

**ST DENYS**  
STANFORD IN THE VALE



# Friday Fellowship News No 6 1 May 2020

## WAIT WHILE GOD WORKS!

I DON'T know about you, but the word that most sums up this season to me is 'waiting'!

We're waiting for the number of new cases to drop. We're waiting for the daily death toll to drop. We're waiting for test capacity to increase. We're waiting to see and hug loved ones. We're waiting, for some, simply to be able to walk to the COOP and have a good Gossip (I mean natter), and of course, were waiting till we can gather together in church once more to praise God.

Until then, we're isolated; sheltered in place; less active; we're in limbo; some are in between jobs; and so, we're in God's waiting room.

But whilst that may be true, here's what we need to know: While we wait, God works. Jesus said, in John 5:16, 'My Father is always at work.' God is always at work. He never twiddles his thumbs. He takes no vacations. Just because we are idle, don't assume God is.



A free phone line of hymns,  
reflections and prayers

And so we should still bring to Him our prayers, our heart's desires, our longings for our family members to come to faith. Our desire that our NHS and care staff are protected. Prayers for our Prime Minister, the Cabinet and their advisers, the leaders of the Opposition parties (they have a vital role to play in a democracy, holding any government to account), and yes, prayers for our own needs.

We may feel in limbo, in a place of waiting, but God has never been more at work. This week I shared on the St Denys Facebook page an incredible testimony of a young woman whose life had been wrecked by alcohol

and yet, through this season, had come to follow Jesus. Her life turn-around came about because God is not in limbo – he's very much at work and his prayer-life is very much 'open for business'!

## VE DAY CELEBRATIONS – 8 MAY 2020



WHO cannot be moved by the inspirational story of Captain (now Honorary Colonel) Tom, and his incredible £30million+ fundraising effort for our NHS.

He stands as a reminder of the courage and sacrifice so many men and women made throughout the two World Wars, and subsequent wars in order that we might have freedom.



The 75th Anniversary of VE Day (8May) was to see Street Parties and all sorts of celebration. But now, the

Government, in partnership with the BBC and Royal British Legion has come up with a package of resources to enable us to remember this vital landmark day in our homes.

For RBL resources, right click your mouse on <https://www.britishlegion.org.uk/get-involved/remembrance/remembrance-events/ve-day-75?gclid=EAIaIQobChMI N60xaiS6QIVMYBQBh3RBgzmeEAYASAAEgKviPD BwE&gclidsrc=aw.d>

For Government resources, including Bunting for windows: <https://ve-vjday75.gov.uk/toolkit/>

## SUNDAY READINGS & MESSAGE

The Bible Readings for this Sunday are Acts 2: 42-end & John 10:1-10. I will post a brief video with some thoughts on the John reading on the St Denys Church Facebook Page, and on [www.stdenys.org](http://www.stdenys.org) website. Bible Readings for this week for Morning Prayer can be found on the separate sheet attached with this FFN. If you don't have a bible, and would like to borrow one from church, please let me know.

## ELLIE ARCHER PICTURE OFFER

As many of you know, Ellie is currently home from University where she is studying Photo Journalism. She has kindly offered to visit church members' homes during her 'exercise time', at a mutually agreed day and time, and take a picture of you standing at your door.



Social Distancing measures will be strictly adhered to. If you would like a free picture taken, which Ellie is offering as part of a course project, please email: [eloise.archer@students.plymouth.ac.uk](mailto:eloise.archer@students.plymouth.ac.uk), or call 718163. Thanks Ellie!

## COVID-19 - MENTAL HEALTH

DURING Lock-down, anxiety and stress can lead to sleep disorders, gastric troubles and low mood.

In the April 25<sup>th</sup> edition of *New Scientist*, experts offered some very helpful suggestions to help protect our mental health:

- Stick to a routine (bedtime & rising), and get changed (don't spend the day in PJ's!)

- Try to take at least 20 minutes exercise a day where your heartbeat is raised, and try to eat a balanced diet
- Limit Social Media – great to keep in touch, but a constant stream of other people's fears won't help
- Limit C-19 News intake to maybe once a day, and from a reliable source. Don't pass on news unless you know it's reliable
- Think of things you've done in the past that have helped you feel calm, and do that again!
- Be honest about your emotions, recognising it is naturally to feel anxious in a pandemic, but don't feed your fears
- Feeling lonely? Don't wait for someone to call you to 'pick you up', call someone yourself. We can all be volunteers through this pandemic
- If you're not sleeping, eating, or develop headache or stomach aches, always contact your GP for advice – seek help early!

In addition to this expert advice, why not join in our Tuesday Zoom Coffee Morning at 11am? Please also share any anxieties with the CLT member when they call or, do call me on 710267.

## JANET CAUSER – HAPPY 60<sup>th</sup>!



A very Happy Birthday to Janet, who will be 60 on May 5<sup>th</sup>! A card, flowers and a present, on behalf of the congregation, has been delivered to The Grange to meet safety regs, and will be presented on the day.

## FINANCE LETTER

Cash donations from services amount to around £12,000 a year, which we will not receive with our 3 buildings closed. A letter has been sent to all church members not currently giving via Standing Order, explaining three simple ways they can still give as part of their worship of our Lord. The PCC meets on May 12, via Zoom, to revise the 2020 budget and it would be extremely helpful to have a clear picture of projected income by then. Thank you.

With my love and prayers  
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