflected God’s values better.”

St Paul couldn’t have thought he was providing a slogan for a welfare state when he wrote, “Bear one another’s burdens and so fulfil the law of Christ”, but that is a neat summary of the way the National Health Service works. We all pay in when we can and we all benefit when we need.

One estimate of the cost of the NHS today is £158.4 billion, which in real terms is 10 times as much as in 1950. In the meantime, it’s no longer completely free for all. Prescription charges and dental fees have been introduced. The development of ever-more sophisticated life-saving drugs and medical procedures will inevitably mean higher costs - and a heightened moral dilemma. Must there be further limits to the provision of “medical treatment covering all requirements”?

The colossal task of rebuilding a shattered economy in the years to come may compel the British people to choose between what is essential and what is optional. The Christian principle now sounds particularly demanding: “Bear one another’s burdens and so fulfil the law of Christ”.



## Dandelions



*This is the first of an occasional series on different common flowers by **Kirsty Steele**, a retired teacher and active church organist. (Editor)*

Many of us actually like dandelions. Their amazingly cheerful colour always brings a smile to our faces. The not-so-neat-and-tidy gardeners among us can simply enjoy flowers where they grow.

The name 'dandelion' apparently derives from 'dent de lion' – lions' teeth, owing to the tooth-like shape of its leaves. There are many different varieties of dandelion, but they all have the toothed leaves arranged in a rosette around the single flowers, each one made up of up to *two hundred* tiny florets on a smooth stem, that when picked, releases a milky substance known as latex.

The golden heads, which close up at night, in wet weather, or if picked to go in a vase, give way to the seed-heads we all know as clocks. Who cannot remember proclaiming the time as a child, having blown the seeds away, counting each breath as an hour? And who, if this happened in the garden, remembers the reaction of a parent, or grandparent, to the efficient dispersal of the seeds all over the vegetable patch or flower bed!

In the past, dandelion drinks and concoctions have been valued for their medicinal powers in combating a variety of complaints, and the Victorians used to cultivate them in order to fill sandwiches with the young leaves. Fizzy drinks manufacturers still produce a variety known as Dandelion and Burdock, and intrepid wine-makers can use the flowers to concoct a heady brew.

The roots, some say, can be dried and ground up for use as a coffee substitute. It is those same roots, long and strong, that our grandmothers would water carefully, to the amusement of onlookers, in order to pull them up completely.

To many of us, dandelions are one of Nature's joys.

### ***Your garden is good for you***

*Spending time in your garden will do your wellbeing as much good as if you were living in a wealthy neighbourhood.*

*So says a recent study by the University of Exeter and the Royal Horticultural Society (RHS). It has found that 71 per cent of people who used their garden went on to report good general health, as compared to 61 per cent who did not use their outdoor space. A similar difference in wellbeing was seen between the highest and lowest income groups.*

*The study also found that those of us who love our gardens are far more likely to have greater levels of physical activity and much higher psychological wellbeing.*



# Sudoku July 2020

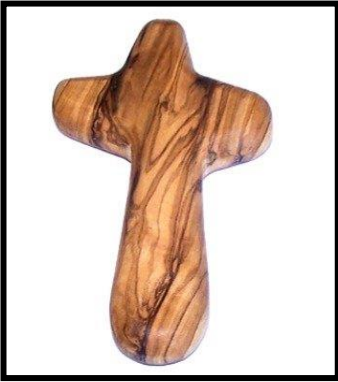
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					4		3	

## Sudoku Solution June 2020

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

## Crossword Solution June 2020

C	A	R	E		P	A	R	A	D	I	S	E
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N	U	L	L		P	R	O	F	A	N	E	D
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C	L	O	S	E	D		S	T	O	R	E	S
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## Reflected Faith Series: a 'Holding Cross'

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

Many churches today are using social media to hold public services – either together at the same time or uploaded so you can listen and watch at any time and worship in your home when it is convenient for you.

I find that having a 'prayer space' when I join, as well as when I pray alone, enables me to enter into that time of holiness quicker and more fruitfully.

It's like when you physically go to a church building for a service. Your hand holds the door handle and you choose to enter into a sacred space.

