KEEP IN TOUCH Newsletter No.2

31st March 2020

ghost hug!



you can't feel it, but it's there!

A note from Revd Jeremy Groombridge...

Welcome to the second of our "Keep in Touch" Newsletters. I do hope that everyone is keeping well and safe. While none of us expected to be in this position in the run-up to Easter, this is a time of opportunity as well as challenge.

Yes, the challenges are immense somehow, the crisis has made Lent very real as we are all journeying through a wilderness experience with all the isolation and fear that brings. But we can still be of good cheer – there are lots of reasons to be hopeful even in the midst of all this. It reminds me of the story of a man incarcerated in a prison, who drew hope and inspiration by the sight of the moon and stars each night as he gazed through the bars of his cell. That is why children have been encouraged to draw pictures of rainbows and put them on display outside their houses or in their windows. What better symbol of hope and a reminder of God's reassurance than that picture which he gave to Noah after the flood? Whenever we do baptismal preparation classes I use this image to remind folk of God's faithfulness – taken a couple of years ago when Sandra and I were visiting Zimbabwe and the Victoria Falls:



And just to provide even further reassurance of Gods faithfulness in maintaining the intricate cycles and balances of nature, I came across this budding bush while walking the dogs in Foxley Woods earlier this week:

It's incredibly important to stay in touch with one another at the moment. Please do take a regular look at our website, sanderstead-parish.org.uk. We are recording more and more services and devotionals, and because next week is Holy Week we will include a version of "Stations of the Cross", a couple of Compline (Night Prayer) services and a special set of devotions and meditations compiled by our friend Bishop David Atkinson for Good Friday. We're also planning to record something special for children that day - so keep your eyes peeled!

May God bless us all!





Psalm 121:1-8 NIV

[1] I lift up my eyes to the mountains---where does my help come from? [2] My help comes from the Lord, the Maker of heaven and earth. [3] He will not let your foot slip---he who watches over you will not slumber; [4] indeed, he who watches over Israel will neither slumber nor sleep. [5] The Lord watches over you---the Lord is your shade at your right hand; [6] the sun will not harm you by day, nor the moon by night. [7] The Lord will keep you from all harm---he will watch over your life; [8] the Lord will watch over your coming and going both now and forevermore.



A note from the Rector...

Dear friends,

We are living through very strange times, as we have to stay in our homes, and even the churches are closed.

Emma and I are well; we now have her mum Pauline with us, along with Dawn her companion / carer. Emma's work with the Officers' Association (charity) is being done from home.

Before the 'lockdown', the diocese arranged for builders to remove the damaged conservatory here, though they'll have to come back to finish everything off.

The purpose of this newsletter is to help us maintain contact with one another while we cannot meet physically; hence its title, *Keep In Touch.* And the best way for us to keep in touch is to pick up the phone and call someone...

With my love and prayers,

Martin



Barbara Passey's funeral

The funeral for our friend Barbara Passey will take place at Croydon Crematorium at 11.00am on Tuesday 7th April. Because of current restrictions, this will be a small, family occasion. I would invite you to pause and pray just where you are, and to give thanks for Barbara's life.

Pray especially for Geoff, and for Gill (in Hong Kong) and Helen, and the grandchildren.



The End of the War

At the start of the Second World War, a young German student, Richard von Rosen then aged 19, was conscripted into the Wehrmacht. He was trained as a 'tanker' and by the end of the war had risen to become a King Tiger tank commander, having served with distinction on the Russian Front and in Normandy and Hungary. He was engaged in many fierce actions, was wounded five times and awarded the Iron Cross twice, but was lucky enough to have survived the conflict, being in hospital at the end of the war when the American forces swept through Bavaria.

He wrote a detailed account of his time in the panzer brigade and of the many privations, fears and horrors it brought, and of the deaths of his close companions. In the final paragraph of his autobiography, Richard wrote of his return home to his family after the war:

"The day after my discharge was Christmas Eve. We had a tree lit with a few burntdown candle stubs. We needed no presents, for the greatest present was to be all together, having survived the war. My sister had also returned. We sang together the carol 'Silent Night' and never before had I sung with so much gratitude and confidence the last lines of the song, 'Christ the Saviour is here'."

