

KEEP IN TOUCH Newsletter

24th March 2020



A note from the Rector

Dear friends

Well, what a week this has been, and nobody knows for how long we'll be staying inside our homes. Some of us are learning new ways of using technology. In the meantime, here is the first “KEEP IN TOUCH” newsletter, which I hope you will find helpful, hopeful and encouraging. Thank you to those who have sent in contributions.

I have only two requests:

1. Please let us all stay safe, and follow all the Government directions.
2. Let us Keep In Touch with others around; let's pick up the phone and speak with family, friends and neighbours.

If you have any concerns, do speak with Jeremy or myself in the first instance.

With my love and prayers

Martin

8657 1366 and rector@sanderstead-parish.org.uk

Although the church building is closed for Sunday Worship, the Church of Jesus Christ is very much alive.

Website:

www.sanderstead-parish.org.uk

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***Martin Greenfield, Rector
Sanderstead Parish***

“Stay at home. Protect the NHS. Save lives.”

A couple pics from the Rectory



Encouragement from the teaching of Jesus

“Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air. They do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?” Matthew 6:25-27

A couple working with Church Mission Society in Lebanon, write:

Not far from our house is a steep-sided valley along the very edge of which are several apartment blocks. This is not uncommon in Lebanon, and we sometimes wonder if the architects vie with each other to see how close to the edge they can build. Of course, some of this is necessary within a mountainous country – and it provides very good views for the occupants – but it also seems to reflect the Lebanese psyche of living on the edge...



“Stay at home. Protect the NHS. Save lives.”

... This got me thinking about our daily walk with God. We often read the passage above from Matthew’s Gospel as a source of comfort, that our heavenly Father will take care of us. This is true. However, there is another aspect – that of giving up control and letting God do his will in our lives each day. And while I believe firmly that we should be reliant on God – rather than self-reliant – this aspect of relinquishing control does also mean living on the edge each day as we wait to see what God has in store for us, moment by moment.

--

Martin

Rev Canon Martin Greenfield



A note from the Hon Treasurer.

Without wishing to sound like the Chancellor, I just want to reassure everyone that whilst Corona virus abounds, our employed staff will continue to be paid in full, and we will continue to meet our National Insurance contributions, P.A.Y.E and pension contributions monthly. Though our administration staff may not be working in their usual locations, alternative arrangements may be made. As the church is closed our musicians are unlikely to be called on for any services.

Our caretakers and garden maintainers will continue their work behind the scenes, taking instructions from their line managers, and avoiding all unnecessary contact.

We have sufficient funds available for the time being to meet our Parish Support Fund contributions, monthly insurance and utility bills as they fall due.

We may well take this opportunity to undertake some essential maintenance.

Please do look on the website regularly for support and succour and expect occasional telephone calls to inquire into your wellbeing from time to time.

Keep well, with our prayers and blessings,

Michael Turner

“What a Year this Week has been”

POEM by Steve Hall

Steve Hall has shared a powerful new poem about the week South Africa has had... using it to encourage citizens to “lead with humanity!”. Click here for the link...

<https://www.goodthingsguy.com/fun/sa-hope-poem-coronavirus/>

A little extract...

*“...The greatest weapons we have are to love and to care
Hold your army close in thought and in prayer...”*

[Shared by Sally Nicholas]

"Stay at home. Protect the NHS. Save lives."

Happy Ruby Wedding Anniversary to Dick and Corrie

22 March 1980 - 2020

The barn dance has to be postponed but the anniversary has not. We extend our love and good wishes to you both.



Christmas Angel Project

One idea that we have that might be of interest if we have many more hours in our homes is knitting “**Hashtag Christmas Angels**” for spreading the Christian message around the community in December in Sanderstead. The idea is that they will be distributed in places around Sanderstead primarily for children to pick up and hang on the Christmas tree. As you can see from the photo they are quite small. We shall need lots so if anyone wants to knit and come on board I have attached the pattern.

Hoping this will help everyone to stay positive.

Lot's of love

Rosemary

Rosemary Kempself CBE

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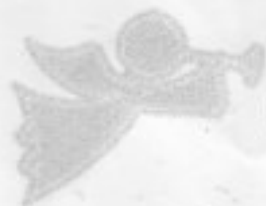
(m) 07780534453



“Stay at home. Protect the NHS. Save lives.”