Not many of us have the luxury of a separate space where we currently live, and in many ways I prefer not to distinguish prayer life from everyday life. After all, where does one end and the other begin? God is everywhere; in every room in the house. He's no less in my home or yours than He is in our locked church buildings. He's with me when I pray and when I eat, or cook, or watch TV and so on.

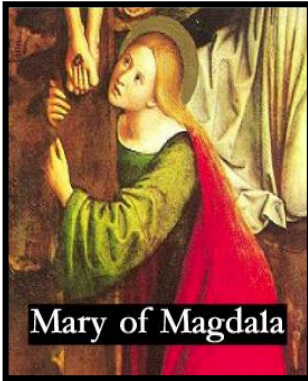
One item I appreciate is a cross that I can hold. Ideally one that completely fits into my hand.

There are wooden 'Holding Crosses' that you can make or buy especially for this purpose, but you can use any material. Perhaps you could make one out of felt and stuff it, to give it form and solidity.

I have one made from an old plastic book binding strip, which I cut to size. One piece slots into the other, to form the cross shape.

What I appreciate about the holding cross is its firmness, it reminds me that Christ is my firm foundation; that God is solid and dependable. It reminds me also that whatever happens I will cling to Him. And it tells me that as I hold that cross in my hand so I pray that He will hold me forever, never letting me go or fall.

*This month: See what materials you have from which you could make a Holding Cross. What feelings and thoughts come to you as you use it in your prayer and worship time?*



## The 'Other' Mary

As the traditional Easter story is remembered again this month, you may notice that there is one name that frequently occurs. It is that of the 'other' Mary – not the mother of Jesus but Mary of Magdala, who stood by her at the cross and became the first human being, male or female, actually to meet the risen Christ. That's quite a record for a woman who, the Gospels tell us, had been delivered by Jesus from 'seven devils'. As a result, her devotion to Him was total and her grief at His death overwhelming.

In church history Mary Magdalene became the 'fallen woman', a harlot who was rescued and forgiven by Jesus. And while there is no evidence to prove she was a 'fallen woman', the contrast is sublime: Mary the virgin mother, the symbol of purity and Mary Magdalene, the scarlet woman who was saved and forgiven, the symbol of redemption. Surely, we all fall somewhere between those two extremes.

What we do know is that the two Marys stood together at the cross, the Blessed Virgin and the woman rescued from who knows what darkness and despair.

The second great moment for her was as unexpected as it was momentous. She had gone with other women to the tomb of Jesus and found it empty. An angelic figure told them that Jesus was not there, He had risen – and the others drifted off. But Mary stayed, reluctant to leave it like that. She became aware of a man nearby, whom she took to be the gardener. She explained to Him that the body of 'her Lord' had been taken away and she didn't know where to find Him.

The man simply said her name 'Mary' and she instantly realised it was Jesus. She made to hug Him, but He told her not to touch Him because His resurrection was not yet complete. She was, however, to go to the male disciples and tell them she had met Him. She did – but they couldn't believe her.

Her words – 'I have seen the Lord' – echo down the centuries, the very beating heart of the Christian gospel.

### Parish Pump

#### *Seagull*

*A father was at the beach with his children when the four-year-old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand. "Daddy, what happened to him?"*

*"He died and went to heaven," the father replied. The boy thought a moment and then asked: "Why did God throw him back down?"*

## What's not to love about Lavender?

### Lavender in Soap



The delights of summer in the garden are all the more ameliorated this year when private, outdoor space has proved its worth over the past few months. And of all the scented, colourful and varied aromatic plants that you might choose to place in a sunny garden,

### Lavender with Bees



lavender is just about tops for popularity. It's small enough to squeeze into a courtyard, a balcony and even a window box. It will give you far more value than just about any other plant because it can be enjoyed in at least six different ways...

Firstly, the foliage smells wonderfully aromatic and of course the flowers have scent that has been used by us for centuries.

Secondly, the blooms attract beneficial garden insects including bees, butterflies and other pollinators that will also help in the kitchen garden.

Third on the list of desirable features is the fact that it looks so good. This plant is naturally shaped in a rounded mound. Some people even trim the plant and thereby prevent it from flowering so that it maintains this pleasing form.