[Shared by David Chillman]

A walk to Chaldon Church... by Fanny Smith

Recently Marc and went for a circular walk round Happy Valley, about 3 miles. There were a few people around, mainly dog walkers, so keeping a social distance was not difficult. We passed Chaldon Church and just inside the lych-gate was a notice which said, "You are invited to wash your hands at our tap and while you do so why not say the Lord's Prayer (which was then written out). It makes a change from Happy Birthday !" So we both did that and felt very uplifted. I now try to do it whenever I have to wash my hands. Try it!

Fanny

Pandemic

POEM by Lynn Ungar,

What if you thought of it as the Jews consider the Sabbath the most sacred of times?

Cease from travel. Cease from buying and selling. Give up, just for now, on trying to make the world different than it is. Sing. Pray. Touch only those to whom you commit your life. Centre down.

And when your body has become still, reach out with your heart. Know that we are connected in ways that are terrifying and beautiful. (You could hardly deny it now.) Know that our lives are in one another's hands.

(Surely, that has come clear.)

Do not reach out your hands. Reach out your heart. Reach out your words. Reach out all the tendrils of compassion that move, invisibly, where we cannot touch.

Promise this world your lovefor better or for worse, in sickness and in health, so long as we all shall live.

By Lynn Ungar, 11/3/20

[On the door of Chaldon Church]

The Lord's Prayer

Dur Father, who art in heaven, Sallowed be thy Mame. Thy kingdom come. Thy will be done, On earth as it is in heaven. Bive us this day our daily bread. And forgive us our trespasses, As we forgive those who trespass against us. And lead us not into temptation, But deliver us from evil. for thine is the kingdom, and the power, and the glory, for ever and ever. Amen. commentNation.com



Palm Leaf Cross Directions

I found this pattern to make a palm cross as we won't be getting them at church this year...

Take care

Love Judith x Judith Robinson

If you don't have a palm leaf, try it with paper or card or another type of leaf.

Palm Leaf Cross Directions

Supplies: One palm leaf strip about 24-26" in length, 1/2" in width, tapering to the end.



Wordsearch.com

Fruits



Play this puzzle online at : http://thewordsearch.com/puzzle/183/



View in our dog walk...

Amazing isn't it - we rarely get time to soak in these beautiful views yet this is from the woods by Higher Drive recreation ground just yards from our house.

Jeremy

Coronavirus in Sigri - letter from a friend

An email from my friend, Jan, who lives in Sigri, a village of about 600 people in a remote corner of Lesvos. We've had holidays in Sigri for more than 25 years – it's our second home. Lesvos is in the news now as it's the Greek island where refugees have come across to Europe in dinghies from Turkey. Sigri is known as "the village at the end of the road" and it's a 20 minute drive over the mountains to the nearest medical centre and an hour's drive from Mytilene, where there is the only hospital.

Here's an extract from Jan's email...

Thank you, Martin and Jeremy, for keeping us all in touch.

Jill and Paul



Hi Jill,

How nice to hear from you and to hear how you are spending your days.

Greece started safety measures in February, when carnivals were cancelled even before the start of Lent. Much as I loathe this right wing government I cannot fault them on the speed with which they acted. I've always said that Greece is a nation of hypochondriacs and this may well be our salvation! Schools closed here over two weeks ago, and, no, I certainly can't teach. I have been doing FaceTime or telephone lessons with students who have exams in May - except now it will be July, just to keep things ticking over. Cafés, bars and restaurants closed on Friday 13th, so nobody is playing backgammon or anything else. In fact the whole village is eerily empty. Two days ago the latest measure came into action, we are not allowed out of our houses without written permission. This involves filling in a declaration with our names, addresses and so on, and the time we plan to leave the house, where we want to go and for what reason. Anyone who is stopped by the police without this paperwork or identity card is fined 150€! It's all very Big Brother, but so far only 20 people have died and the authorities are inclining towards optimism. Greeks are obedient when it comes to health matters - unlike the British! No-one could believe it when we saw crowds of people at a flower market last Sunday, buying for Mothers' Day no doubt!

