

BEXLEY UNITED REFORMED CHURCH

“CORONA CLARION” Issue 11: 31st August 2020

Hello again! It's another Bank Holiday weekend – if that means anything these days! And the last one before Christmas!! I wonder what that will look like this year.

Pause for Thought – Change We are in a process of change. As some of us emerge for the first time into the Post Covid-19 'new normal' we are noticing so many differences. There may be uncertainty about the ways we have to shop, socialise & worship in Church. But I found these words: Instead of saying, 'Lord, I don't know how I'm going to do this' say, 'Lord, I can't wait to see how you do this'.

Lord, give us courage to accept change.

Let us not hide beneath the comfortable cloak of the familiar routine of our lives but accept with joy and anticipation any alterations and new experiences that may lie ahead.

May we be comforted and reassured knowing that we are forever guided and loved by you .Amen

Prayer calendar. Aug 30th: Penny Denyer & family, Heather Loft, David & Stephanie Honey; Sept 6th: Debbie & Ian Markey & family, Tony & Ann Ball, Doreen Starling. Please remember these friends in your prayers.

Re-opening – we are still hoping to recommence worship in the Hall on September 13th. Please remember the following points: The Hall will only be open from 10.15; you must wear a face covering inside the building & keep 2m away from other people; you must use hand sanitizer; we will keep your name on an attendance register for 4 weeks; only the accessible toilet will be available & you must be sanitized it after use (cleaning materials will be provided); there will be no refreshments & you will need to bring your own water if you wish to drink during the service; there will be no offertory.

The services used at church on Sept 13th and 20th will be the same as the ones you may be receiving from the URC, either by email or through the post. In this way we hope that those of you who are unable to join us in Church will still feel part of the worship.

John's Exercises 10 The feedback from my Exercises 9 is that most of you do not like getting down on the floor! However, the exercises from number 9, except for the plank, can all be done lying on your bed.

Abdominal exercises

1. Lying flat on your back draw up both knees together to your chest- repeat 5-10 times.
2. Lying flat on your back lift up both legs 6 inches from the bed, part your legs gently, close together and then lower – repeat 5-10 times.
3. Lying flat on your back lift both legs so that your toes point to the ceiling – lower slowly – repeat 5-10 times.

Good luck and don't fall asleep! **John Johnstone**

Puns for Educated Minds

Atheism is a non-prophet organization.

Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

Garden Flower Word search – from Judith Pantelli

L	M	A	Q	R	S	A	G	U	Y	W	M	H	P	V	Words to find	
C	J	D	E	A	E	A	P	A	O	Y	S	E	O	R	Aquilegia	Polygonatum
G	G	E	R	R	L	J	I	I	O	P	I	S	L	M	Allium	Hesperis
X	E	U	K	L	U	B	L	S	L	R	L	P	Y	U	Auricula	Myosotis
H	A	R	I	C	R	A	O	Q	A	U	A	E	G	I	Delphinium	
G	I	U	A	O	O	T	T	N	G	W	T	R	O	N	Digitalis	
E	M	D	H	N	I	N	U	N	D	C	I	I	N	I	Euphorbia	
O	L	P	L	S	I	N	V	K	E	Y	G	S	A	H	Geranium	And do you know the common name for 'convallaria' and 'myosotis'?
R	U	D	P	V	C	U	U	A	R	C	I	M	T	P	Geum	
E	W	S	Z	U	P	P	M	Q	L	Y	D	T	U	L	Primula	
V	I	O	L	A	T	R	I	C	O	L	O	R	M	E	Ranunculus	
A	W	U	A	I	G	E	L	I	U	Q	A	U	C	D	Tulip	
I	S	A	L	U	M	I	R	P	T	B	E	R	R	P	Viola Tricolor	
H	Y	X	Q	I	K	A	C	R	J	G	F	H	I	Z	Centaurea	
H	J	M	A	U	R	I	C	U	L	A	X	K	U	A	Convallaria	

Commitment for Life - In the Wake of Cyclone Amphan

Christian Aid and its local partners have been responding to Super Cyclone Amphan. The storm destroyed the homes of millions of poor people in coastal communities near the Bay of Bengal. Winds reached 120mph, and waves 17ft. Electricity lines and communications are down across affected regions. Communities must cope with both the aftermath of the storm and also the ongoing Covid-19 pandemic. Many communities in Bangladesh, including Cox's Bazar (the world's largest refugee camp) were urged to evacuate. Over 2.4 million people made the move according to official Bangladeshi government reports. The risk of Covid-19 transmission led to many people hesitating to leave early enough. Christian Aid's Bangladesh Country Director, Pankaj Kumar, said: "We are in a very challenging time. Many people are scared of catching Covid-19 and it has hampered our partners' efforts to get people to safety. Temporary shelters are having to practise social distancing, which is extremely difficult in an emergency evacuation situation.

"Many people are preferring to take shelter in a neighbour's house or on higher land over the official shelters, especially as there are reports of shelters lacking sufficient facilities. "Thankfully, community preparedness has led to minimum deaths, but Amphan has left huge devastation in its wake, with homes, communications, crops and livelihoods destroyed. Approximately 80% tin-roofed homes in Satkira district have been blown away and families struggling to find water and food. "We are also glad to report that initial reports indicate minimal damage to camps in Cox's Bazar.

The region is experiencing an increased number of intense storms year on year. The poorest and most vulnerable are hit the hardest. Many are still recovering their livelihoods from the previous Cyclone Bulbul, which affected 1.8m people and damaged 70,000 homes in November." Commitment for Life, in solidarity with Christian Aid and its partners support long-term programmes in these affected areas. We have worked to prepare communities for disasters; we have established early warning systems. Our partners in Satkira, Khulna and Cox's Bazar support affected communities with shelter, food and hygiene kits. These include soap, masks and hand sanitizer.

Thank you for your ongoing support for Bangladesh through Commitment for Life. Our prayers, advocacy and sharing make an enormous difference to thousands of people in the region.

A prayer: Dear God, I know that I'm not perfect; I know that sometimes I forget to pray; I know I have questioned my faith; I know sometimes I lose my temper, but thank you for loving me unconditionally & for giving me another day to start over again. **Amen**