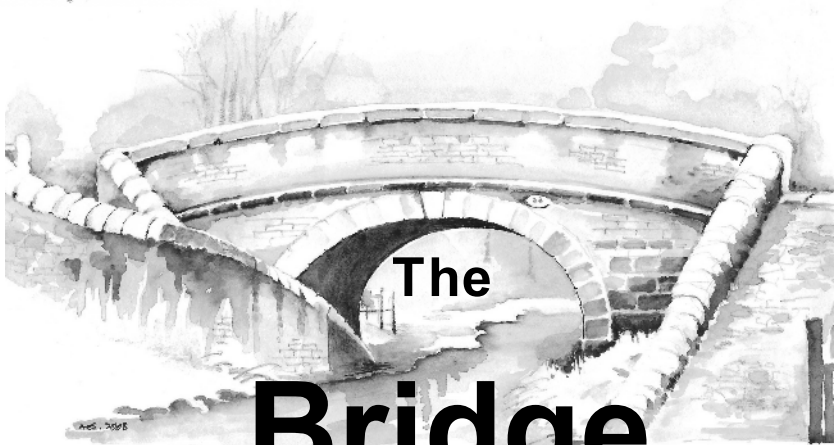


Special Online  
edition during  
Coronavirus  
pandemic



Parish magazine serving the  
communities around the churches of  
**The Sibsey and Carrington Group**  
&  
**The Brothertoft Group**



**March 2021**



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Mr M. Harrison 01205 290575

Langrick Mrs A. Bowhen 07800862190  
Mrs M. Casey 01526 342039

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Wildmore Mrs J.M. Casey 01526 342039  
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**Secretary to the PCC**  
**Sibsey & Carrington Group** Mrs A. Saxton 01205 750988  
saxton233@btinternet.com  
**Brothertoft Group** Ms J. Orford 01205 280202  
june.orford@mypostoffice.co.uk

**All material for The Bridge – editorial, adverts, pictures, volunteer enquiries, etc** thebridgemag@outlook.com

### Websites

[www.achurchnearyou.co.uk](http://www.achurchnearyou.co.uk)  
[www.kirtonholmechurch.co.uk](http://www.kirtonholmechurch.co.uk)

### Twitter

[@TheBrid05277267](https://twitter.com/TheBrid05277267)



**The Sibsey Group of Churches can be found on Facebook  
search for Sibseygroupofchurches**

## From the Editor

As you can imagine, here at The Bridge we have enormous quantities of email to deal with on a regular basis. Let me show you some samples of communications we have recently received.

*"My carefully organised digital filing system has been ruined because the last three editions of The Bridge have gone to my Junk file, which is obviously a mistake. I have had to go to a great deal of time and trouble to find them and reallocate them to my Trash file, where they properly belong. Please ensure this does not happen again".*

*"Your esteemed publication, The Bridge, is very highly regarded here in Nigeria, where it has recently been voted Best Magazine of the Year. This award carries with it a cash prize of \$12 million, which you can access by replying to this message and sending full details of your bank account".*

*"I am a keen student of current affairs, and recent events lead me to enquire, particularly after reading your latest edition of The Bridge, whether the constitution contains any provisions for impeachment of its officers, for example on grounds of crimes against humanity".*

I always insist on replying personally to all such correspondence, however treasonous, and in certain cases. such as the last one quoted, I will even send my trusted

assistant, Arnold "Mad Dog" Perkins, to discuss the matter directly with the writer. I find this usually ensures that no troublesome issues remain outstanding.

I am awaiting confirmation from The Treasurer that the promised funds have arrived in the bank account from Nigeria. We are so lucky.

Keep them coming! Stay safe.

*The Editor*

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Anyone in self-isolation in Lincolnshire can call 01522 782189 (7 days a week 9am-5pm) or register for help at [www.lincolnshire.gov.uk/coronavirus/equesthelp](http://www.lincolnshire.gov.uk/coronavirus/equesthelp).

### NHS Volunteer Responders

If you need help to collect shopping, medication, transport to NHS services, or just a check-in and chat due to self-isolation or if you are feeling lonely or vulnerable please call 0808 196 3646 (8am-8pm). Carers and NHS staff may also refer the people they care for with their agreement. Information can be found <https://nhsvolunteerresponders.org.uk/>

### Covid-19: what we know

Globally 116million Covid19 cases have been identified - a rise of 13million over the past month. The official number of cases in the UK is 4.2million. 2.6million people have died globally of which 125,000 occurred in the UK.

Much better news is coming from the UK's vaccination effort with over 21million people (a third of the population) having had their first dose with up to 80% reduction in severe illness and death being achieved a month after the first dose. In March an increase in second dose vaccinations will start to occur alongside the first doses being given to over-50's and other vulnerable groups.

Staying at home is expected to remain in place, however, schools are re-opening from 8<sup>th</sup> March for all age groups with increased testing at school

and at home. A first step on the roadmap to re-opening from national lockdown. If infections do not increase further relaxation of the public health restrictions will apply from 29<sup>th</sup> March.

Anyone showing symptoms should get tested immediately and stay at home along with the rest of your household and social bubble and do not have visitors. If the test is positive you and your household and social bubble must self-isolate for 10 days. You must not leave your home during this time for any reason unless specifically instructed such as to get a test. This is the law.

Use friends, family, voluntary groups and NHS Volunteer Responders to bring your medicines, food and other items and leave them on your doorstep and to complete other errands.

Washing hands frequently, wearing face coverings, staying at home and social distancing are necessary to reduce transmission.

Face coverings are mandatory in most indoor settings except your home. A face covering will reduce risk of droplet transmission to others.

You can download the NHS Covid19 app to identify potential contact with an infectious person and check-in QR codes in many businesses.

Travel internationally is very limited to most countries due to travel bans, quarantine restrictions and testing requirements and to reduce the risk of introducing new variants of the virus.

Guidance on Staying at Home and other restrictions can be found at

[www.gov.uk/guidance/national-lockdown-stay-at-home](http://www.gov.uk/guidance/national-lockdown-stay-at-home)

**STEP 1**

8 March

29 March

**EDUCATION****8 MARCH**

- Schools and colleges open for all students
- Practical Higher Education courses

**SOCIAL CONTACT****8 MARCH**

- Exercise and recreation outdoors with household or one other person
- Household only indoors

**29 MARCH**

- Rule of 6 or two households outdoors
- Household only indoors

**BUSINESS & ACTIVITIES****8 MARCH**

- Wraparound care, including sport, for all children

**29 MARCH**

- Organised outdoor sport (children and adults)
- Outdoor sport and leisure facilities
- All outdoor children's activities
- Outdoor parent & child group (max 15 people, excluding under 5s)

**TRAVEL****8 MARCH**

- Stay at home
- No holidays

**29 MARCH**

- Minimise travel
- No holidays

**EVENTS**

- Funerals (30)
- Weddings and wakes (6)

**STEP 2**

No earlier than 12 April

At least 5 weeks after Step 1

**EDUCATION**

- As previous step

**SOCIAL CONTACT**

- Rule of 6 or two households outdoors
- Household only indoors

**BUSINESS & ACTIVITIES**

- All retail
- Personal care
- Libraries & community centres
- Most outdoor attractions
- Indoor leisure inc. gyms (individual use only)
- Self-contained accommodation
- All children's activities
- Outdoor hospitality
- Indoor parent & child groups (max 15 people, excluding under 5s)

**TRAVEL**

- Domestic overnight stays (household only)
- No international holidays

**EVENTS**

- Funerals (30)
- Weddings, wakes, receptions (15)
- Event pilots

**STEP 3**

No earlier than 17 May

At least 5 weeks after Step 2

**EDUCATION**

- As previous step

**SOCIAL CONTACT**

- Maximum 30 people outdoors
- Rule of 6 or two households indoors (subject to review)

**BUSINESS & ACTIVITIES**

- Indoor hospitality
- Indoor entertainment and attractions
- Organised indoor sport (adult)
- Remaining accommodation
- Remaining outdoor entertainment (including performances)

**TRAVEL**

- Domestic overnight stays
- International travel (subject to review)

**EVENTS**

- Most significant life events (30)
- Indoor events: 1,000 or 50% (plus pilots)
- Outdoor seated events: 10,000 or 25% (plus pilots)
- Outdoor other events: 4,000 or 50% (plus pilots)

**STEP 4**

No earlier than 21 June

At least 5 weeks after Step 3

All subject to review

**EDUCATION**

- As previous step

**SOCIAL CONTACT**

- No legal limit

**BUSINESS & ACTIVITIES**

- Remaining businesses, including nightclubs

**TRAVEL**

- Domestic overnight stays
- International travel

**EVENTS**

- No legal limit on life events
- Larger events

## The rites of growing up

*Now every year His parents went to Jerusalem for the festival of the Passover. And when He was twelve years old, they went up as usual... When the festival was ended ...the boy Jesus stayed behind in Jerusalem ...After three days they found Him in the temple, sitting among the teachers, listening to them and asking them questions. From Luke 2*

This familiar story is the only account of Jesus in His boyhood years. Because of her fright, it would have been one family story that Mary never forgot. At the age of 12, in that culture, Jesus would be just about to become a young man, and therefore have been eager to begin adulthood. Jesus knew He was not lost but in the right place. He said, "Did you not know that I must be in my Father's house?"

