



## SHINING LIGHT ON A DARK NIGHT

IN A few weeks' time it will be Halloween, and you might like to use this idea for your window?



## COVID CRANKINESS!!!

HAVE you caught it yet?

No, not Covid 19, but the real pandemic which is sweeping through the nation-even to rural spots like our parish.

No, the bug I'm referring to is **Covid Crankiness!** That general malady whose symptoms include, though not an exhaustive list: blaming others, accusing others, sharpness of conversation and tone, Kurt emails, negativity, envy, frustration, gossip, and the general viral 'grumps' about everything and everyone-even among Christians 😊

Since March 23, when the Prime Minister stood at the podium for the first time inside No 10 and put the country into lockdown, if we are really honest, we've all been grieving a life taken from us. So many things planned, now cancelled. So many normal things of life which helped give us a balance, a routine, little bursts of encouragement and positivity and energy, taken from us by a virus we may never catch stop but sadly, others have caught it, many resulting in their death.

In my bereavement counselling, I often give people a diagram called the **Ball of Grief** (Google it), and it lists so many of the emotions that we all go through, in any order, when we have lost something, or someone.

Some emotions include: sadness, anxiety, rage, disappointment, yearning, resentment, fear, pain, abandonment, regrets, jealousy, envy, bitterness, dread, panic, apathy and loneliness.

All of these are a natural reaction to loss and over time, the intensity of these emotions become less as we learn to cope with the loss better.

The problem many seem to be dealing with right now-or not dealing with is the case may be, is that whilst as a nation we coped with the first lockdown over spring and summer, lighter days and nights, and we were able to get out-even if only in our gardens walk through the village. Now, even if only subconsciously, we are fearful and anxious as to how we might cope now the darker days and winter set in.

One of the key coping mechanisms of bereavement is keeping some sort of routine on the daily, and weekly basis. Yes, it's been hard with Covid when our normal routines, things we do, or go to on a certain day have been curtailed. And now, one day seems just like the next. Until recently, even the week merge into one as we could no longer go to church on Sunday, thus setting one key 'marker' in the week.

Given the lack of external routines available to us, you'll have noticed I have been encouraging, over the weeks, via Friday Fellowship News, that we each create a daily routine, based on a routine with God.

A set time, or times in the day when we intentionally stop, make time to be with our loving Father, read his word, the Bible, pray, and simply sit in His presence.

I know for many, developing a habit, a pattern, a rhythm of prayer, based on using Morning Prayer has really helped. For others, it has been having a mid-day slot with God, even if it is simply to quietly say the Lord's Prayer and be still for a few moments.

For others, it has been Night Prayer( Compline), simply ending each day, maybe with the new CofE Prayer App, leaving all our emotions, all our hopes, prayers and needs with God just before we sleep.

Over the coming months, I want to share how these daily offices not only link us up together as a church community, and with Christians around the group, but also, help create an intentional rhythm to our lives so that whatever externally may, or may not happen, internally, our daily times with God sustain us and remind us throughout the day of his love for us, and how automatically, God is still in charge!

May I end with saying that Psalm 37 offers four simple ways we can overcome our Covid Crankiness. They are these:

**V 3:** trusting God and do good - believe that God is in control, and so, look out for and serve others out of gratitude. It will change your attitude.

**V 4:** take delight in God and he will give you the desires of your heart. Remember the delight, the joy of holding a new-born baby, or the joy that came to you the first time you realised God loved you so much he died for you. Each day, delight yourself in God, in his creation, his works, his love and care. Let that delight radiate your life

**V 5:** commit everything to the Lord, trust him and he will help you. Have you actually committed all those people you worry about to God, have you commit yourself into his hands? Commit and leave your worries with God.

**V 7:** be still in the presence the Lord, and wait patiently for him to act.

Having trusted, delighted, committed-we are to be still and to be patient. God will see us through Covid 19. We will get through this. Only God knows where and how, but He does. So, in the meantime, all we can do is to trust him and to be still!

May God lift the crankiness from our lives and replace it with his peace and joy.

#### **ARCHBISHOPS' LETTER**

THE Archbishops have written a letter to all Bishops re Covid-19 which you might find interesting.

It can be found here:

[www.churchofengland.org/sites/default/files/2020-09/Joint%20letter%20ABC%20ABY%20September%202020.pdf](http://www.churchofengland.org/sites/default/files/2020-09/Joint%20letter%20ABC%20ABY%20September%202020.pdf)

#### **BIBLE READINGS FOR MORNING PRAYER**

**Fri 25<sup>th</sup>**

Psalm 31

1 Kings 11: 26-end

Acts 18: 1-21

**Sat 26<sup>th</sup>**

Psalm 42

1 Kings 12: 1-24

Acts 18: 22-19:7

**Mon 28<sup>th</sup>**

Psalm 44

1 Kings 12: 25-13: 10

**Tues 29<sup>th</sup>**

Psalm 34; 150

Dan. 12: 1-4

Acts 12: 1-11

**Wed 30<sup>th</sup>**

Psalm 119: 57-80

1 Kings 17

Acts 20: 1-16

**Thurs 1<sup>st</sup>**

Psalm 57

1 Kings 18: 1-20

Acts 20: 17-end

**Fri 2<sup>nd</sup>**

Psalm 51

1 Kings 18: 21-end

Acts 21: 1-16

#### **PRAYING IN WORKERS/HELPERS**

Luke 10:2 says: *"The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."*

Thank you to those who have said that they are joining me in praying, via setting an alarm on their watch, to join me at **2 Minutes past 10am each AM** to pray that ***God will send us Christian people to the village, willing to help us in God's mission to reach the village with the Gospel and make disciples?***

The potential for growth here is huge – but let's pray that God will send to our village to live Christians who don't want to re-create their past church, but to roll up their sleeves, with a servant heart, and work to bring in the Kingdom of God here? Thank you!

With my love and prayers:

**Revd Paul Eddy, Vicar, T: 01367 710267**

**E: [vicar@stdenys.org](mailto:vicar@stdenys.org)**