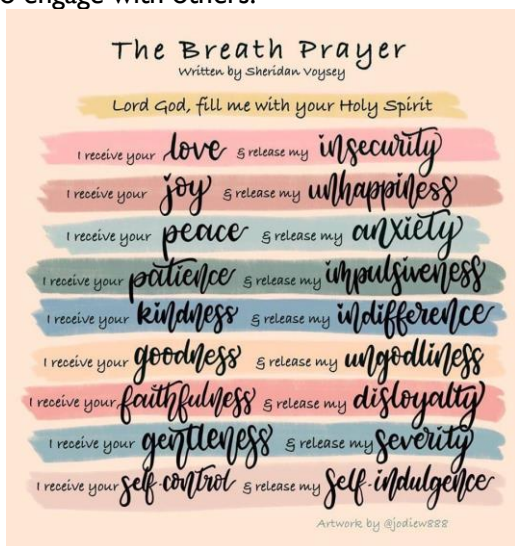




Friday Fellowship News No 9 29 May 2020

ARE YOU BUILDING RESILIENCE ?

OVER the past six days that I had off, I have had lots of time to read and reflect on the wide range of reactions to the Covid 19 pandemic. Reactions of fear and anxiety. Reactions of frustration and anger and some, a sense of comfort as their lives have been encircled in a bubble, self isolating away from the world and away from any need to engage with others.



As I've said in the past, we are all unique and as such, we will respond to crises differently. All experts agree that none of us will be left unchanged by this pandemic but, I do wonder whether it has shed a light on the fact that in our culture, often driven by materialism and want, there is a distinct lack of training in Resilience.

In his very helpful book entitled '**Resilience in life and faith – find your strength in God**', Tony Horsfall identifies five areas of our lives in which we need to develop resilience. They are: Spiritual, Physical, Emotional, Cognitive & Creative and, Social & Systemic. Tony has developed a very useful questionnaire which we can all use to determine how resilient we are in each of these areas.

You can take the quiz yourself by clicking on this link: https://cdn.shopify.com/s/files/1/0148/6107/4532/files/Questionnaire_Resilience_and_Faith.pdf?8860

You may wish to encourage a friend to also do this questionnaire and perhaps sometime next week, have a telephone call with them or even a Zoom chat and discuss areas in your life where you would like to become more resilient, and their prayer and encouragement in doing so. Tony's book is currently available at £6.99 is very practical, including various questions at the end of each chapter for personal reflection.

STANFORD JOB SUPPORT GROUP

I AM very conscious that because of C-19, many people risk losing their jobs or, have lost their jobs. As a church family, I'm sure we will all want to be available to support and encourage those affected in this way. But I also know that in our village, there are many people with all sorts of experience and gifts which we might harness to help fellow villagers who face unemployment. (Eg. People who have exp in helping people identify their skills and help write CVs, others who have interviewed lots of candidates for jobs so can offer advice to those having interviews for first time in ages, and maybe those who've set up a business from home and can share some practical tips from lessons learnt?).

I am in the process of creating a database of local people willing to help other villagers seek employment, offering their services for free. I've already got six villagers offering expert help, but maybe you have a gift or an experience to offer or, can encourage a neighbour to offer help?

If you can help, please email vicar@stdenys.org and as a first start, we will arrange a joint Zoom chat and see what we can set up.

Any offer of help - however small, will make a huge difference to villagers so please help if you can.

And if you hear of someone who has been made unemployed, please encourage them to email me so I can hopefully link them up with someone in the village who can practically support them. Thank you!

STAY AT HOME FESTIVAL

Sunday 14th June

Theme - 'Alice in Wonderland' with a 'Mad Hatters Afternoon Tea'

Why not decorate your front window, garden fence, front garden with anything 'Alice in Wonderland' themed. Enjoy a 'Mad Hatters' Afternoon Tea at home, or by adhering to Social Distancing requirements in a stay at home front garden celebration, with your neighbours a la 75th Anniversary of VE Day.

It would be truly lovely if as many households as possible could stay at home and join in, so that people can enjoy an individual walk around the village to enjoy the 'Alice in Wonderland' themed creations."

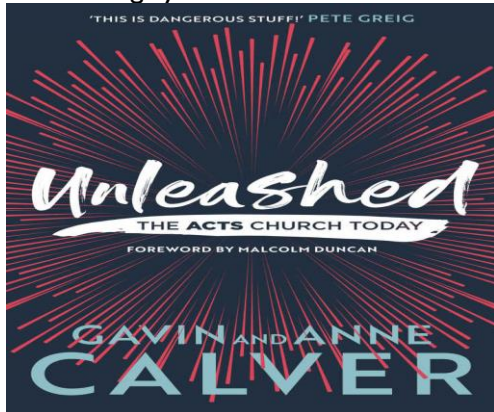
Any queries, or further information required, please contact Janet Warren on 710789 or Karin Williams-Cuss on 718637

• **The 2021 Stanford Festival, organised and hosted by St Denys Church will be on 19/20 June.**

SUNDAY READINGS & MESSAGE

THE Bible Readings for this Pentecost Sunday are Acts 2: 1-21 and John 20: 19-23. I will post a brief video with some thoughts on the John reading on the St Denys Church Facebook Page, and on our YouTube Channel – search in YouTube for **St Denys Church Stanford**.

Oddly, the CofE readings for Sundays come to an abrupt end after this Sunday – but if you would like help in exploring what happened in the early church after Pentecost, why now get hold of a great book by Gavin & Anne Calver – I highly recommend it!



CHURCH FAMILY NEWS

JANET Causer requests our prayers. She has been in hospital with stomach issues but at this stage, her doctors have decided not to operate. Janet is now back at The Grange, and would value ongoing prayers for peace, strength and healing.

Please also remember **Sue Mayall** and her family in your prayers this week as we lay Jim to rest in the churchyard.

If you have any news to share with the wider church family concerning local need, please email me and I'll do my best to include in FFN.

STANFORD PRIMARY SCHOOL

PLEASE remember Amanda Willis and all staff at our church primary school in your prayers.

The school has not closed for one work day since the Pandemic started, always being there for the children of key workers in the village.

Amanda, staff and Governors have worked closely together to ensure that the safety of all children has been the primary concern at all times, and have endeavoured to provide creative and appropriate resources to all parents who have been home-schooling.

As you will have seen from the media, as of 1 June, more pupils will be attending primary schools. This has required considerable detailed planning, and the Headteacher and Governors are convinced everything reasonably possible has been done to reduce risk to pupils and staff alike based on the Guidance available.

But please do remember our great village school in your prayers, and particularly, Year 6 Pupils who will not be able to have their usual 'endings' at the school after their time there.

PRAYER TOPICS FOR THE WEEK

Fr – The Grange

Sat – Our GP Surgeries

Sun – Christians worshipping at home

Mon – Primary Schools

Tue – Those redundant/facing redundancy

Wed – Those grieving

Thur – Messy Church families

Fri - COOP/Stanford Coffee Shop staff

BIBLE READINGS FOR MORNING PRAYER

THESE have been circulated with this FFN. It is good to hear that a few people are using these regularly. I'm also delighted to hear that a number of folk who usually attend the 9am Book of Common Prayer Holy Communion Services are quietly, and reflectively, reading through the service each Sunday, starting at 9am, in their own homes – but connected to each other by the Spirit!

With my love and prayers

Revd Paul Eddy, Vicar

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