Children grow up by enormous leaps and bounds. Turn your back for a minute and they have aged years. In Britain, the law does not fix any one age for when a child is suddenly a grown up. Instead, it is a gradual process.

At age 10 you can have your ears pierced, but your parent may have to be with you, and you can be convicted of a criminal offence.

From age 13 you can work part-time. I remember getting a card from a doctor to show I could legally work. I carried it around with me on my milk round and was slightly

disappointed the police never asked for it!

At 14 you can enter a pub, but only if the landlord allows it. You cannot buy or drink alcohol, only soft drinks.

At 16 you can marry, with your parents' consent. You can also ride a moped, and drink alcohol in a restaurant with a meal. You can open a bank current account and get a debit card.

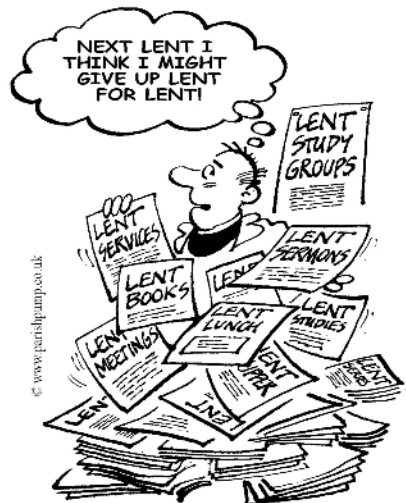
Once you are 17, you can hold a driver's licence.

At 18 you can vote, get a tattoo, bet, and buy and drink alcohol in a pub.

At 21 you can apply to adopt a child, become a driving instructor and apply for a licence to fly commercial transport aeroplanes and helicopters.

I suppose reading all this you might be wondering "why didn't I do all these things as soon as I could?!"

*David Pickup, a solicitor*





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## Letter from the Vicarage



**M**y Dear Friends

### **The Light that awaits!**

Hi everyone as I write this letter it is with the glorious news that by the

summer we may be released from our current restrictions and allowed to return to normal life.

The vaccine programme has been amazing, and although we still have to be very careful over the next few months there is indeed light at the end of what has been a very long tunnel.

It is significant that with this glorious news we find ourselves in the season of Lent awaiting with eager anticipation the glorious season of Easter. We look forward to celebrating albeit for many through different mediums and for us here in the benefice on-line and in church though still with all the necessary social distancing measures. This coming Easter truly will herald in a new beginning for us all, in just a few months hopefully we will be returning to some sense of normality in our lives. However what now awaits the Churches response are the outcomes of Covid; its huge

impact upon our Christian lives and the changes this will bring upon us as we seek to grow in our personal discipleship. Although the Nation may soon be seeking to open up as we were, the Church is looking ahead, there will be no going back to how things were. We were already struggling, Covid has brought that truth ever clearer and closer to us. We cannot go back so we must move forward.

Being a disciple of Jesus is not just about attending the local church and worshipping as we have done for past generations. We are entering a new dimension of discipleship. What matters is our wider Christian Community. We need to learn how to support one another, how to grow together and to seek to find new and creative ways of proclaiming the Gospel of Jesus.

I lighten the mood slightly now as I give you a personal example of what this really means. As you know normally I compete in Triathlon events. I really look forward to being able to do so again, but I know that during this last year my fitness levels have fallen having had to curtail the amount of exercise I would normally engage in for so long. I am not ready to dive once more

## **OUR MISSION STATEMENT**

**Together in Christ**

**Called to love, to worship and to serve God**



into a freezing cold lake and swim for an hour! It is going to take me time to adjust and to get ready once more to take the plunge. That is what we must seek to do over the coming months. We need to get ourselves fit for Jesus, to be ready to go out into the world again and to proclaim him to all whom we meet. We can only do this together as the wider Church, not seek just to start doing again the things we have done locally before, but rather to seek to support new initiatives which will impact positively on those seeking to enter into the Christian Community.

The light which awaits us in the Church today is the light of the Resurrection of Jesus, it is that light which brings us out of that which is dying into the spring of a New Beginning

Let us strive to enter into that light with no thoughts of what we had before but only with thoughts on how we can now truly become disciples of Jesus, fit and able to take the plunge once more into a lake of uncertainty knowing that with faith in the Lord Jesus we will scramble out of that lake with the energy remaining to cycle and to run for the glory of God.

With my every blessing

*Clive.*

## Church and You Survey

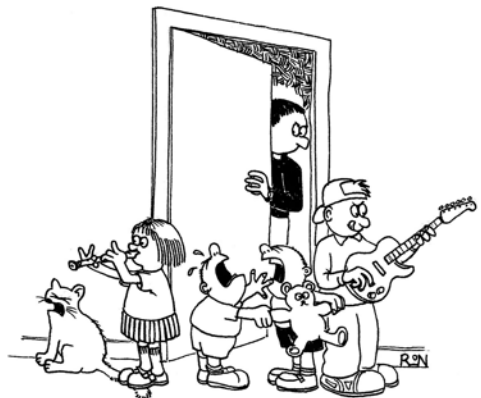
We would like to get a sense of how clergy and lay people are coping with the current lockdown. The blossoming of different forms of online and socially-distanced worship has shown the creativity of local churches, but also the variations in how much can be achieved. We'd like to make a detailed audit of what has been done, and what those who produce or access services make of them now. Lockdown church life has become more familiar, but have we grown to like it any better?

We want to know what people think about the future of the church post-pandemic.

If you could spare 20 minutes of your day to provide your views [Click here to go to the survey](#)

## 75 years ago

On 25<sup>th</sup> March 1946, London's Heathrow Airport was opened, as London Airport. It was renamed Heathrow in 1966.



Kevin took himself off to his study to pray for peace

## The Goldfinch

**A** flash of yellow, gold, and red

Dancing in our flower bed  
Flocked together, bringing charm  
Their joyful song restoring calm.

Through centuries since times of old  
We've always loved their plumage  
bold;

As they gathered round to feed  
Seeking grubs, and thistle seed.

So, go ahead, and plant some  
thistles

You will see, among the bristles.  
Golden birds who dance and dart  
Bringing joy to warm your heart.

*By Nigel Beeton*



## Peace

**A**fter a very long and boring sermon the parishioners glumly filed out of the church past the minister. Towards the end of the queue was a thoughtful person who always commented on the sermons. "Vicar, today your sermon reminded me of the peace and love of God." The vicar was thrilled. "Nobody has ever said anything like that about my preaching before. Tell me why." "Because it endured forever."

## Local road closures

Subject to change. Ings Road, near Sibsey 10-12/3; High Ferry Level Crossing, Sibsey - 12/3; Westhouses, Sibsey Northlands 18-22/3; Langrick Bridge 4-5/4. Local diversions will apply. Latest roadworks information on <https://roadworks.org>

## Definitions from church life

**A**MEN: The only part of a prayer that everyone knows.

**PEWSHEET**: Your receipt for attending Mattins.

**HYMN**: A song of praise usually sung in a key two octaves higher than that of the congregation's range.

**RECESSIONAL HYMN**: The last song at Sunday morning worship, often sung a little more quietly, since most of the people have already left.