Today is Greek Independence Day, normally a day of parades after the church services and coffee at the cafés but not even a church bell rang, I think Michaelis, our priest, is too worried about his children (two of whom have asthma very badly) to venture outside.

Our government are giving 800€ per month to employees in businesses that have been forced to close down, and everybody here is very, very aware of their rights and responsibilities. Yorgia (in mask of course), who runs the village mini-market and post office, has been taking the pensioners' monies to their homes, and they can telephone their order to the shop and Savva is delivering their shopping.

Don't forget that Greece has a limited health service - one hospital on Lesvos, so they are trying their hardest not to test its limits. As you say Jill, the situation in Moria (Camp inland from Mytilene which was built for 3,000 refugees and now houses 20,000) is terrifying. It was announced recently, that if even one case is reported at the camp it will be literally locked down. This could amount to murder on a very large scale.

Thank goodness we don't have panic buying on the same scale, I can find everything at the shop here and yes, the vegetable vans are still allowed to go into the villages (with the proper paperwork!). I'm watching the news as I write, and we are being warned that this coming week is the most important, regarding how the numbers rise. Most island airports and passenger ferries no longer function and all flights to England have ceased.

.... Please look after yourselves. Keep in touch regularly Jill.

With my love to you both, **Jan** xxxxx

[Shared by Jill James, email received 25.3.20]



A picture from Anne and Mike Fixter's Home Group

How we now meet as church!

Jeremy



A note from Sue Lawrence

What have I been doing since social distancing has been introduced a few weeks ago? Probably like most of you obeying the strict guidelines by staying at home, catching up with outstanding jobs, talking with friends and family over the telephone, FaceTiming and exercising:- I am even helping with the grandchildren's school work!

Along with thousands of others I have volunteered with the NHS to keep in contact by talking with the most vulnerable over the telephone. I am also keeping in contact by telephone with my dear friends at Croydon Vision. What is Croydon Vision, people may well ask?

Croydon Vision is a service for the blind and partially sighted in Croydon. Their mission is to promote a quality of life to those who are Blind or Visually Impaired and their families, by encouraging greater independence, confidence and personal development.

Why did I choose Croydon Vision? I chose Croydon Vision or Croydon Voluntary Association for the Blind as it was called some years ago, because my mother suffered with Macular Degeneration. Croydon Vision were very supportive to her during this time, providing talking books and suggesting various gadgets to improve her quality of life at home. After much thought I felt I wanted to return the favour to those who helped my mother in her time of need.

They support a number of creative groups at their Centre from counselling, quizzes, to other various physical activities such as dancing. At my interview last year with Fay the Volunteer Co-ordinator I chose dancing. It took me some weeks to master all the routines and my thanks go to Bharat, Patrick and Christine for their infinite patience. Typical dances are the Square Tango, Cindy Swing, Viennese Swing, Barn Dance, to name but a few. It is a lovely way to spend a Thursday morning dancing

and socialising with such humble and admirable people.

All activities have now been suspended during this pandemic but of course the Centre is still open to its members. Keeping in contact with folk is so vital. I am sure we are all playing our part in our own way in helping the most vulnerable in our society. The good news is, everyone at Croydon Vision is well and keeping their spirits up.

Love and Best Wishes,

Sue Lawrence



from: A Bookworm

A recent article in The Guardian (*where else*?) pointed out that this year marks the 250th Anniversary of the birth of William WORDSWORTH. The piece concluded with the current need for "solidarity, empathy and connectedness" – qualities reflected in so much of Wordsworth's poetry.

As self-isolation looms for many, anecdotal evidence suggests that people are stocking up on books and which Classics they should/might finally take the time to read! A volume of Wordsworth would be a good addition to any list.