Fourth: the fact that lavender is drought-tolerant, once established. It's relatively easy to grow provided the site isn't waterlogged. What's more, rabbits and deer don't like to eat it. This is a great bonus in a country garden.

Then we come to health. The plant is often used in herbal preparations and its scent can safely be added to various potions and lotions. You can eat the flowers in moderation too.

Lastly, but maybe most importantly, this plant is a medicinal marvel. Lavender has antiseptic and anti-inflammatory properties and can help to heal minor burns and to cleanse minor wounds. It repels insects that enjoy biting humans and can therefore be a great plant to position around the eating table. What's more, lavender can form a treatment for anxiety, depression and for those who have difficulty sleeping.

### Different lavender varieties

The number of different varieties of lavender is increasing all the time, with various cultivars being created to form a wider range of colours and scents. If you plant wisely, you can have lavender in flower all summer long. Most of them will also give you a second flowering if you trim them after their first display. Here's a simple breakdown of the lavender that is most commonly available:

### English lavender

Most people agree that English lavender is just about the best for flower use. *Lavandula angustifolia* (formerly *L. officinalis*) and its multitude of cultivars has given us many different colours and heights, all sharing the most delectable scent. It has a lovely, bushy shape with silvery green leaves and can grow up to one metre high.

*Lavandula* 'Hidcote' is a form of *L. angustifolia* which is loved particularly for its deep purple flowers which contrast so well with the grey foliage. It's a smaller plant too, topping out at about 60cm, and some say that the flowers are not so scented.

Meanwhile, *L. 'Munstead'* is a smaller variety still, reaching around 45cm and having beautiful blue flowers with a wonderful scent. This compact plant is named after Gertrude Jekyll's garden at Munstead Wood and it makes a great edging plant for paths and is good in pots too.

## **French and Spanish Lavender**

The Lavender *stoechas*, or 'tufted' varieties look as if they have a little topknot. They are often known as French or Spanish plants and are less hardy than English lavender, *L. angustifolia*. However, they can live for five years or so, but it's more important to take cuttings so that you can enjoy them indefinitely. Always give them a gentle trim after flowering but be careful not to cut back into old wood. This is likely to kill the plant. As for most lavenders, they don't enjoy waterlogged soil. In really cold areas they might also need some winter protection.

## **More Lavender**

There are at least 25 different species of *Lavandula* in cultivation and the flower colours are ever-expanding as our love for this little plant grows. Lavender can have blue, purple, pink or white flowers. Hardest are English and Dutch varieties. The Dutch lavender is *Lavandula x intermedia*, including the popular *L. 'Grosso'*, which has aromatic foliage and violet flowers in summer.

## **The lavender harvest**

Harvesting of flowers can take place between June and September and generally the earlier, the better. Trimming early helps the plant to maintain a good shape and a lavender plant should easily last for around 10 years if it is regularly pruned, so you are doing it a favour. Just make sure you leave some green growth on the main plant as it won't generally re-grow if you cut into old woody stems. Cut flowers on a dry morning. Draw into a bundle, tie, then hang them up to dry for about a week.

## **How and where to use lavender**

The versatile flowers have so many uses. Here are six simple suggestions:

Infuse the flower heads in sweet almond, avocado or hemp oil in order to make a healthy and stress-relieving massage oil. It's simple. Just half fill a jar with lavender flowers, then fill the jar to the top with oil. Shake the jar regularly over the course of a

Cont'd.....

few weeks in order to infuse the scent. Then strain, and your oil is ready to use.

A bundle of tied lavender together with other aromatic foliage such as Eucalyptus, mint and rosemary, makes a great shower companion. In the humid air it will release scent and make the room smell amazing.

Use lavender flowers in cakes and cooking. You can sprinkle some flower seeds on scones with jam. They are edible and impart a wonderful, subtle aroma and taste.

Make a lavender wreath to hang on your wall. The smell will waft around your home for ages.

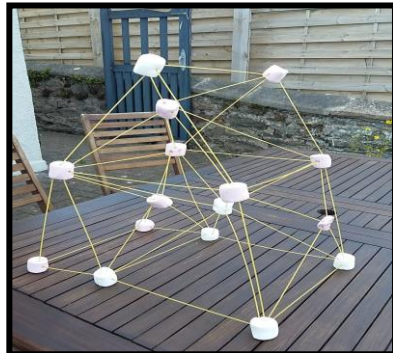
Infuse some lavender in water and use it as a linen spray. It will make sheets smell fresh and clean.