**JONAH**: The original 'Jaws' story

**PEW**: A medieval torture device still found in some churches.

**PROCESSION**: The ceremonial formation at the beginning of a formal Sung Eucharist, consisting of altar servers, the celebrant, and late parishioners looking for seats.

**SIDESMEN**: The only people in the parish who don't know the seating capacity of a pew

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## Real Easter Egg dropped by pandemic-hit supermarkets

The UK's top supermarkets will not be stocking The Real Easter Egg in 2021. For the past ten years Tesco, Waitrose, ASDA and Morrisons have made room on their shelves for The Real Easter Egg.

The head of The Real Easter Egg, David Marshall, said: "Easter 2020 was right at the start of lock-down and we saw people change the way they shopped. We saw an increase of 40% in people buying from our website for friends, family and food banks. However, at the same time, the early pandemic led to the supermarkets having a disastrous Easter as people stayed away from high streets. This year, supermarket buyers were told to cut brands, reduce the volumes and in some cases ask for stock to be supplied at a loss or cost price. It means there will be fewer brands, including the Real Easter Egg, on supermarket shelves this Easter. So, if you are one of the

80,000 people who usually buy a Real Easter Egg from a supermarket then go online and order direct from [www.realesteregg.co.uk](http://www.realesteregg.co.uk) ".

## About the Real Easter Egg

Out of the 80 million chocolate Easter eggs sold each year in the UK, The Real Easter Egg is the first and only Fairtrade chocolate Easter egg to share the Easter story.

The Real Easter Egg has been on sale since 2010 and involves thousands of churches, schools and groups. It crosses all denominations and offers individuals a simple way to share the Easter Story while supporting Fairtrade and charitable projects.

The Real Easter Egg continues to be the UK's top mail order Egg in terms of volume.

To date more than a million eggs have been sold and more than £300,000 has been donated to charitable causes.



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## National Register of Clergy

The final stages for publishing a National Register of Clergy, to strengthen safeguarding in the Church of England, are now underway.

The Church's 20,000 active clergy – those who hold a licence or Permission to Officiate (PTO) – are being asked to confirm the information that both the National Church Institutions (NCIs) and dioceses hold about them is accurate for when the Register goes live in May.

Currently PTO and licence details are held in each diocese but not published nationally.

The National Register is an important development in strengthening safeguarding in the Church and was a recommendation in the 2017 Gibb Review which looked into the Church's handling of allegations against the late Bishop Peter Ball.

All active clergy will now be included by law and have been contacted individually to ask them to confirm their details.

The Register will show an individual's title and name, how they are engaged with the Church of England (current post/licence) and

the diocese, area or benefice to which they are licensed. The Register **will not** include contact, biographical or historical information.

This information will be publicly available on the Church of England website. The Register can be searched to verify whether someone has PTO or licence to hold office, in much the same way as other professions hold national lists. At the time of launch the Register will include those who are ordained, expanding to include lay ministry in due course.

Further information including FAQs about the Register and Crockford's Clerical Directory can be found on the [National Register page](#).

## 'Spycops' – the latest from the Church of England in Parliament

The Church of England's Lead Bishop for Children and Families has supported moves in the House of Lords to introduce legal protections for children from being used in undercover operations by police and other authorities without judicial approval over concerns about putting vulnerable children in harmful situations.

### Contributions to The Bridge

Thank you to all our advertisers and contributors. In order to get our edition published on time please ensure material is sent by email to [thebridgemag@outlook.com](mailto:thebridgemag@outlook.com) as early as you can usually by the **21st of the month before publication**. Deadline is usually the 14<sup>th</sup> when it is going to the printers.



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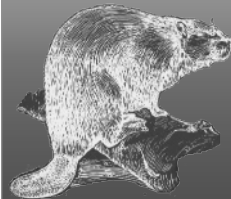
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## Census Day 21<sup>st</sup> March 2021

Census have taken place for millennia – the Babylonians took a census in 4000BC.

The Egyptians from about 2500BC and the Chinese from around the same time. The census taken by the Han Dynasty in 2AD recorded 57.67 million people living in 12.36 million households. Joseph and Mary travelled to Bethlehem because of a five-yearly census under the Roman Empire. The Domesday Book is a census from 1086 ordered to be completed by William the Conqueror.

The first national census in 1801 estimated the population in England and Wales to be 8.9 million. Enumerators went door-to-door asking about the occupants in each household. Many people at this time could not read and write. The census has taken place every 10 years since, except in 1941.

The 1821 census was the first to record age in five-year and 10-year age groups. Half the population was aged under 20 (compared to our current quarter of the population now). In 1841 35,000 enumerators started to record the name, age, gender, place of birth, marital status and occupation of every occupant. The most common occupation was domestic servant, a quarter of a million in cotton manufacture, 571 fork makers, 74 leech bleeders and 5 ice dealers. The population was 16 million.

In 1871 enumerators were paid one guinea (£1 and one shilling) to count 400 people. In 1891 women census takers were employed for the first time. By 1901 the census recorded 37 million people living in England, Wales and Scotland. From 1911 the census started to be completed by the householder.



The 1991 census revealed 90% of the population lived in urban areas

compared with 16% in 1831. The average size of households had halved from 4.6 persons in 1901 to 2.4 persons. 98% of the population completed the census in 1991.

In 2011 there were 56,075,912 people living in England and Wales on 27 March 2011 (27,573,376 males and 28,502,536 females). 8.8 million (16.6%) of the population was over 65 and 10.6 million (18.9%) was 15 and under. The population lived in 23.4 million households. 7.8 million people (13.9%) were from a Black, Asian or Minority ethnic population. There was also 5,295,403 living in Scotland who carry out their own census.

The population in Lincolnshire was 713,653 (347,605 males and 366,048 females) living in 306,971 households. 17,169 people (2.4%) were from a Black, Asian or Minority Ethnic population. 64,637 lived in



Boston Borough area and 136,401 in East Lindsey. There were 27,291 households in Boston and 60,890 households in East Lindsey. 26.5 million people were working in England and Wales, 4.6 million were in professional occupations (17.4%), 3 million in skilled trades (11.5%) with similar proportions in administrative occupations and the associated professional occupations.



professional occupations but 13.3% were in skilled trades and about 10% each were in administrative occupations, associated professional and the caring and leisure occupations.

33.25 million people identified themselves as Christian (59.3%), 14.1 million stated 'no religion' (25.1%), 2.7 million were Muslim (4.8%), 816,633 Hindu, 263,346 Jewish, 423,158 Sikh, 247,743 Buddhist, 240,503 had another religion. In Lincolnshire 489,184 people (68.5%) were Christian, 164,168 persons (23.1%) stated 'no religion' and the next highest was 2,780 Muslims (0.4%).

The census this year will aim to be digital first so it can be easily completed online. However, it will still be possible to complete it on a paper form or over the telephone.

Paper forms will be issued automatically where internet access is known to be poor. A substantial team of 25,000 staff will follow-up those addresses which have not completed their census after 21<sup>st</sup> March 2021 to encourage completion and offer help. All census information is confidential and is only collated for statistical purposes. Personal information and the individual census forms and data is locked away for 100 years.

Family historians can currently see past census forms up to 1911.

The statistical results from the census helps everyone to improve health services, transport, government services, planning, charities, and business planning. It helps many organisations to put money where it is needed, develop new infrastructure and services, and address social issues which benefits all of us.

The whole population has the chance to provide the information that ensures all communities are represented in decisions on funding and services. The census is so important that it's compulsory for everyone in England and Wales to take part.

Census letters or forms are being distributed to all 26 million households now in preparation for Census Day – Sunday 21<sup>st</sup> March 2021. Further information at [Census 2021](https://www.census.gov.uk) and telephone support on 0800 141 2021.

**I want to thank many of you  
for your concerns and  
prayers.**

Mike and I are well. Lindsey and Matt have a daughter Imogen who will be two in August.

Tom has bought his first home with his girlfriend Anusha.

I would never have imagined that becoming a stipendiary Priest would in fact leave me without a Priestly ministry as my contract came to an end on 1<sup>st</sup> September 2020.