P.T.O. (for the pattern)...



CHRISTMAS ANGEL

What you will need.

- Some wool (in any yarn or colour)
- Knitting needles (between size 10-8 (thats 3.25mm and 4mm))
- Darning needle (like a big sewing needle)
- Small amount of stuffing

The angels have been designed to be as simple and as flexible as possible so everyone from a beginner to a more advanced knitter can have a go. Feel free to adapt the pattern if you want by adding in different colours or making a larger angel.

If you want a place to start we have used size 9 needles with double yarn to knit some of ours.

You will need a basic knowledge of knit and purl to make these angels but don't let that stop you if you haven't done it before. Find someone who can teach you and ask them to help you learn a new skill.

And most of all have fun.

The Pattern

Angel - Body

Cast on 48 sts

1. Knit row
2. Purl row
3. K2TOG, K10*, repeat until end
4. Purl row
5. Knit row
6. P2TOG, P9*, repeat until end
7. Knit row
8. Purl row
9. K2TOG, K8*, repeat until end
10. Purl row
11. Knit row
12. P2TOG, P7*, repeat until end
13. Knit Row
14. Purl Row
15. K2TOG, K6*, repeat until end
16. Purl row
17. Knit row

18. P2TOG, P5*, repeat until end
19. Knit row
20. Purl row
21. K2TOG, K4*, repeat until end - 20 sts
22. Purl row
23. Knit row
24. Purl row
25. Knit row
26. Purl row
27. Knit row

Pattern is continued on the other side.



This angel is knitted in sparkly cream, with sparkly mohair wings.



At this point, you can change your colour to create the face if you want.

28. Purl row
29. Knit row
30. Purl row
31. Knit row
32. Purl row
33. Knit row
34. Purl row
35. K2TOG - repeat until end
36. Purl row
37. Knit row
38. P2TOG - repeat until end

Using a darning needle, thread the end of the yarn through the stitches and tighten to create the top of the head. Turn the angel inside out and sew up the head and the body. Around the neck, take a small amount of stuffing and place at the top of the head, then thread some yarn between stitches and pull loosely together.

Angel - Wings

Option 1

Cast on 27 sts

1. Knit row
2. Knit row
3. Decrease at each end (Knit)
4. Knit
5. Knit 12 rows, decrease at each end
cast off

Option 2 (more advanced)

The wings are knitted in short rows, with the yarn wrapped around the last stitch in the middle of each ridge. To complete this you need to bring your yarn forward, slip the stitch over purlwise, take the yarn back again, replace the slipped stitch, bring the yarn forward again and turn the work.

w&t = wrap & turn

Cast on 9 sts

1. K8, w&t, K8
2. K6, w&t, K6
3. K4, w&t, K4
4. K2, w&t, K2
5. K4, w&t, K4
6. K6, w&t, K6

Repeat these 6 rows, 4-5 times as necessary. Sew wings to the body.



Wings as they should look using option 2.

A Reflection from China, 19 March

We are just finishing ... seven weeks of being mainly housebound and seven weeks of uncertainty. We are healthy, we are happy, and we are humbled.

We are allowed to move around freely now with a green QR code that we show when we get our temperature taken. You get your temperature taken everywhere, and it's just become part of the routine. Most restaurants and shopping centres are now open, and life is coming back to our city.

As we watch the rest of the world begin their time inside; here are some of my reflections on the last seven weeks:

1. Accept that you have no control over the situation. Let go of any thoughts of trying to plan too much for the next month or two. Things change so fast. Don't be angry and annoyed at the system. Anxiety goes down, and you make the best of the situation—whatever that might be for you. Accept that this is what it is and things will get easier.
2. Try not to listen to/read/watch too much media. It WILL drive you crazy. There is a thing as too much!
3. The sense of community I have felt during this time is incredible. I could choose who I wanted to spend my energy on—who I wanted to call, message and connect with and found the quality of my relationships has improved.
4. Appreciate this enforced downtime. When do you ever have time like this? I will miss it when we go back to the fast-paced speed of the 'real world'.
5. Time goes fast. I still haven't picked up the ukulele I planned to learn, and there are box set TV shows I haven't watched yet.
6. As a teacher, the relationships I have built with my students have only continued to grow. I have loved seeing how independent they are; filming themselves to respond to tasks while also learning essential life skills such as balance, risk-taking and problem-solving, that even we as adults are still learning.
7. You learn to appreciate the little things; sunshine through the window, flowers blossoming and being able to enjoy a coffee....