Dry lavender and pop it into cloth bags to leave in the wardrobe. It keeps moths away.

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*These pictures relate to the St Mary's Sunday School article on Page 22*







## All in the month of July

**175 years ago, on 4<sup>th</sup> July 1845** Thomas Barnardo, Irish humanitarian and philanthropist was born. He founded Barnardo's, a charity which cares for vulnerable children and young people. **Also 175 years ago, on 17<sup>th</sup> July 1845** Charles Grey, 2<sup>nd</sup> Earl Grey, British Prime Minister (1830-34) died. Earl Grey tea was named after him after he was given a gift of tea flavoured with bergamot oil. It was known as the Earl Grey's blend.

**150 years ago, on 18<sup>th</sup> July 1870** the Vatican issued the declaration of Papal Infallibility. It preserved the Pope from the possibility of error when he defined a doctrine concerning faith or morals to be held by the whole Catholic Church.

**100 years ago, on 17<sup>th</sup> July 1920** Kenneth Wolstenholme, British football commentator, was born. Best remembered for his famous commentary at the 1966 World Cup Final: "Some people are on the pitch...they think it's all over.... *It is now!*" – as the last goal was scored.

**90 years ago, on 7<sup>th</sup> July 1930** Sir Arthur Conan Doyle, British writer who created the detective Sherlock Holmes, died.

**80 years ago, on 10<sup>th</sup> July 1940 to 31<sup>st</sup> October 1940:** The Battle of Britain took place. British victory.

**75 year ago, on 5<sup>th</sup> July 1945** that WWII leader Winston Churchill lost the British General Election to Clement Attlee's Labour Party.

**70 years ago, on 5<sup>th</sup> July 1950** Israel's Knesset passed the Law of Return, which granted all Jews the right to immigrate to Israel.

**65 years ago, on 9<sup>th</sup> July 1955** the song 'Rock Around the Clock' by Bill Haley and His Comets reached #1 on the Billboard chart in the USA. It remained there for eight weeks. Although not the first rock & roll song, it is considered the song that brought rock & roll into the mainstream.

**60 years ago, on 6<sup>th</sup> July 1960** Aneurin ('Nye') Bevan, Minister of Health (1945-51) who led the establishment of the National Health Service, died.

**40 years ago, on 5<sup>th</sup> July 1980** Swedish tennis player Bjorn Borg won the Wimbledon singles championship for a record fifth consecutive time.

**30 years ago, on 17<sup>th</sup> July 1990** Iraqi President Saddam Hussein threatened to use force against Kuwait and the United Arab Emirates to stop them driving down oil prices. On 24<sup>th</sup> July Iraq sent tens of thousands of troops and hundreds of tanks to the border with Kuwait, ahead of an invasion on 2<sup>nd</sup> August which led to the Gulf War.

**25 years ago, on 11<sup>th</sup> July 1995** the Srebrenica Massacre took place. The Bosnian Serb Army seized control of Srebrenica and massacred 8,000 men and boys. **Also 25 years ago, on 16<sup>th</sup> July 1995** Amazon.com opened its website to the public.

**20 years ago, on 25<sup>th</sup> July 2000** an Air France Concorde crashed outside Paris shortly after taking off for New York. All 109 people on board were killed, as well as four people on the ground.

**15 years ago, on 7<sup>th</sup> July 2005** the London Bombings took place. A coordinated series of four suicide bomb attacks on London's transport systems during the morning rush hour killed 56 people, including the four bombers. More than 700 were injured. It was the worst-ever attack on Britain, and the country's first attack by suicide bombers. Also **15 years ago, on 28<sup>th</sup> July 2005** the IRA ended its 30-year armed campaign in Northern Ireland and ordered all units to dump their weapons. Its leadership stated that they would continue their campaign exclusively through peaceful means.