The article prompted me to look out the record I've kept of books read (or some of them) since the year 2000. A dear friend started up a Reading Group in that year. Eight of us would meet monthly, taking turns to choose a book (mainly novels but not exclusively) then come together to discuss it. The member whose choice it was would give us a little introduction re. the author and the books she/he had produced and (always very interesting) why this particular book was their choice.

In August, we had our "own choice" and a splendid variety of books emerged while at Christmas we'd maybe enjoy Seasonal Stories or poems, plus a celebratory lunch. The number crunchers among you will be able to tell me how many volumes we've tackled over the years. Favourite authors probably featured more than once and sometimes a Classic – maybe long forgotten. (*Personal recommendation: George Elliot's "Middlemarch"*.)

Happy Reading,

Pat Seeley

From a number cruncher: Pat's group has read circa. 230 books since 2000!

Looking for a good home...

I have brand new HP Ink Cartridges which I cannot use, to give to anyone who can (for a donation to church)!

- HP 304 XL black x 2
- HP 304 XL tri-colour x 1.

Martin



All Saints' Wednesday Walkers

I had intended to submit an article to encourage more to join us on our weekly Wednesday Walks, but recent advice for containment of Covid-19 has meant that for the moment we have sadly had to cease this group exercise.

Nonetheless, for many of us with time on our hands now, a daily walk has become part of life's new routine and so I thought perhaps a short piece on Wednesday Walkers might still encourage you to join us, once "normality" returns.

So who are "Wednesday Walkers" and what do they do? I think you'll guess!

Wednesday Walkers are whoever fancies a walk on a Wednesday. Whilst it's organised by All Saints' Men's Group it is by no means just All Saints' people, nor is it just for men!



We meet every Wednesday (until recently!) at 10am in the Church Halls Car Park and either set off car sharing to the start of our walk; or start a local walk from the car park. We walk circular routes totalling circa 5 or 6 miles; they are not "route marches", we walk for pleasure not The Guinness Book of Records! The pleasure is not only in enjoying one another's company along the way, but also appreciating the wealth of natural countryside that we are blessed with, here in Sanderstead, either on our doorstep, or within a 30 minute drive; the wonderful flora and fauna, ever changing with the seasons.



We like to celebrate the end our walk with a glass of wine, or beer; and perhaps a bite of lunch at a comfy hostelry before setting off back to All Saints' car park to wend our ways home again.



We have been going for a couple of years, so there are far too many walks to list here but they include both local favourites – through Kings Wood to Fickleshole; Across Riddlesdown to Kenley Aerodrome, and walks in Kent, and in Surrey. Walks from Godstone, Bletchingly, Tadworth, Box Hill, Shoreham, Banstead, Reigate, Woldingham – to name but a few. During muddier times we have headed into

London, along the Thames Path and recently the Jubilee Greenway. The high-spots of the year however are our six-monthly visits to the Kings Arms at Shoreham, where the "pensioners special" lunch, for a very reasonable price, comprises meat and several veg followed by pudding and custard, rather than our more usual ciabatta. Curiously those walks always seem to be amongst the most popular!



To mis-quote Mole from Wind-in-the-Willows, "Believe me, my young friend, there is NOTHING – absolutely nothing – half so much worth doing as simply messing about in boots."

Tony Robinson / Dick Hibberd

Harry's 4th birthday party goes global

We were pleasantly surprised last week to receive an invitation to our grandson's virtual 4th birthday party to be held online. His long planned party had fallen victim to self-isolation. Not knowing quite what to expect, come the appointed hour, we duly clicked on the link which Jenny had sent us and having done so, we joined about 20 other families from as far afield as Scotland, Ireland and Australia.

The party was hosted by an enterprising actress whose employment had dried up completely and the theme was "Frozen" which (for those without ready access to a four year old) is a film with related books and stickers etc. We were invited to sing along with some songs (including of course Happy Birthday) and to join in with other activities which involved things such as carrot noses and banging saucepans with wooden spoons. We were able to see the other participants and whilst most were toddlers and their parents, we spotted Uncle Nick, Uncle Pete and Auntie Mel joining in with gusto from Sydney and Herne Hill respectively.