To those just beginning this journey, you will get through it. Listen to what you are told, follow the rules and look out for each other. There is light at the end of the tunnel.

[Shared by Michael Turner]

The clocks go forward next weekend. Not sure how far forward but I think 4 months should do.



[Shared by Michael Turner]

PRAY LIKE NEHEMIAH
OBEY LIKE DANIEL
LEAD LIKE MOSES
SERVE LIKE MARTHA
BELIEVE LIKE MARY
FIGHT LIKE DAVID
EDUCATE LIKE PAUL
BUILD LIKE NOAH
LOVE LIKE JESUS

“Stay at home. Protect the NHS. Save lives.”

Lockdown

Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.

But,
They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them...

.. All over the world people are slowing down and reflecting
All over the world people are looking at their neighbours in a new way
All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.

So we pray and we remember that
Yes there is fear. But there does not have to be hate.
Yes there is isolation. But there does not have to be loneliness.
Yes there is panic buying. But there does not have to be meanness.
Yes there is sickness. But there does not have to be disease of the soul
Yes there is even death. But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.

Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
**Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.**

from Richard Hendrick (Brother Richard) in Ireland, March 13th 2020

*With love and blessings to you and yours, Gerie x
[Gerie Knights]*

PLEASE SHARE - PLEASE SHARE - PLEASE SHARE

#clapforourcarers

clapforourcares.co.uk



During these unprecedented times they need to know that we are grateful.

Please join us on: 26th of March at 8pm
for a big applause (from front doors, garden, balcony, windows, living rooms, etc)
to show all nurses; doctors; gps and carers our appreciation for their ongoing hard work and fight against this virus.

Please share this message, so we can make sure, the word spreads and reaches all to join!



#clapforourcarers

clapforourcares.co.uk

PLEASE SHARE - PLEASE SHARE - PLEASE SHARE

A note from **Bishop David Atkinson**

Dear Reader,

.... I am often at 8.30am when I am not on duty elsewhere, or sometimes at 10.00am, and I do not know all the congregation as well as I should. But it is good to keep in touch. Sue and I are dutifully consigned to barracks, but keep in touch with our family on FaceTime. So far Sainsbury's has delivered what we need, and we try to get out for a walk most days.

God is with us in all the ups and downs; May God give wisdom to our leaders and skill and protection and energy to all who are out serving others.

Grace and peace,

+David

A link to spring birdsong...

https://www.youtube.com/watch?v=NU9RO_v52e4

[Shared by Martin]

A note from **Margaret Quiney**

Dear friend,

Self isolation for me is an opportunity to do all the jobs in the house that I keep putting off, as I am busy doing something for someone else. I have spent a day notifying all our Coffee Potters mostly by phone, that the gatherings are cancelled. We have set up a Buddy Support System at WI to keep in contact with members. I also hope to continue to delve into my Ancestry again and prove one way or another if I really am related to Sir Walter Scott, as my father, a Methodist Lay Preacher, always said.

I am certainly not bored yet, and as we have telephones and technology and good sanitation we are far better off than the days of the 17th Century and The Plague, the only downside to the coronavirus is international travel.

Keep smiling everyone.

Margaret

Barbara Passey:-

The Thanksgiving Service for Barbara which was to be held on the 7th April has now been postponed until later in the year when, hopefully, church services will again be permitted.

Kind regards,

Geoff



Coronavirus door-to-door scam alert..!

Dear Watch Member,

Please be aware that Criminals are posing as officials by knocking at doors and pretending they are testing for the virus in the area.

Don't open your door, don't let them in.

Tell your friends, relatives, neighbours about this scam...