The heart ache that I have is unbearable at times. When times get tough you reflect on your life and the decisions you make and the trust we have in God, family, friends, and the Church. I have been comforted by the lovely photograph album you gave me when I left in 2015 and to see the wonderful times we had together.

I thought we had the worse of our financial situation. Our property development company collapsed when our finance company Lehman Brothers went into liquidation in 2008. When our home at Holland Fen was up for sale and the joy of

getting a buyer only to have them fail to complete on completion day. We are still paying the negative equity for the next 5 years and no means to privately rent.

I have been in the wilderness for more than forty days; been tempted by the devil and believe me you do see things when you go without food. Living off Job Seekers Allowance of £75.35 a week is the hardest challenge in the world. I have been grateful of the donations I have had from family and friends to help me pay the bills for the last 5 months while I applied for nearly 50 jobs. Good old – Coronavirus!

As an evangelist and Pioneer my calling is important to me, as is putting Christ centre of all that I do and serving God with all my heart, mind, and soul. I have combined my entrepreneurial skills and my faith and decided to set up *Faith Hope Love Gifts*.

The online store has printed products with bible verses or pictures on. It is keeping me out of mischief. Working on it eleven hours a day, learning new skills, designing, adding new products and overcoming challenges but tell me something that does not.

I would appreciate all your prayers, as you are in mine.

Stay safe and God Bless,

A handwritten signature in cursive script that reads "Michelle". The signature is written in dark ink on a light-colored background.

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## India increases ban on religious conversions

Another state in India has passed a law banning religious conversions. Madhya Pradesh has replaced existing legislation with a tough new law intended to prevent Hindus changing their religion.

Release International warns that this is the harshest anti-conversion law yet to be passed in India. And there is concern it could lead towards a ban on Christian evangelism in the entire country.

The new rules in Madhya Pradesh mean anyone wanting to change their faith must obtain official permission 60 days in advance. The penalty is up to ten years in jail and a fine of 50,000 rupees.

Suspects can now be arrested without warrant and held without bail and the onus is on them to prove their innocence. Madhya Pradesh follows Uttar Pradesh, which imposed a similar law in November. In all, at least nine Indian states have now passed anti-conversion laws.

The law is ostensibly intended to prevent conversion by force. But in practice, such laws treat Christian relief aid as bribery. The move to prevent conversions in India is partly a reaction against growing numbers of the Dalit underclass responding to Christianity.

The anti-conversion movement marks the rise of Hindu nationalism in India. Radical Hindus promote the notion of Hindutva, that to be Indian is to be a

Hindu – and nothing else will be tolerated.

## Eco Church approves 1000<sup>th</sup> award for environmental responsibility

Conservation charity, A Rocha UK has announced that Hereford Cathedral is the recipient of its Eco Church scheme's 1,000<sup>th</sup> award for creation care.

A spokeswoman for A Rocha UK said: "Hereford Cathedral demonstrates that even historical buildings can make great progress towards being more sustainable. The Cathedral land includes both gardens within the cathedral complex and some farms in the local area which are managed in a sustainable way."

Hereford Cathedral, one of over 3000 churches to register for Eco Church, shares eco-lifestyle tips during school visits and in its weekly church notices, including suggestions on personal consumption and carbon footprint reduction. They have made alterations to the heating and lighting across the church buildings to improve efficiency and are actively researching how best to install water harvesting systems in the future.

This is a critical year for the climate, ahead of the UN COP26 climate negotiations scheduled to take place in Glasgow in November.

Eco Church is a free online award scheme and is an A Rocha UK project. Churches can join the Eco church community by registering at <https://ecochurch.arocha.org.uk/>

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## 150 years of the Royal Albert Hall

Joyce Grenfell wrote a wonderful song, *Joyful Noise*, about three lady choristers: Miss Clissold, Miss Truss and Ivy Trembley. Their greatest delight was to sing in an oratorio at the Royal Albert Hall. 'It may be like a gasworks with a green-house roof above it, and it may lack convenience, but all the same we love it.' That love has marked the life of the Royal Albert Hall over 150 years as this month we celebrate its opening on 29<sup>th</sup> March 1871.

After the success of the Great Exhibition, Prince Albert dreamed of creating a more permanent cultural area in London to promote and popularise the arts and sciences. On his death in 1861 at just 42 years, it was decided to erect a memorial and a 'Central Hall.' And so the Royal Albert Hall was built. At heart it is an impressive concert hall promoting classical music with an annual performance of Handel's *Messiah* from 1876, and from 1941 the BBC Proms: 8 weeks of concerts in the summer welcoming musicians from all over the world and culminating in the memorable *Last Night*. Composers from Wagner and Verdi to Bernstein and Britten have conducted and had works performed there.

But the Royal Albert Hall has also hosted an amazingly wide variety of events through its life: the Beatles in

1963, Ella Fitzgerald in 1990, poetry evenings, sport (boxing, tennis and basketball), the *Cirque de Soleil*, Teenage Cancer Trust concerts, and the 25th anniversary performance of *The Phantom of the Opera* in 2011. It has provided a platform for Winston Churchill, Einstein and the Dalai Lama. Many of us will have poignant memories of the annual RBL Festival of Remembrance held every November since 1923: a moving occasion that culminates with the shower of poppy petals.

Sadly, because of the restrictions with the pandemic, the Hall's programme of events has had to be limited in scope since last year, but the frieze on the outside of the building remains to inspire. There we see a celebration of the rich variety of arts and sciences that include music, sculpture, painting, astronomy and navigation, and the words *Thine O Lord is the greatness and the power and the glory and the majesty* - a reminder that all our creative work here is a reflection of the wonder of God the Creator.

*'He will never forget at all The day he played at Albert Hall'*. That line from the Kinks' song *Session Man* invites us all to celebrate and give thanks for the richness of the life and work of the Royal Albert Hall as we look back over its 150 years and as we look ahead with hope and faith to a richer future.

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# Church Services and Events

## Sunday 7<sup>th</sup> March

10.30am Sibsey Holy Communion

10.45am Kirton Holme Holy Communion

## Sunday 14<sup>th</sup> March

9.00am New Bolingbroke Morning Worship

10.30am Sibsey Morning Worship

10.45am Langrick Holy Communion

## Sunday 21<sup>st</sup> March

10.30am Carrington Holy Communion (Methodist-led)

10.30am Sibsey Holy Communion

10.45am Wildmore Morning Worship

## Sunday 28<sup>th</sup> March

9.00am Frithville Morning Prayer

10.45am Holland Fen Holy Communion

## Good Friday 2<sup>nd</sup> April

10.00am Carrington Reflection

2.00pm Sibsey Meditation

## Easter Sunday 4<sup>th</sup> April

10.30am Sibsey Holy Communion

10.45am Brothertoft Holy Communion

### Notes

1. *Services taking place are subject to clergy or lay persons being able to attend to lead the service and Government guidance permitting. Last minute changes or cancellations may occur.*
2. *Seating capacity is limited to allow for social distancing. If you could let local churchwardens or the vicar know in advance of your attendance at a service it would be appreciated.*
3. *Use of face coverings is expected. Hand sanitizer will be provided. Singing is not permitted. Movement around the church will be restricted. Contact details may be taken for 'Track and Trace' purposes.*



## Finding God in Each Moment of the Day

**D**o you know the popular series of books entitled *Where's Wally?* These books are filled with very detailed cartoon drawings in each of which is hidden Wally. He is dressed in a red and white striped ski cap and glasses and the challenge is to find Wally. You have to search for some time to pick him out of the crowd, but Wally is always there!

In many ways, like finding Wally, we need to develop the skill of identifying God's presence in our daily lives. One approach that can help us to find God throughout the day is to do a daily review of our day with God. It can provide us with a means of seeing where God has been at work during our day. It's an opportunity of remembering how God has been at work and how we have responded to Him. As the psalmist says, *'On my bed I remember you; I think of you through the watches of the night'* (Ps 63:6).

What does this look like in practice? Here is a step by step guide:

1. Be still for a moment, and quiet your mind.
2. Acknowledge that Jesus is present. Invite Him to guide you.
3. Recall the beginning of the day, when you first woke up. Watch that

scene, as if on film. What is your reaction to what you see? Talk to God about it.