## *From the Registers*

### *Funerals (May 2020)*

1 <sup>st</sup> May 2020	(Burial Rushen Churchyard) 12.30pm	<b>Pauline E Bowman</b>
7 <sup>th</sup> May 2020	(Ashes Rushen Churchyard) 2.00pm	<b>Patricia E Kelly</b>
12 <sup>th</sup> May 2020	(Burial Rushen Churchyard) 2.00pm	<b>Elizabeth Boulton</b>
18 <sup>th</sup> May 2020	(Burial Rushen Churchyard) 2.00pm	<b>The Rev Brian Shephard</b>
22 <sup>nd</sup> May 2020	(Ashes Rushen Churchyard) 3.00pm	<b>Sheila Adams</b>

### **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](http://www.sodorandman.im/safeguarding_inclusion)



*They were trying to remember  
when they had last left the house.*

## Rushen Mothers' Union



Our last branch meeting was held on 9<sup>th</sup> March, and reported on in the April edition of the church magazine. Little did we know then about the difficult times which lay ahead.

We were all greatly saddened by the news of the deaths of Canon John Sheen and of Rev'd Brian Shephard, both of whom were loyal supporters of Mothers' Union, often taking our services and communion, attending meetings with wives Elizabeth and Helen, and being involved in the work of Mothers' Union wherever possible. We also remember in our prayers our long standing member Maureen Hartley whose husband Keith succumbed to Covid 19, Bill Hodgett whose wife Heather is a loyal member of St Mary's church choir, Pauline Bowman whose gracious presence gave such support to David, and Lois Parkhouse whose lovely smile brightened the room. We give thanks for all their tireless work and much appreciated support of Mothers' Union events, and send our sympathy and love to all their family and friends.

Attached below is a copy of a letter from our Diocesan Secretary for your information, as our meetings have been suspended:

*Dear Branch Leaders,*

*I sincerely hope you and all your branch members are keeping safe and well in these unprecedented times.*

*I am sure we can all agree that the Coronavirus has affected every person, every business and every charity in ways that no one could have predicted. By now all members should have received their Families Worldwide magazine which was sent direct from Mary Sumner House to members. This was to reduce the risk to our members that would have accompanied our usual distribution methods. Along with the magazine there was an appeal letter from Mary Sumner House as they attempt to navigate their way through this pandemic. Like most, Mary Sumner House has found themselves in a very difficult financial position. Alongside the appeal letters to members, they reached out to us, as a diocese, to see if we could help. The trustees gave great thought to this request, taking into consideration our needs over the coming years as a diocese but also considering that failing to support Mary Sumner House at this time could mean that Mothers' Union may cease to exist.*

***With this in mind a donation of £4,000 has been made by The Mothers' Union Sodor and Man.*** Mary Sumner House are working tirelessly to find ways to reduce their costs and raise money to keep themselves afloat, we urge any who are able to help at this time to please do so. We must keep Mothers' Union going through this storm, and like all storms, this too will pass, and we can all begin to rebuild together.

*Prayerful regards,*

*Danielle Bradshaw*

With love and very best wishes to all, until we can safely meet again

**Pat Thomson**

## God in the Arts

*Editor: **The Revd Michael Burgess** continues his series on God in the Arts with ‘The Incredulity of St Thomas’ by Peter Paul Rubens. It hangs in the Koninklijk Museum voor Schone Kunsten, Antwerp, Belgium.*

### ‘My Lord and my God’



The calendar allows us to celebrate St Thomas the apostle in this month of July as well as traditionally in December. Thomas is mentioned with the other disciples in all the Gospels, but it is in the fourth Gospel that he moves into the centre of the stage in his own right.

In chapter 14 he queries the words of Jesus that evokes the confession: ‘I am the way

and the truth and the life’ from our Lord. Then after the resurrection, when unconvinced by the accounts of the others, Thomas has that memorable and moving encounter with the risen Lord. In chapter 20 Jesus meets him in his doubts and his faith is restored.

‘The Incredulity of St Thomas’ is the subject of this month’s painting by Peter Paul Rubens. Rubens (1577-1640) lived mainly in Antwerp, but his work displays a delight in sumptuous colour and the human form, which he would have learnt from his studies in Italy. Rubens was a good-humoured and genial person, and as a Roman Catholic, he cherished his religion and faith. This painting is from 1614 and is part of a triptych. The two outer panels portray the patrons who commissioned the work for their chapel in the Franciscan church in Antwerp – Nicholaas Rockox and his wife.