The half hour passed pretty quickly, but to our delight Harry's party featured on the BBC news at breakfast, lunch time and evening the following day. You may care to take a look!

https://www.bbc.co.uk/news/av/technology -51999522/coronavirus-frozen-birthdayparty-saved-by-zoom-video-chat-app

Dick & Corrie



IN THE TIME OF QUIET POEM by Philippa Atkin

No one's told the daffodils about the pause to Spring And no one's told the birds to roost and asked them not to sing No one's asked the lazy bee to cease his bumbling round And no one's stopped the bright green shoots emerging through the ground No one's told the sap to rest, deep within the wood And stop the sleepy trees from waking, wreathed about in bud No one's told the sky to douse its brightest shades of blue And stop the scudding clouds from puffing headlong into view No one's asked the lambs to still the springs beneath their feet, To stop their rapid rush and quell each joyful bleat No one's told the stream to halt its gurgle or its flow And warned the playful breezes, not to gust and blow No one's asked the raindrops not to fall upon the earth And fail to quench the soil in the season of rebirth

No one's locked the sun down, or dimmed the shimmer of the moon And even in the darkest night, the stars are still immune

Remember what you value, remember who is dear Close the doors to danger and keep your family near In the quiet all around us take the time to sit and stare And wonder at the glory unfurling everywhere Look towards the future, after the ordeal And keep faith in Mother Nature's power and will to heal.

As Christians, we know that it is God who "has the whole world in his hands", as in Psalm 121:1-2 "I lift up my eyes to the mountains – where does my help come from? My help comes from the Lord, the Maker of heaven and earth.

[Shared by Libby Eldridge]

https://clapforourcarers.co.uk/

CLAP FOR OUR CARERS THIS THURSDAY AT 8PM



Healthcare workers, emergency services, armed services, delivery drivers, shop workers, teachers, waste collectors, manufacturers, postal workers, cleaners, vets, engineers and all those who are out there making an unbelievable difference to our lives in these challenging times... bravo, you are amazing!

Penny and Richard Bird, long-standing members of All Saints until they moved to Ruddington Nottingham last year, send their greetings.

Like everyone else, they now find themselves under lockdown and unable to see their grandchildren. But they have kept themselves amused by watching the antics of garden animals visiting the bird feeder. Here is a wonderful quote from Penny's latest email:

Please give our best wishes to folk at All Saints. We are really enjoying the bird feeding station we bought with part of their generous gift. The robins enjoy the mealworms and the blackbirds wait on the ground for the ones they spill - all except one who has learned to dive-bomb the feeder and scatter mealworms on the ground! The blue tits and great tits like the peanuts and fat balls and we have also seen a long tailed tit. The magpies and squirrels find it all very frustrating because they can't find a way to get at the food that is not most undignified. An upside down squirrel trying to eat mealworms is a hoot!

And a couple of pictures of the squirrel in full tilt!

Greetings to all,

Penny





A note from Judith Shone...

I collect the morning paper from the local paper shop walking via the local rec. often see people walking their dogs. Many greet but keep the appropriate distance apart. It counts as morning exercise as well as a time of meditation. I pass the church on the way so I use this as a moment of quiet meditation.

Regards to all, **Judith**

Greetings from the Parish Office in Absentia

Hello Everyone,

Firstly I hope that all of you are keeping well in these difficult trying times. Having to remain at home day after day, one day blends into another, and appointments get overlooked, and you find yourself answering emails on a Sunday afternoon instead of waiting till Monday. I am blessed with my two assistants, Millie the cat and Mollie the dog, so I am kept amused by their antics during the day.