4. Continue through the film of your day, going from scene to scene. As you reflect on each one, some scenes may fill you with gratitude, others with regret. Speak directly to God about this. You may also want to pray for those you encountered during the day.

5. End your review with a prayer of thanksgiving for God's mercy and love. Ask him to refresh you as you sleep.

As you begin reviewing your day with God regularly, you can expect to see two things beginning to happen:

Firstly, you will become more aware of recurring negative patterns in your life, which will challenge these wrong attitudes and habits and increase your desire to grow and change.

Secondly, you will become more aware of God's presence in the ordinary moments of your life. And when you start experiencing the reality of God's presence with you every day, it's not ordinary any more!

*The Revd Canon Paul Hardingham*

## Sudoku challenge

Enter numbers into the blank spaces so that each row, column and 3x3 box contains the numbers 1 to 9 without repeats.

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

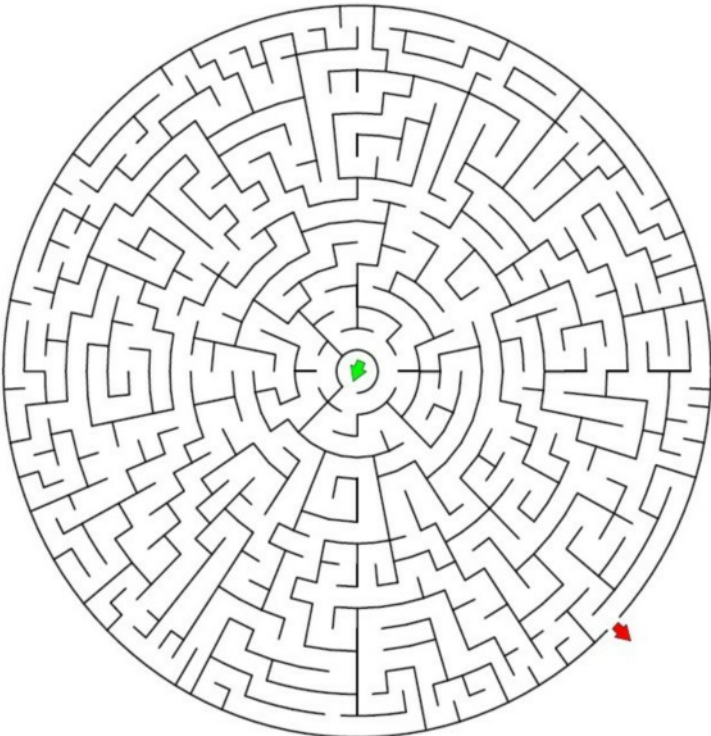
## Wordsearch

Find the 28 words hidden in this Wordsearch puzzle.

Life is full of ups and downs: after blessings, hard times often follow. They are not meant to destroy us but to help us grow spiritually by deepening our faith and dependence on God. The Holy Spirit led Jesus into the wilderness to be tempted by the devil – to give Him the opportunity to stand fast against the enemy. The devil's temptations were based on half-truths, which Jesus rejected by standing firm on the whole truth of Scripture. The truth sets us free!

S	T	E	J	Y	Y	B	D	T	A	O	M	J
T	E	H	O	L	Y	E	E	B	R	E	A	D
R	M	E	R	R	T	L	D	A	L	O	N	E
I	P	C	D	S	C	L	L	A	R	M	S	T
K	T	K	A	A	R	I	S	Y	O	E	P	S
E	A	F	N	O	V	U	T	D	T	I	I	Y
G	T	N	W	E	R	I	G	D	H	B	R	R
W	I	L	D	E	R	N	E	S	S	G	I	T
P	O	F	J	O	I	T	R	D	N	L	T	E
T	N	E	H	K	P	O	S	U	O	O	V	S
L	E	T	E	M	W	O	H	W	O	R	V	T
I	U	T	E	M	P	L	E	F	E	Y	E	T
A	L	T	A	N	G	E	L	S	T	O	N	E

**Maze** Find your way from the centre to the exit at the bottom right.



**Solutions for February edition**

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

N	N	E	S	T	B	O	X	A	R	E	C	L
L	F	L	A	W	E	D	D	I	N	G	T	E
T	O	P	M	A	T	T	H	I	A	S	T	G
C	O	M	E	D	A	R	T	R	I	A	F	A
O	G	E	L	A	H	N	O	R	L	O	C	I
F	Y	T	D	R	E	M	H	O	R	B	S	R
F	S	P	N	L	A	C	C	T	A	E	V	R
E	O	O	A	N	G	O	N	N	C	G	A	A
E	R	V	C	E	H	I	A	I	N	L	N	M
L	P	E	E	C	G	N	T	I	D	N	A	I
O	E	R	E	H	A	S	M	N	A	N	D	N
V	L	T	T	S	U	A	C	O	L	O	H	A
E	O	Y	D	J	N	O	E	M	I	S	A	S

*From The Registers*

**Funerals “May they rest in peace”.**

Winifred Sheila Rycroft aged 92  
Funeral at Langrick Church 17th February

Robert Edward Crawford aged 83  
Funeral at Frithville Church 22nd February

Ethel Mary Belton aged 96  
Funeral at Sibsey Church 2nd March

*Memorial Services will be held once current restrictions are eased if families want one.*



**This month sees the first anniversary of the death of the following parishioners. We remember them and their families and friends at this time**

**Barrie Smith**

If you would like to add someone's name to the Book of Remembrance in St Margaret's Sibsey contact the churchwardens.

**Prayer requests**

If you would like prayers said in church for you at a time of illness this can be arranged. If the request is for another person the prayers will not be said in public for confidentiality reasons. Contact the Clergy or Lay Ministers listed inside front cover.



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## Do you need some help while self-isolating?

If you need a hand with collecting shopping or prescriptions, or just want someone to talk to, our NHS Volunteer Responders are here to help.

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## **Stress and depression for home-schooling parents**

Parents are under enormous pressure just now, as they seek to juggle the demands of work, home-schooling, and of meeting their children's emotional needs.

A recent Oxford University study has found that parents of primary school-aged children between 5 and 10 years old are suffering high levels of stress because they are concerned about their children's behaviour, and their emotional and social development.

On the other hand, parents of secondary school children, aged 11 or older, report more symptoms of depression. More than four in ten of such parents report deep concern about their children's education and future career opportunities.

## **An easy way for fathers to feel closer to their children**

When fathers work with their children on puzzles, it helps them grow closer, because their brains 'synchronise'. This leads them to being more 'psychologically in tune' with each other.

A study at the University of Essex said that "the synchronising of brain activity is interesting, because we knew it happened between mothers and children, but didn't know if the same was true with fathers.

"This is important for two reasons. It shows that men are biologically wired

to provide off-spring care; and second, dads are increasingly being recognised as care-givers and attachment figures to their children."

## **Movement over mind?**

Exercise can be just as effective as mindfulness when it comes to reducing your stress and anxiety. Such is the conclusion of a recent study at Cambridge University.

Mindfulness is a form of meditation which involves focussing your thoughts and sensations, and it has become popular in recent years. But now Cambridge University experts say that it should not be assumed that meditation will always have a positive impact. Instead, people can reap mental benefits from physical exercise.

As one doctor said: "The main message here is, don't assume mindfulness will work. We have much more evidence for the mental and physical benefits of physical exercise."

Last year it was found that people who exercised for 30 to 60 minutes at a time, for two to six hours a week, recorded the fewest days of poor mental health per month.

## **1700 years ago**

On 7<sup>th</sup> March 321, the Roman Emperor Constantine 1 (Constantine the Great) decreed that Sunday should be a day of rest throughout the Empire

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## Nine Churches' websites

Material on the 'A Church Near You' (ACNY) church websites for Sibsey, Frithville, Carrington, New Bolingbroke, Wildmore, Langrick, Brothertoft, Holland Fen and Kirton Home is updated each week with Reverend Clive's reflection, a Morning Worship for use at home, details of local services, weekly news updates and videos. Similar updates take place on the Sibsey Group of Churches Facebook page and Kirton Holme Church website. Most changes occur weekly in time for Sunday.



