

## ***Keeping in Touch..... Number 29***

***Thank you as always to those who have sent in contributions this week. The KIT deadline is noon on Wednesdays. Please send anything to c.a.curtis@ntlworld. As you will see on page three has been “confused Irenes” - all will be revealed!***

***If you would rather just tell us something, rather than type, then please lift up the phone to Chris or Alan—01480 350787.***

### **Through Lockdown with Nature**

*Snowdrops, Daffodils, Tulips, Roses.*

*Buds, Green Leaves, Blossom, Apples and Pears*

*Frog Spawn (kindly donated), Tadpoles, Froglets, Dragon Flies*

*Birds Nesting, Feeding Fledglings, Maturing and flying away.*

Just some of the progress of nature through the first period of lockdown. We have been truly fortunate in being able to enjoy nature through our windows or outside in the garden or out walking.

We have also been fortunate in being able to watch broadcasts on social media by Chris Packham (SpringWatch and AutumnWatch) and his step daughter Megan McCubbin from their home in the New Forest. They have given us regular insights as to the state of flora and fauna as we progressed through the year. One of their guests (Lindsay Chapman) described how involvement with nature has a major beneficial effect on our wellbeing. Sights, sounds smells and tastes actually cause changes in the biochemistry of our brains – encouraging those chemicals which induce good feelings and suppressing those that cause a low mood. Even contact with the soil can induce beneficial changes in our brain chemistry.

Sadly though, we are now entering another period of lockdown and also entering the season of autumn. The weather is getting colder, the hours of daylight shortening and ‘the leaves that were green turn to brown’ (Paul Simon). It will be harder to remain positive throughout this period and beyond. However, we can still look to nature for its beneficial effects – Enjoy the colours of autumn, feed the birds and watch them and see how many different types you see. Go out on a frosty morning and enjoy the patterns in the ice.

Already there are signs of the coming spring. Buds on our azalea, catkins on the corkscrew hazel, and below ground, bulbs will be beginning to force their shoots through the soil to emerge next year. One day a rainbow of hope in the sky...

Lockdown will pass, hopefully the virus will become controlled and we can return to life almost as we knew it. Let us hope and pray that it is so..

***Alan Curtis***



## **A "Confusion" of Irenes!**

### **WHO AM I?**

A little bird has told me  
There's confusion in the air,  
As to which Irene I am,  
So the time's come to declare!

I'm Irene Carter, chatterbox,  
The lady of the rhyme  
Who has maybe greeted you in Porch,  
I've helped from time to time.

During this peculiar year  
I've tried through poetry  
To write of Covid, life and home  
In our community.

To help you not mistake me  
From the one who shares my name  
I'm showing you a photo,  
As you see I'm pretty plain.

No, my name is not McCormick  
Scottish lady of the glen,  
It is Carter, pure and simple,  
I'm the lady of the pen!

**cc IRENE CARTER**



## **Preachers for November**

*1st Revd. Roy Muttram*

*8th Rev Rick Mearkle*

*Remembrance Sunday*

*15th Dr Christine Macleod*

*NO Service in Church*

*22nd Revd. Roy Muttram*

*29th Revd. Roy Muttram*

*As always there will be hard copy of the refecton  
and also a video on the website.*

*[www.stivesfreechurch.org](http://www.stivesfreechurch.org)*

## **And a message from Barbara.....**

### **Online worship**

We will be continuing with online worship for the foreseeable future and are seeking some feedback on what we provide at present, a recording plus a written version for those who don't use computers and tablets.

We would like to know if you use the online worship all the time, have stopped or just started accessing it. Tell us what you like or dislike, bearing in mind we all have personal preferences. For those who read the text version tell us your thoughts as well.

Some people have received an email re this already as a follow up to the survey we conducted earlier in the year. Thank you to those who have already replied.

Let either Barbara or your Elder know via email or phone so that we can continue to provide meaningful ways of worshipping in these difficult times.

**Barbara Duffett**

## ***Remembrance at the National Memorial Arboretum by Sally and Nev***

In October 2018 on our way to a week's holiday in Hereford, Nev and I visited the National Memorial Arboretum, recommended by people at church. Photos we took there have since been used several times including in schools for lesson preparation. The artwork by wonderful sculptors helps us to imagine and come to understand the different roles of people in each part of the services, and ancillary supporters, in their defence of freedom.

The photos show a general memorial, the Polish Memorial, including the role that Polish intelligence officers played, and the Naval and Seafarers memorial.

Very poignant were the Burma Railway Memorial and museum, showing the horrors of the war in Asia, and the 'Shot at Dawn' memorial, a focal point for those whose relatives simply could not cope in a war zone.

The National Memorial Arboretum provides a place of peace and comfort for people from many nations around the globe. The maturing presence of so many trees provides hope for a more peaceful future, and reminds us that healing is a long process. Establishing trees shows the

importance of nature in any recovery from man's devastating actions, but the long-term result is out of own hands and does not necessarily happen in our lifetimes. Long may we all, especially our leaders, keep talking...



# *Just Sharing*

Just Sharing like many other shops in the town is now closed until the beginning of December due to the lockdown. November and December is our busiest time of the year when most of our sales take place. To try and keep the shop ticking over financially during this period we are planning to use Facebook to promote some of our stock. Photos of items for sale in the shop will be posted regularly on the church Facebook page and also in our weekly KIT. So, if any of the congregation would like to make purchases please contact Tracey Hipson one of our Assistant Managers who will be able to take payment over the phone with a credit or debit card and deliver items to your door. (Debit cards preferred for smaller amounts).

If you use Facebook please search for '**St Ives Free Church URC**' and take a look for any items you would like to purchase and then contact Tracey Hipson, Just Sharing Assistant Manager on 01480 468350 or alternatively contact Mary Anthony on 01480 469530 who



***Please support the Free Church's Fair Trade Shop!***