In this central panel, Thomas gazes in wonder at the marked hand of Jesus. He is there with a youthful St John and another disciple, who is looking at the face of the Lord. The light in the canvas comes from the risen body of Jesus, and the disciples move from the shadows into that light as their faith in the risen Lord grows and matures. In a moment, Thomas will raise his head and look up to Jesus. It is a momentous occasion in John’s Gospel, for this meeting of master and servant, of Lord and disciple, is not just an exercise in overcoming doubt. It is an affirmation that only God can raise or be raised from death. Only God has the key to life. Thomas recognises Jesus fully and completely as he utters the words ‘My Lord and my God.’

John ends his Gospel by saying, Yes, there was this moment of personal encounter, but believing without seeing is testimony to a more profound faith. Then it is not we who are invited to touch our Lord, but Jesus who can touch us. In the painting, one hand is turned towards the disciples, the other reaches out to us. We may come to Jesus, like Thomas, with doubts and concerns, with worry and anxiety. Jesus will meet us in the honesty and openness of our faith to reassure us that He is, as He was for Thomas, the way, the truth and the life – our Lord and our God.

Thomas Dale’s poem on ‘Unbelieving Thomas’ ends with this verse:

*“Oh! If the iris of the skies  
Transcends the painter’s art,  
How could he trace to human eyes  
The rainbow of the heart;*

*When love, joy, fear, repentance, shame,  
Hope, faith, in swift succession came,  
Each claiming there a part;  
Each mingling in the tears that flowed,*

*The words that breathed – ‘My Lord! My God!’”*



## The Story Behind the Hymn



### ***Come Down, O Love Divine***

Come down, O Love divine  
seek out this soul of mine  
and visit it with your own ardour glowing;  
O Comforter, draw near,  
within my heart appear,  
and kindle it, your holy flame bestowing.

There let it freely burn  
till earthly passions turn  
to dust and ashes in its heat consuming;  
and let your glorious light  
shine ever on my sight,  
and make my pathway clear, by your illuming.

Let holy charity  
my outward vesture be,  
and lowliness become my inner clothing;  
true lowliness of heart  
which takes the humbler part,  
and for its own shortcomings weeps with  
loathing.

And so the yearning strong  
with which the soul will long  
shall far surpass the power of human telling;  
for none can guess its grace  
till we become the place  
in which the Holy Spirit makes his dwelling.

Bianco da Siena, who lived in Venice, wrote ninety-two hymns during the early 1400s, publishing them in a book entitled *Spiritual Hymns*. Four centuries later (1867), an English priest, Richard Littledale, discovered da Siena's hymns, translated a number of them into English, and included them in a hymnal entitled *The People's Hymnal*.

This hymn is a prayer; an impassioned plea for God to come down from heaven to reside in our hearts and set our hearts afire with a holy flame. It prays that God will shine a glorious light to illumine our pathway. It hopes for hearts full of yearning for God's grace; something that can happen only when love creates a place for the Holy Spirit to dwell within our hearts.

Whenever we sing this hymn, let its prayer become your prayer; a prayer for God to come into your heart; to set your heart afire with a holy flame; to illumine your pathway; so that the Holy Spirit might live within you; so that we might truly become God's people.

**Richard Niell Donovan**



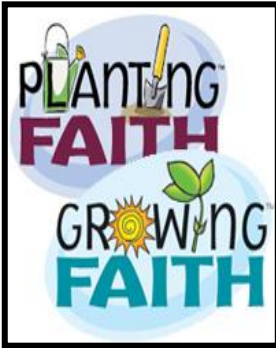
## Rushen Parish Prayer Diary

*Lord Jesus Christ, you have said  
that you are the Way, the Truth and the Life.  
Do not allow us to stray from you,  
who is the Way,  
not to distrust you, who is the Truth,  
nor to rest in anything other than you,  
who is the Life. Amen*