Weekly newsletters from New York and Frithville Primary Schools are added during term-time.

Anyone interested can join the email distribution list available on the ACNY websites. Please invite others to join.

If you have any material to go on a church website please let Reverend Clive know.

You can send Reverend Clive a message through each ACNY church website through the 'Get in Touch' section.

Don't forget to look up the recorded weekly national service released at 9am every Sunday on the Church of England website, You Tube channel and Facebook.

## Wear your daffodil and unite in memory

Marie Curie, the UK's leading end-of-life care charity will in March celebrate their 35<sup>th</sup> annual Great Daffodil Appeal. The money raised enables the charity to provide care and support to people living with a terminal illness and their families.

The coronavirus devastated Marie Curie's fundraising, as activities up and down the country have had to be cancelled. However, there's still lots of ways people can get involved, with things like the Step into Spring Challenge in March where people walk 10,000 steps a day, they can host a virtual collection or buy and wear one of the charity's iconic daffodils in memory of a loved one.

This year will be even more special as the charity encourages the nation to come together to reflect, grieve and remember for a National Day of Reflection. Tuesday 23<sup>rd</sup> March 2021 will mark one year since the UK first went into a nationwide lockdown. Marie Curie is inviting the nation to unite and remember those who died and show support and solidarity for those who have been bereaved. The charity knows how important it is for people to grieve and the emotional and psychological impact of not being able to say goodbye properly.

To support the Great Daffodil Appeal, you can donate at [www.mariecurie.org.uk/daffodil](http://www.mariecurie.org.uk/daffodil) or you can buy your daffodil pin in store at a number of high street stores including Superdrug or Savers.



## Time for a Smile

A bishop, invited to dinner at a large country house, was surprised not to be offered anything but water to drink, and eventually appealed to his very beautiful hostess: "Do you think I might have a drop of wine?"

The lady threw up her hands in horror and replied; "Bishop, I am so sorry! I thought you were Chair of the Church of England Temperance Society."

"Not at all," said the bishop, adding "but I am Chair of the Anti-Porn campaign."

"Oh!" came the reply. "I knew there was something I could not offer you."

A housewife was helping her aged mother get up the stairs on their brand-new stair lift when the minister telephoned her. He was horrified to hear her say: "I'm so sorry, but I'll have to ring you back. I can't talk right now because I've finally got Mother in the electric chair and I'm eager to press the switch and see if it works!"

A conscientious minister decided to get acquainted with a new family in his church and so he visited them one Spring evening. After his knock on the door, a lilting voice from within called out, "Is that you, Angel?"

"No," replied the minister. "But I'm from the same department."

Q. What do you give a man who has everything?

A. Antibiotics.

An advert appeared in a student newspaper of a university: "Sweet little old lady wishes to correspond with good-looking university student – especially a six-footer with brown eyes, answering to initials J.A.D." It was signed: "his mother."

Behind every cat that crosses the street, there is a dog saying, "Go ahead, you can make it." Dogs believe they are human. Cats believe they are God.

The only domestic animal not mentioned in the Bible is the cat.

I got a package envelope in the mail the other day that had written on the front, 'Photographs: Do Not Bend. Underneath the postman had written: "Oh yes they do."

A little girl told her mother, "We went to a confirmation service at the cathedral and I saw the bishop. Now I know what a crook looks like!"

A young mother stood in her kitchen and watched her baby screaming, her sons fighting, her daughter crying, the washing machine leaking, and the dog being sick. She sighed and said to her friend: "I sometimes wish I'd loved and lost."

Give me a sense of humour, Lord, give me the grace to see a joke, To get some humour out of life, and pass it on to other folk.

Why is it that when we talk to God we're said to be praying, but when God talks to us, we're said to be schizophrenic?

## On how to deflect those staff appraisals

From: The Rectory, St. James the Least

**M**y dear Nephew Darren,

So, your vicar has introduced staff appraisal for all the officers who work for your church, including yourself. It seems a very dangerous innovation; as far as I am concerned, ministry is only successful when parishioners have no idea what the clergy get up to.



I imagine that he will look at the number of services you take in a year. Funerals can only be increased if you resort to murder, which is likely to be frowned on – although I have been sorely tempted during endless church council meetings. Perhaps if you take a flask of water wherever you go and if you find a baby unattended, you could resort to a spontaneous baptism. That would get your numbers up, even if returning mothers may marvel at the highly localised and brief shower that seemed to have taken place over the pram.

Visiting targets are easily increased. Compile a list of when parishioners will be out and call on those days; a card through their letterbox will prove to your vicar that you were there. Should they happen to be in, mention that you are collecting for the organ fund and they will immediately excuse themselves for an important appointment. You are then free to move on to clock another visit.

Your vicar is also bound to want to see the congregation increasing. This is not sustainable, and you should put a stop to such ambitions at once. It is easily done. All you have to do is to approach your friends at the local football club and bribe them with your homemade beer to come along to church several Sunday mornings in a row. If you give them enough beer BEFORE the service, they will be likely to make just enough muted disruption as to leave your vicar a bit rattled, and thinking that perhaps after all, 'less' is 'more' when it comes to the congregation.

But whatever you do, make sure that you never preach a better sermon than he does. You don't want anyone thanking you at the door for your 'so interesting sermon' in front of him, when they have been sleeping through his sermons for years. If you offend the vicar this way, he will take swift revenge, and ask you to organise the parish summer fete.

Your Loving Uncle, *Eustace*

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Enquiries and bookings  
phone 01205 480185

## Mothers' Sunday Quiz



- 1. What food is most associated with Mothering Sunday?**  
a) Sunday Roast b) Eggs c) Simnel Cake
- 2. In Ancient Greece, which goddess was celebrated on Mothering Sunday?**  
a) Goddess Artemis b) Goddess Hestia c) Goddess Rhea
- 3. 'Mother's ruin' is a common British name for which alcoholic drink?**  
a) Gin b) Vodka c) Brandy
- 4. In which Indian city, did Mother Theresa found her missionary?**  
a) Mumbai b) Varanasi c) Calcutta
- 5. How many cards are sent for Mothering Sunday in the UK?**  
a) 10 million b) 45 million c) 30 million
- 6. In which year did Marie Curie become the first woman to be awarded the Nobel Prize?**  
a) 1925 b) 1903 c) 1910
- 7. Mother of Pearl is a common name for?**  
a) Nacre b) Jewel c) Stone
- 8. Who was the mother of Queen Elizabeth I?**  
a) Anne Boleyn b) Mary Queen of Scots c) Mary II
- 9. Which popular Mothering Sunday flower do Christians believe were made from the tears of Mary when she wept for Jesus on the cross?**  
a) Carnations b) Daffodils c) Sunflowers
- 10. When did women get the parliamentary vote in the UK?**  
a) 1918 b) 1917 c) 1916

Answers to the Quiz are on page 45.

## Church of England provides digital resources

There are a range of new and existing Christian resources available for people to engage with at this difficult and challenging time in the life of the nation and the world:

### **Weekly service broadcasts -**

these be made available each Sunday through the Church's Facebook page, website and YouTube.

**Time to Pray app** - everything you need for Prayer During the Day, with variations according to the day of the week and the season of the Church's year. Download for free.

**Daytime prayer and Night prayer service audio** - building on the existing daily prayer feed, this includes daytime prayer and night prayer for each day. It will be available as a downloadable app in the coming weeks.

### **Live streaming services from churches -**

AChurchNearYou.com now lists hundreds of churches offering livestreams of services from across the country.

### **The BBC's Daily Service and Sunday Worship**

**Prayer for the day** - each day the Church of England publishes audio and text of the Prayer for the Day.

**Smart speakers** – daily prayer and audio content can be accessed via our smart speaker apps.

**Mental health reflections** – 13 daily reflections that seek to provide hope, reassurance and comfort.



For further information about all the digital resources please visit [www.churchofengland.org](http://www.churchofengland.org) and look at the guidance about coronavirus and digital resources.



A free phone line of hymns, reflections and prayers

**Daily Hope**, introduced by Justin Welby, Archbishop of Canterbury, offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.

The line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services or access digital resources during the period of restrictions in mind.