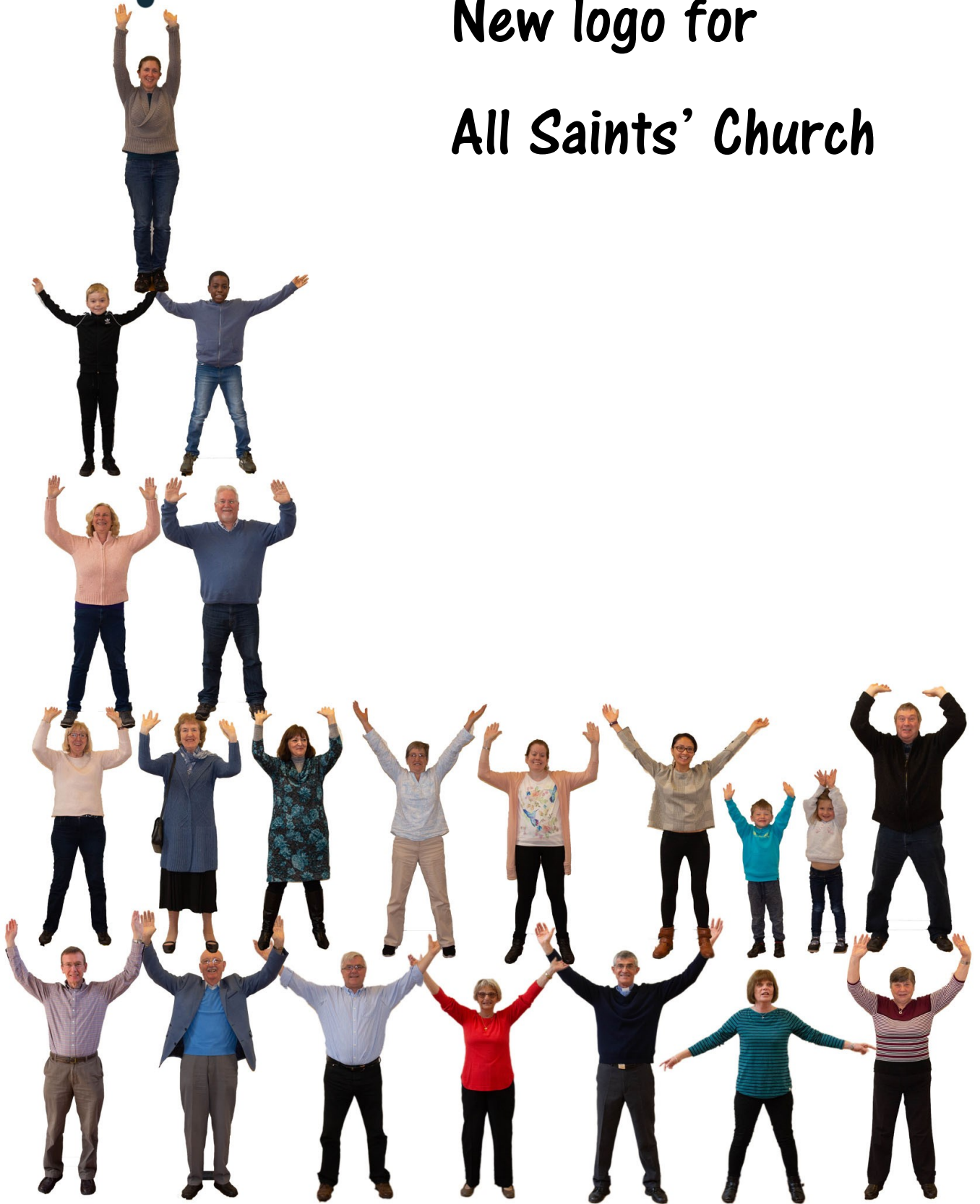
For police emergencies call 999

For police non-emergencies call 101

“Stay at home. Protect the NHS. Save lives.”



New logo for All Saints' Church



“Stay at home. Protect the NHS. Save lives.”



Make sure you eat well and take some exercise

Whoever dwells in the
Shelter of the Most High
will rest in the
shadow of the **Almighty.**

~Psalm 91:1~

“Stay at home. Protect the NHS. Save lives.”

Please look at the website for updates:

www.sanderstead-parish.org.uk



From my kitchen table, to yours....

As and when you can, continue to send your articles, news, thoughts, to:
admin@sanderstead-parish.org.uk

Keep In Touch newsletters will be published periodically, when we have enough material. Looking forward to hearing from you.

Keep in touch!

Rosanne Morris
Rector's Admin Assistant.