**July 2020**

***This is your invitation to pray day by day for:***

- 1<sup>st</sup> Children with special needs and their families
- 2<sup>nd</sup> Peace between peoples of different faiths
- 3<sup>rd</sup> The parishioners who take part in the weekly morning prayer podcasts
- 4<sup>th</sup> The NHS and its tireless work in caring for those affected by Covid-19
- 5<sup>th</sup> The ability to speak up for those who cannot speak for themselves
- 6<sup>th</sup> Judges, magistrates and all who work in the legal profession
- 7<sup>th</sup> Local organisations for children and young people
- 8<sup>th</sup> Those known to us who are unwell and need our prayers
- 9<sup>th</sup> Families which have not been able to meet because of the coronavirus restrictions
- 10<sup>th</sup> Those who have given help to the vulnerable during the past three months
- 11<sup>th</sup> Each other as we endeavour to keep Covid-19 from infecting the others around us
- 12<sup>th</sup> The environment, and how we can ensure that it is not polluted by our waste
- 13<sup>th</sup> The kindness of those who have kept in touch with people who have been isolated
- 14<sup>th</sup> Fair trade and sustainable development in the Third World
- 15<sup>th</sup> The charitable work undertaken by many of the island's organisations
- 16<sup>th</sup> Those who have been, and still are, key workers during the coronavirus pandemic
- 17<sup>th</sup> The work of the Salvation Army
- 18<sup>th</sup> The Diocese of Sodor and Man and its links with parishes within its boundaries
- 19<sup>th</sup> The work of retreat houses and places of pilgrimage
- 20<sup>th</sup> Food and clothing for those afflicted by war and famine
- 21<sup>st</sup> Single parents, teenagers living alone and families on low incomes
- 22<sup>nd</sup> Chaplains in the armed forces, hospitals and prisons
- 23<sup>rd</sup> All pets and the pleasure they give to so many both young and old
- 24<sup>th</sup> Farmers as they look forward to the harvest of their crops
- 25<sup>th</sup> Good weather for all families if they go away on holiday during the summer
- 26<sup>th</sup> Those who have been bereaved recently or remembering the death of loved ones
- 27<sup>th</sup> Family life throughout the world
- 28<sup>th</sup> Those who have died for their faith in Jesus Christ
- 29<sup>th</sup> Those who work in the holiday industry and the difficulties they are experiencing
- 30<sup>th</sup> Victims of abuse, cruelty, and violence
- 31<sup>st</sup> The effect of the pandemic on peoples' finances, and in their future prosperity



## News from St Mary's Sunday School

By the time you get to read this article, we will have hopefully been able to worship together in person again (those who feel comfortable with that idea) – what a joy!

We have had 2 very enjoyable Zoom meetings since I last wrote. While we all missed our annual Pentecost BBQ at St Mary's, we had a lovely online celebration with home-made flame headbands, flame-coloured streamers. and balloons. The children

enjoyed waving their streamers and playing with their balloons while we sang “The Spirit lives to set us free” (with Lukas accompanying us on the mandolin). The balloons were a useful visual to help the children understand how the Holy Spirit breathes life and power into us (although we can't see Him), so that we can truly live our lives for Jesus. Another illustration we used was a hairdryer, which is useless until it is plugged in to the power source - the Holy Spirit is the source of power for our Christian life!

Last Sunday we had another Zoom meeting on the parable of “The Wise and the Foolish Builder” (Matthew 7:24-27). We were learning that we need to build our house (life) on the Lord Jesus Christ, our rock, because He helps us stand firm and survive the storms of life. We did a little illustration of the story with sand and rocks from Port Erin beach. You can hopefully see from the **pictures on page 14** that the house on the rock stood firm while the house built on the sand went 'splat'!

Each family had also been given the challenge to make their own houses out of marshmallows and spaghetti, and we had some amazing creations! The Guy family weren't able to join us on Zoom, but they sent us a photo of their beautiful Manx cottage, complete with door, window and a thatched roof! You can imagine that the houses made a very tasty snack afterwards!

We also sang the song "The Wise Man built his house upon the rock" with actions, played a 'higher/lower' card game, built a short story (with each person in turns contributing a word) and we thought about how we can stand on Jesus the rock in our daily lives through reading the Bible, praying, being kind to each other and caring for each other.

With all restrictions now lifted, we are very much looking forward to meeting together in person again soon, probably with a celebratory family picnic with games at Silverdale.