All calls to this phone service are free.

## National Garden scheme

Following the Prime Minister’s announcement on 22nd February we will continue to ensure that all garden openings in aid of the National Garden Scheme comply with current government restrictions and guidelines. Current restrictions and guidelines are in place up to 29th March when we will post an appropriate update detailing any relevant changes.

Now we have the government’s road map we are able to publish our own timetable for gardens opening whose changes coincide with the government’s milestones of 29th March, 12th April, 17th May and 21st June. A copy of the table can be found at the bottom of this statement. Please note that all details could be subject to change at short notice. For further

guidance or details on any elements please visit the [NGS website](#).

It is important for people to realise they are responsible for their own decisions regarding a visit.

If it is decided that openings cannot go ahead, where possible they will be postponed and in these instances anyone who has purchased tickets for a postponed opening will be offered the alternative date. If cancellation is necessary anyone who has purchased a ticket will receive a full refund.

Our foremost priorities are to comply with Government guidelines and to ensure the health and safety of our garden owners, visitors, volunteers and staff.

Meanwhile, our website still has many [virtual garden visits](#) to view and donations are welcome.



## 2021 Garden Opening Timetable

This is built around the government’s road map announced on 22<sup>nd</sup> February and the details below are subject to change at the relevant dates. There will also be flexibility about some elements, eg when after 12 April gardens welcome visitors at the gate.

Now to 29 March	29 March	12 April	17 May	21 June
<ul style="list-style-type: none"> <li>• Present status-quo</li> <li>• Local visits only</li> <li>• Visiting groups: households or with one other person</li> <li>• Pre-booked only</li> <li>• No refreshments</li> </ul>	<ul style="list-style-type: none"> <li>• Travel limits relaxed*</li> <li>• Groups of six or two households can visit together</li> <li>• Pre-booked only</li> <li>• No refreshments</li> </ul>	<ul style="list-style-type: none"> <li>• As for 29 March other than:</li> <li>• Refreshments can be served</li> <li>• Pre-booked only but some large gardens to offer tickets at gate</li> </ul>	<ul style="list-style-type: none"> <li>• The big open-up: travel limits removed</li> <li>• visitors can turn up and pay at gate</li> <li>• Pre-booking optional, but compulsory for small gardens</li> </ul>	<ul style="list-style-type: none"> <li>• Freedom:</li> <li>• Removal of legal limits on social contact</li> </ul>

\*relaxed not removed

## Covid-19 one year on, access to health and care services, and the future

In April 2020, Healthwatch Lincolnshire invited the public to tell us how the Covid-19 pandemic was affecting them, both in terms of accessing healthcare services and personally with their emotional and mental health needs. The results were shared locally and nationally with healthcare organisations which helped them better understand the impact Covid19 was having on people.

One year on, and we are revisiting this work to ask how you have adapted to new ways of accessing healthcare, whether you are excited about getting back shopping, going to the hairdressers or on a night out, or maybe you have re-evaluated your priorities and the things that were once important, no longer are. Perhaps you are apprehensive about going out, not necessarily because of Covid19, but because it's been so long since you have been out and socialised, that you feel you might need help to start again.

It is important that healthcare services better understand what is working well and where they need to focus their resources to help people. It is also useful to tell the

system how people have managed to help themselves, and ways you might have found to cope and more resilient.

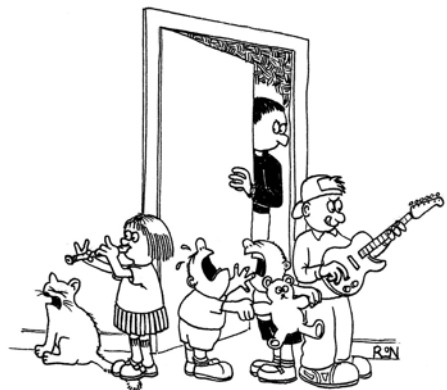
Completing the survey will only take a couple of minutes, it is anonymous and most importantly it will help to direct changes in healthcare services over the coming months and years.

Closing date: June 30th - This survey will run from March through to June with a report of the findings being produced each month, therefore you are able to complete this survey once per month.

If you or someone you know would like support with completing the questions, get in touch and we will contact you online, by telephone or by sending a copy in the post. Call 01205 820892 or email [info@healthwatchlincolnshire.co.uk](mailto:info@healthwatchlincolnshire.co.uk).

The survey is online at

<https://www.surveymonkey.co.uk/r/LPHFTQP>



*Kevin took himself off to his study to pray for peace*

## The ancient date for now and the future

The next day the great crowd that had come for the festival heard that Jesus was on his way to Jerusalem.

They took palm branches and went out to meet him, shouting, *'Hosanna! Blessed is he who comes in the name of the Lord! Blessed is the king of Israel'* (John 12 NIV)

It can be no coincidence that the crowds welcoming Jesus to Jerusalem 'took palm branches' to greet their king. The date palm is one of the most ancient of trees and was one of the earliest to be cultivated — archaeologists have found many examples of its existence and, indeed, the Bible mentions them regularly throughout the Old and New Testaments. The palm tree has even been suggested as a possibility for the 'Tree of Life' in the Garden of Eden.

Today, there are more than 2,600 species of palm tree, of which only 13 — known as Phoenix — produce edible fruit and qualify to be called 'true date palms'. Four of these are single trunk trees that can grow to 60 feet high and live for more than 150 years, while the others have their ferns growing from the base of the tree. They grow best in sub-tropical climates such as the Middle East, Pakistan, India, Mexico, California, and the Canary Islands, but you can also grow them in the UK.

The Bible tells us that date palms flourished in Israel — *'The righteous man will flourish like the palm'* (Psalm 92:12) — and in Deuteronomy 34:3 we are told that Jericho was *'the city of palm trees'*.



The main route to Jerusalem by road is from Jericho and it was this way that Jesus travelled just before the events of Easter. His journey through Jericho is recorded in the Gospels of Matthew, Mark and Luke when he gave sight to a blind beggar. It was as Jesus entered Jerusalem for the Passover festivities and the crowd fulfilled the prophetic words found in Leviticus 23: 40: *'you shall take for yourselves the foliage of beautiful trees, palm branches and boughs of leafy trees and willows of the brook, and you shall rejoice before the Lord your God ...'*

Clearly, the palm branches outside Jerusalem that John mentions (see above) must have been in easy reach and were either young single trunk trees or those with ferns at the base.

Dates (sometimes translated in the Bible as 'honey') are one of the seven foods that God promised the Israelites (Deuteronomy 8:8) would be plentiful when they arrived in the Promised Land — the others being, wheat, barley, grape, olive, pomegranate and fig.

Palm 'seeds' are a remarkable feat of nature, scientists have successfully grown some seeds that are 150-200 years old. Even so, they require a great deal of patience but as the illustrations show I have made a start with some Jordanian and Californian date stones.



## Don't 'go it alone'

If you are helping others at this time, remember to still leave space and time for yourself. Going the extra mile for other people all the time will only ensure one thing; your collapse. Work in teams. Even the Good Samaritan did not attempt to help the injured man all on his own; he brought in the innkeeper. By sharing the problem, they solved it!

## Reach out and talk to someone if things are getting you down

03444 775 774 - Anxiety UK  
0300 123 3393 - MIND  
0800 58 58 58 - CALM  
0800 068 4141 - PAPYRUS  
116 123 - Samaritans

0800 001 4331 NHS Mental Health  
01522 309120 - Under 18's 9.30-4.30 M-F Lincs Here4you Helpline.



## Over 50?

**T**alk, Eat, Drink in East Lindsey is working with over 50's to reduce isolation, improve well-being, support communities and empower and connect individuals. Call 01529 301966, Email: [ted@lincsymca.co.uk](mailto:ted@lincsymca.co.uk) or visit [www.tedineastlindsey.co.uk](http://www.tedineastlindsey.co.uk) to find out more. Engaging with individuals, businesses, communities and volunteers.

## Take control! Make a Lasting Power of Attorney

The corona virus (Covid-19) has certainly changed the way in which we live our day to day lives and made a strange new world for all of us. During these unprecedented times, the need to have a Lasting Power of Attorney (LPA) in place is even more vital.