Life for the Parish Office carries on albeit an awful lot quieter. However the time has been put to good use - I have created all the diary pages for the hall bookings for 2021 - you see I am remaining positive. The office phone 0208 657 0665 has been diverted to my home phone so if you need anything from me please let me know. I am here for you after all. I have had a couple of calls but that is usually Our Rector keeping in touch and checking that I am well and have all I need. The other caller is Rosanne, and we have little catch ups fairly regularly. It is fair to say that my dog is missing Rosanne's dog and vice versa.

I am comforted that via Facebook the daily Mass life within my personal parish continues, and I can tune in and participate spiritually in the Sacramental Communion which is a great comfort at this time so close to the Holy Season of Easter but it's sad to think of not actually being in my church on Easter day but we all have to follow the governments advice to Stay at Home, Protect the NHS and Save Lives.

I wish you all well and a Holy Easter Season, and look forward to when I can resume my seat behind my desk in your Parish Office with my colleague next door and Young at Heart in full swing, and enjoying a lunch prepared by either Linda or Libby.

God Bless You All,

Paul Shipley

Parish Administrator

Mon to Fri, 10am—1.30pm Tel: 0208 657 0665 (call me)





Greetings from the Rector's Admin Assistant ...

Dear All,

Hello! Hoping this finds you and yours well in body, mind and spirit.

I am in quarantine with Danny (husband) and my 2 sons. The younger one had a life in Cardiff which suddenly came to a standstill— no more events, university lectures, Super Bucs Rugby, RAF, church, nothing, so he packed his bags and came home. He continues to work on assignments.

I am continuing to work from home at my kitchen table, Monday, Tuesday & Thursday, 10am – 2pm, and am in touch regularly with Martin, Jeremy, Paul and Tony. I've enjoyed receiving your contributions to these Keep In Touch newsletters—please keep them coming!

As always, dog walks with Max are great! Happy Valley, Coulsdon Common, Whyteleafe Park & The Dobbin are bursting into life, and the birdsong is stunning. I am also enjoying having more time to tidy and sort (Marie Kondo style!). I am comforted by many verses from the Bible —here is one that helps me.... "*His destinyplan for the earth stands sure. His forever-plan remains in place and will never fail....The Lord alone is our radiant hope and we trust in him with all our hearts. His wrap-around presence will strengthen us..."* Psalm 33 v 11,20 (The Passion Translation).

I hope you will keep well and strong. I look forward to resuming my seat in your Rector's Office with my colleague next door, Young At Heart in full swing, and it wouldn't be the same without the jingle jangle of Tony's keys.

God bless you a lot,

Rosanne Morris

Rector's Admin Assistant

Tel: 020 8657 0665 (You will get Paul who will ask me to call you).



Always finish things you start...

Just seen a Doctor on the web say, 'to have inner peace you should always finish things you start, and that way we will have inner calm in our lives'. so I looked around the house to find things I had started and not finished. So I finished off a bottle of Merlot, a bottle of Chardonnay, a brottle of Bailies, a butle of Wum, the mainder of me valliumm scriptuns an a bok of chocklets, Yu ave no idr how feckin fablus I feal rite now, SO sned tis to all who nead inner piss, an telum u luvem !!

Here is a little something I thought you might like to use ... as I had a good laugh when I read it - and we all need to laugh at the moment to stop us going mad! I am fine and glad I have my cat Popeye to talk to at times.

Love & Prayers,

[Shared by Lynne]





my new social distancing outfit just arrived from amazon.



This is your Captain speaking...

Good afternoon, ladies and gentlemen, and welcome aboard British Airways flight BA726.

This is your Captain speaking. Members of the team will do all we can to make your flight comfortable and smooth. Just to let you know, I am currently working from home.

[Shared by Martin]



After 2 weeks of quarantine with her husband, Gertrude decided to knit him a scarf..



[Shared by Fanny Smith] "to lighten our hearts"

Please look at the website for updates: <u>www.sanderstead-parish.org.uk</u>

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

Website: www.sanderstead-parish.org.uk

Phone: 020 8657 1366

Email: rector@sanderstead-parish.org.uk



Martin Greenfield, Rector Sanderstead Parish

This is Max. He is now working from home 😀



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. Tel: 020 8657 0665