May the Lord bless you and protect you,

**Claudia König and Sam Bowman**

*Please refer to Page 14 to view the pictures*

Mrs Claudia Koenig, Foix Fraon, Fistard, Port St Mary 832974/495630

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Mr G Callister, 60 Ballamaddrell, Port Erin 474924/834627

Mr & Mrs G Callister, 60 Ballamaddrell, Port Erin 474924/834627

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Mr David Bowman, The Old Bakery, Qualtroughs Lane, 837117/260539  
Ballafesson, Port Erin

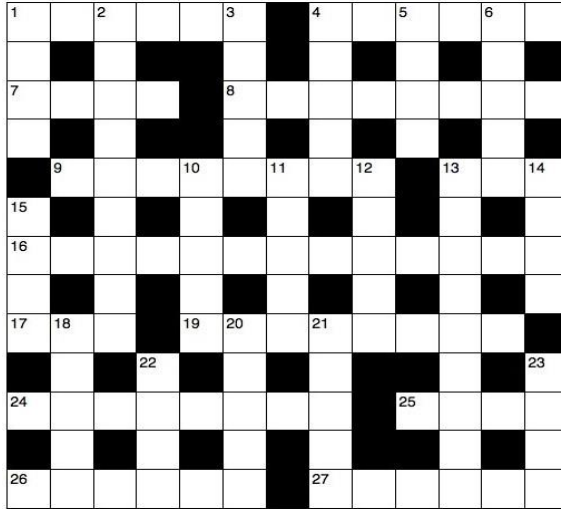
e-mail: [dbow43@manx.net](mailto:dbow43@manx.net)

*Articles for the magazine should be submitted to the editor no later than 20<sup>th</sup> 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

# July 2020 Crossword



## Across

- 1** 'I pray that out of his glorious — he may strengthen you with power through his Spirit in your inner being' (Ephesians 3:16) (6)
- 4** 'Saul's father Kish and — father Ner were sons of Abiel' (1 Samuel 14:51) (6)
- 7** 'Praise the Lord, O my — ' (Psalm 103:1) (4)
- 8** See 5 Down
- 9** Laws (1 Kings 11:33) (8)
- 13** 'Who of you by worrying can — a single hour to his life?' (Luke 12:25) (3)
- 16** Artistry (Exodus 31:5) (13)
- 17** 'Your young men will see visions, your — men will dream dreams' (Acts 2:17) (3)
- 19** How David described his Lord (Psalm 19:14) (8)
- 24** 'If this city is built and its — — restored, you will be left with nothing in Trans-Euphrates' (Ezra 4:16) (5,3)
- 25** 'The holy Scriptures, which are able to make you — for salvation through faith in Christ Jesus' (2 Timothy 3:15) (4)
- 26** Intended destination of arrows (Lamentations 3:12) (6)
- 27** Eve hit (anag.) (6)

## Down

- 1** 'For I am gentle and humble in heart, and you will find — for your souls' (Matthew 11:29) (4)

- 2** Where Peter was when he denied Christ three times (Luke 22:55) (9)
- 3** Remarkable early 20th-century Indian evangelist, a convert from Hinduism, — Sundar Singh (5)
- 4** 'Now the king had put the officer on whose — — leaned in charge of the gate' (2 Kings 7:17) (3,2)
- 5** and 8 Across The Lover describes this facial feature of the Beloved thus: 'Your — is like the tower of Lebanon looking towards — ' (Song of Songs 7:4) (4,8)
- 6** 'Stand firm then, with the belt of truth buckled — your waist' (Ephesians 6:14) (5)
- 10** Trout (anag.) (5)
- 11** Easily frightened (1 Thessalonians 5:14) (5)
- 12** The ability to perceive (Ecclesiastes 10:3) (5)
- 13** One of the clans descended from Benjamin (Numbers 26:38) (9)
- 14** "It is one of the Twelve," he replied, "one who — bread into the bowl with me" (Mark 14:20) (4)
- 15** Resound (Zephaniah 2:14) (4)
- 18** Traditional seat of the Dalai Lama (5)
- 20** Precise (John 4:53) (5)
- 21** Build (Ezekiel 4:2) (5)
- 22** Beat harshly (Acts 22:25) (4)
- 23** Darius, who succeeded Belshazzar as king of the Babylonians, was one (Daniel 5:31) (4)