An LPA is all about you choosing individuals who you trust completely (usually a family member or close friend) to make decisions for you, particularly when you can't, or when communicating them would be an issue, or mobility or access to services would be challenging for you. Therefore, an LPA is super useful when you need one.

Having a professionally drafted LPA made by a specialist (retired solicitor) that

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addresses your wishes and protects your position will give you peace of mind.

We're able to help you notwithstanding the current situation and can usually handle everything from an initial enquiry through to their creation, signing and registration (all in compliance with social distancing rules).

Since 2011 over **99.3 %** of our clients have said they would recommend us. You too will receive the same high level of service as we extend our full support and well wishes at this difficult and challenging time. Take that first step and get things in place the way you know you should. And take control!

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**Tel 01205 355229**

## Let's clap for mothers!

As Mother's Day approaches, let's hear it for all the mothers who have been on the frontline of helping our country survive the Covid pandemic!

Just as we've clapped on our doorsteps for the NHS and other heroes, let's applaud all that mothers have done – often balancing home and employment – during these long lockdown months.

Research shows that mums have carried out most of the home schooling and household tasks – with many also holding down important frontline roles in the NHS and other essential services.

Women spent more than twice as much time as men on their children's home schooling and development during the lockdown, according to a study by University College London. It measured how parents responded while schools and nurseries were closed to most families.

The survey, reported by the Guardian newspaper, found that women across several age groups took the major share of childcare and home schooling. Those with primary school-aged children “were considerably more likely” to have given up working than fathers with children of the same age.

The pressure on families was further increased as many grandparents and other carers were unable to help. Family and friendship networks were put under strain with contacts restricted to online Zoom or Facetime

calls that are often difficult with younger children.

Launching a Children's Society report into children's welfare during the lockdown, chief executive Mark Russell said: “We are living in unprecedented times. Months of national lockdown, only small numbers of children in school, and many families experiencing real crisis. Coronavirus has impacted every area of our lives and The Children's Society has been deeply concerned about the impact of this crisis on children, especially the most disadvantaged.”

He added: “Our survey found a higher proportion of young people experiencing low well-being than we are used to seeing. Whilst we know that most children's well-being will ‘bounce-back’, there will be some who do not.”

Mothers are at the frontline of helping our children cope with – and then recover from – the effects of the Covid pandemic and the extended lockdowns.

Many working mothers lost their jobs because of the pandemic, and families will be hard-pressed to make up for the income lost. Food bank provider, the Trussell Trust has warned churches to prepare for a ‘tidal wave’ of poverty and to be ready to help their local communities.

This Mother's Day, daffodils and chocolate may seem very thin reward for the major contribution of mums across our nation.

In normal times, they have a challenging and demanding job to do.

Through the pandemic, they have risen to the challenges and sought to ensure children thrive despite the lockdowns.

As we celebrate Mother's Day, let's recognise the amazing efforts made by mothers in the home with their children.

Let's also celebrate the vital roles many also play – as do those without children – in the NHS, in education, in the government and civil service, in keeping vital supplies flowing – and in our pulpits and across our churches.

*The Revd Peter Crumpler*

## **How to stop stress getting the better of you.**

**W**ith the third lockdown, too many of us are facing a torrent of stress over job insecurity, home schooling, isolation, illness, or all of the above!

Stress makes us want to eat badly, exercise less and drink more. It also has a profound effect on our immune system.

While brief or 'acute' stress can spur us on to some specific achievement, the opposite is true of 'chronic' stress, which does only damage. It suppresses our immune system, making us more susceptible to bugs. That is why a stressful event can leave you feeling run down, or trigger a bad cold, shingles, or asthma.

So how do we give our immune systems some help during this crisis?

Eat well. A balanced diet includes at least all six plant-based food groups:

fruit, vegetables, wholegrains, legume, nuts and seeds.

Exercise every day: regular moderate exercise helps your immune system.

Get enough sleep. It has been called "the foundation of the immune system." Avoid caffeine in the afternoon and keep devices, laptops or screens away from you for an hour before bedtime. Instead, stretch and relax, and consider a hot shower or bath.

Finally, don't be mean to yourself. Practise some self-compassion. Give yourself some private time, forget perfectionism, and accept that 'sometimes half-good is good enough.' Be kind to yourself – because even that will help your immune system.

## **Apocalyptic films more popular**

**Y**ou'd think that the real-life pandemic would be frightening enough, but instead apocalyptic films on streaming services have soared in popularity this past year.

And it seems that people who enjoy movies about zombies, alien invasions and apocalyptic pandemics may even be coping better than most of us. A recent study published in the journal *Personality and Individual Differences* has found that people who like frightening entertainment are more likely to have 'mentally rehearsed' for the pandemic. Films like *28 Days Later* and *Dawn of the Dead* "apparently serve as mental rehearsal for actual events."

## Recipe of the month: Mothering Sunday Buns

Traditionally these buns were made in Bristol the day before Mothering Sunday (14 March) when the Lent fast was relaxed. Share them with your neighbours to brighten up their lockdown



### Ingredients - makes 12 buns

- 500g strong white bread flour
- 1 tsp salt
- 50g caster sugar
- 7g sachet instant yeast
- 50g unsalted softened butter, diced
- 300ml water for the dough plus 2-3 tbsp for the icing
- 200g icing sugar and hundreds & thousands

### Method

Place the flour in a bowl. Add the salt and sugar on one side, the yeast on the other. Add the butter and three-quarters of the water, then turn the mixture round with the fingers of one hand. Add the

remaining water a little at a time as required, mixing until it is soft and slightly sticky. Turn out the dough on to an oiled work surface and knead for 5 mins or until smooth and no longer sticky.

Lightly oil the bowl, return the dough to it and cover with cling film. Leave to rise for at least an hour, until doubled in size. Line two baking trays with baking parchment.

Scrape the dough out of the bowl onto a lightly floured surface and fold it inwards repeatedly to knock out the air until the dough is smooth. Divide into 12 pieces.

Roll each piece into a ball moving your hand in a circular motion, rotating the ball rapidly. Place them, slightly apart, on the prepared baking trays. Place each tray in a clean plastic bag and leave to prove for about 40 mins, until the rolls have doubled in size. They should just touch each other when they have risen.

Heat the oven to 220°C/fan 200°C. Bake for 10–12 mins until the buns are golden and sound hollow when tapped underneath. Transfer to a wire rack to cool.

For the icing, mix the icing sugar with enough water to give a thick but pourable consistency. Dip each bun into the icing and then into the hundreds and thousands.

## International Women's Day - March 8, 2021

#ChooseToChallenge #IWD2021

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

Marked annually on March 8th, International Women's Day (IWD) is one of the most important days of the year to:

- celebrate women's achievements
- raise awareness about women's equality
- lobby for accelerated gender parity
- fundraise for female-focused charities

The campaign theme for International Women's Day 2021 is 'Choose To Challenge'. A challenged world is an alert world. And from challenge comes change. So let's all #ChooseToChallenge.

Due to the national lockdown it is not possible to hold a local service to celebrate the IWD2021 until later in the year.

## 50 years ago

On 8<sup>th</sup> March 1971, the 'Fight of the Century' took place at Madison Square Garden in New York City.

Two undefeated heavyweight boxers fought each other for the world title, with Joe Frazier defeating Muhammed Ali.

### Make a note in your diary

#### March Special Dates

1-31 March: Marie Curie's Great Daffodil Appeal  
1 – 31 March: Brain Tumour Awareness Month  
8 March: International Women's Day  
8 – 14 March: The official UK SPAM Appreciation Week!  
10 March: No Smoking Day  
14 March: Mothering Sunday  
17 March: St Patrick's Day  
18 March: Global Recycling Day  
19 March: Comic Relief  
20 March: The Spring or Vernal Equinox  
21 March Census Day  
21 March: World Poetry Day  
26 March: Wear A Hat Day!  
28 March: Palm Sunday  
29 March – 4 April: World Autism Awareness

### Answers to the quiz on page 36

1. Simnel Cake
2. Goddess Rhea
3. Gin
4. Calcutta
5. 30 million
6. 1903
7. Nacre
8. Ann Boleyn
9. Carnations
10. 1918.

